

Dr. Bieler's Health Broth

Adapted from "Food is Your Best Medicine+
Wonderful for a Fall or Winter Detox

- **3 stalks of celery**
- **3 whole zucchini**
- **2 cups of string beans**
- **1 cup of (Italian)parsley**

Directions for making the broth

Put 1 cup of water into a stockpot. Put the string beans in first and steam for about 5 minutes. Then put in the celery and zucchini into the pot and steam for another 5 - 7 minutes or until tender, but still crisp. Do not overcook.

Then put the vegetable water and the cooked vegetables together into the blender. Blend until liquefied. Add a teaspoon of raw unsalted butter and a large handful of parsley. Blend again until parsley is liquefied.

Dosage: Drink 2 cups a day of the broth/soup for an excellent way to stay healthy.

*Optional add **1 clove of garlic**.

Dr. Henry Beiler created a vitamin and nutrient rich soup to heal his patients. Bieler's broth,(Beiler's broth) contains zucchini and string beans, which are rich sources of organic potassium and sodium. The liver and probably other organ's use those elements to clean and revitalize the body. Occasionally, when you're sick, the best thing to do is not eat. Drink Dr. Bieler's healing broth recipe for energy, weight loss, and cleansing.