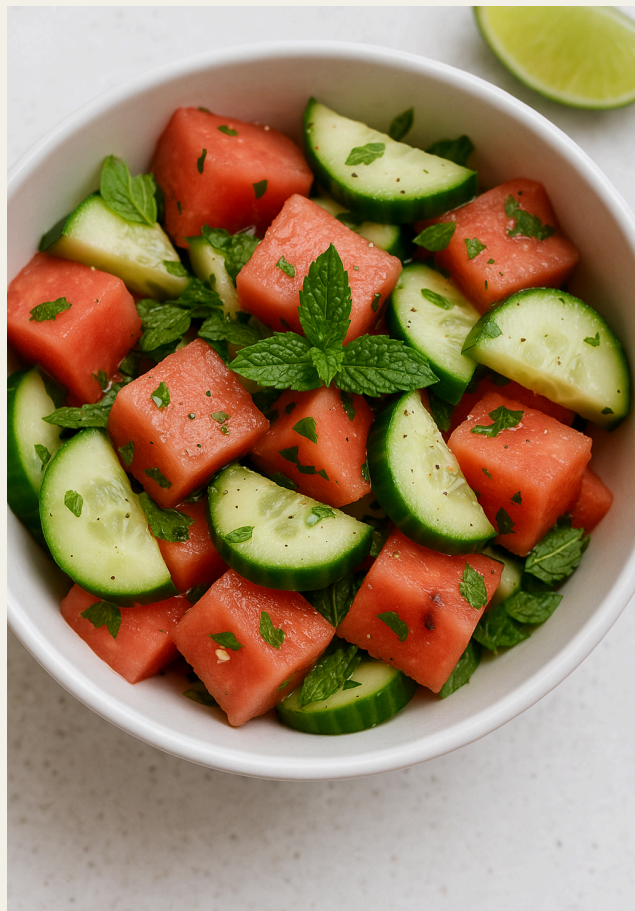


# Watermelon Cucumber Salad



## What You Need:

- 2 cups watermelon, cubed
- 1 cucumber, thinly sliced or cubed
- 1–2 tbsp fresh mint, chopped
- Juice of 1 lime
- 1 tbsp olive oil or avocado oil
- Pinch of sea salt
- Optional: sprinkle of feta or hemp seeds for added texture and nutrients

## Instructions:

- Combine watermelon, cucumber, and mint in a large bowl.
- In a small bowl, whisk together lime juice, oil, and salt.
- Pour dressing over salad and toss gently.
- Chill for 10–15 minutes before serving for extra refreshment.

**Hydrating & Restorative:** Both watermelon and cucumber have high water content, which helps replenish fluids lost through stress and EMF exposure, especially important for cellular health and detoxification.

**Cooling & Anti-Inflammatory:** This salad is naturally cooling, which helps calm the nervous system, a perfect contrast to the heat and overstimulation from screens and devices. Mint and cucumber both have anti-inflammatory properties that support internal balance.

**Rich in Minerals:** The lime juice and sea salt add a gentle electrolyte boost, helping to rebalance your body's electrical charge, which can be affected by prolonged EMF exposure.

**Supports Digestion & Detox:** Mint soothes the digestive tract, while cucumber and lime support the liver and lymphatic system. It's a light, functional dish that helps your body reset from the inside out.