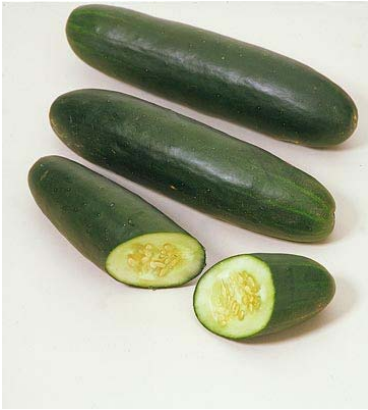


Natural Remedies

By Lillie Havlik



The Amazing Cucumber

(source: The New York Times)

1. To reduce wrinkles. No wonder even Warren Beauty used them on his eyes in Bugsy. Cucumber photochemicals cause collagen to tighten up, and this firms up the exterior layer. Use a slice. Or a smashed paste.

2. To reduce cellulite. For the same previous reason. Right before going swimming, rub a slice or two for a few minutes on the problem area.

3. To avoid a headache or a hangover. Eat it

before going to bed and get up fresh and headache free. They contain enough sugar, B vitamins and electrolytes to replenish essential nutrients lost to keep metabolism in balance and avoid hangovers and headaches.

4. To avoid overeating. Especially in the evening and night, use as a fast food to deceive the excessive hunger.

5. To avoid the fog on the mirror after a shower. It will also give you a spa calming fragrance.

6. To shine shoes. Its chemicals will give a quick and lasting shine, that not only looks good but it repels water.

7. To fix a squeaking hinge. Out of W-40?

8. To erase crayons and markers off the wall. Use the exterior of the cucumber, also to erase pencil on paper if you don't have an eraser.

9. for bad breath. Out of mint? Press a slice with your tongue against your palate. It will kill the bacteria that causes it.

10. To clean steel, other metals, and the dishwasher. Not only it will take off the opaqueness from years and restore shine, but it won't affect your fingers and nails. Looking for a "green" cleaner?

11. To eliminate worms and other insects. Place some slices inside a tin can. The cucumber chemicals react with the can aluminum and produce an essence that plagues detest.