

## Start Fresh

### Drink for midday to feel like it is morning

**Cucumber** is rich in vitamins A, C, k, folate, manganese, molybdenum, potassium, silica, sulfur, and lesser amounts of vitamin B complex, sodium, calcium, and phosphorus. The alkalinity of the minerals in the juice effectively helps in regulating the body's blood PH, along with regulating blood pressure. It regulates normal blood clotting, assists the transport of calcium throughout the body and is helpful for bone health: It has been shown to stimulate bone formation by promoting osteoblast differentiation and carboxylation of osteocalcin (Villa JK, Diaz MA, Pizzolo VR, Martino HS, Effect of vitamin K in bone metabolism and vascular calcification: a review of mechanisms of action and evidences., Crit Rev Food Sci Nutr. 2016 Jul 20:0). It can help with flu symptoms by normalizing body temperature and it supplies the necessary electrolytes and restores hydration.

**Apples** contain a variety of phytochemicals, including quercetin, catechin, phloridzin and chlorogenic acid, all of which are strong antioxidants.

Apples are a rich source of phytochemicals, and epidemiological studies have linked the consumption of apples with reduced risk of some cancers, cardiovascular disease, asthma, and diabetes ([Jeanelle Boyer](#)<sup>1</sup> and [Rui Hai Liu](#), *Nutr J*. 2004, doi: Apple phytochemicals and their health benefits; [Wolfe K1](#), [Wu X](#), [Liu RH.](#), *J Agric Food Chem*. 2003 Jan 29;51(3):609-14., Antioxidant activity of apple peels)

**Ginger:** the actions and health benefits of ginger are associated with its antioxidant properties (Aeschbach R, et al, Antioxidant actions of thymol, carvacrol, [6]-gingerol, zingerone and hydroxytyrosol. *Food Chem Toxicol*. 1994;32(1); Ahmad N, et al, " Antioxidants in chemoprevention of skin cancer", *Curr Probl Dermatol*. 2001;29).

Thus ginger exhibits a variety of protective and anti-inflammatory effects. (Dedov V. N, Tran V. H, Duke C. C, Connor M, Christie M. J, Mandadi S, Roufogalis B. D. Gingerols: A novel class of vanilloid receptor (VR1) agonists. *Br J Pharmacol*. 2002;137(6):793–8. (Ann M. Bode and Zigang Dong, *Herbal Medicine: Biomolecular and Clinical Aspects*. 2nd edition, Chapter 7The Amazing and Mighty Ginger).