



Bieler's Broth

Bieler's Broth – Food is your best medicine

Henry Bieler, MD was a true physician and healer - ahead of his time. In the early 1960's he was talking with his patients about the importance of diet and exercise and he published his book, "Food is Your Best Medicine" in 1965. He believed that the human body has an inherent capacity for health, and that disease can be cured through proper nutrition, and was one of the first physicians to believe that drugs are harmful and advised his patients to avoid them.

The concept of Bieler's broth is the combination of vegetables alkalizes your system and restores the acid-alkaline and sodium-potassium balance to the body. The broth is vitamin and nutrient rich and provides organic potassium and sodium to your body. The liver uses these ingredients to clean and revitalize your body. For the busy people of today, this is easy to make and provides recovery from stress and adrenal fatigue, which is so needed these days.

Please, all ingredients must be organic, otherwise you're ingesting harmful chemicals.

- 1 lb. or 2 cups green beans
- Zucchini
- 3 stalks of celery
- Large handful of Italian parsley, stems removed
- 1 clove garlic -optional

DIRECTIONS

Put zucchini, string beans, celery, parsley into large pot, cover with filtered water and simmer lightly until veggies are bright green.

Remove from heat and add parsley.

Let cool. Using an immersion blender, or a blender, blend until smooth.

VARIATION

This is the original recipe, but here is a slightly different approach:

Instead of giving exact amounts, start with 1 pound of green beans, and then put in equal amounts of the green vegetables listed above.

Then, you may add:

- 1 onion
- Cabbage
- Spinach