



Bieler's Broth

Dr. Henry Bieler, author of *Food Is Your Best Medicine*, advocated the treatment of disease through diet. He believed that the body has a natural ability to heal and that the primary cause of disease is not germs, but imbalances in the body caused by lifestyle, including poor diet.

His famous broth is rich in potassium and sodium, alkalizes the body, and supports the liver and the adrenal glands. It also helps the pancreas control blood sugar.

You can adjust the broth to your own situation by adding various gentle supportive, non-stimulating nutrients.

Bieler's Broth provides a gentle way to detox, either as the sole food intake, or to supplement a juice fast, but it also works beautifully as an addition to your regular diet.

Ingredients (organic if possible)

4 medium zucchinis, chopped
3 cups string beans, ends removed
2 sticks celery, chopped
2 bunches parsley, stems removed
1 quart filtered water
sea salt to taste

Optional:

Healthy fats such as olive oil or ghee for satiety and energy
Nettles - in springtime you may have a resource for fresh nettles, but dried nettles are wonderful as well (for freeze dried nettle leaf powder, in which certain healing nutrients remain intact, check into this resource: <https://www.eclecticherb.com/shop#!/Nettles/p/62188190>) If you elect to use fresh nettle (which do sting - so wear gloves when handling!), they should be cooked as soon after collecting as possible as some of their valuable constituents degrade quickly.

Preparation

Place water, zucchini, string beans, and celery (and fresh nettles if available) in a stock pot.

Bring to a boil, lower heat and simmer for about 30 minutes until vegetables are softened but not over cooked. Spoon the mixture into a blender, add a handful of parsley, and liquefy. I usually pulse a few times to get it started. Make sure you hold onto the lid.

Optional items may be blended in as well at this point.