

Bieler Broth

I recommend having this broth in the morning during your cleanse, but it can be sipped anytime of the day as a tonic.

Dr. Henry Bieler created this vitamin and nutrient rich soup to heal his patients. It is specifically targeted to bring endocrine balance. This includes supporting the adrenals, pituitary, and thyroid gland. The vegetables cooked in this broth are rich sources of organic potassium and sodium. The liver and colon use those elements to clean and revitalize the body. It is great for energy, weight loss, and cleansing.

Bieler's broth also rejuvenates the bile and liver. It is chock full of vital nutrients that are made accessible by the cooking and blending of the vegetables. Cooking also helps to break down the cell wall, making it easier to digest.

Makes about 4 - 12 ounce servings

3 cups filtered water or broth
2 cups string beans
1 cup celery, chopped (about 3 stalks)
2 ½ cups zucchini, chopped (about 2 medium)
1 cup Italian parsley

Optional Spices

½ teaspoon pink sea salt
1 teaspoon garlic, minced
1 teaspoon ginger, minced
A squeeze of lemon

1. Place water into a stockpot, add the string beans first, cover and simmer for 5 minutes on medium low heat.
2. Add celery and zucchini. Cover and simmer for another 5-7 minutes or until tender, but still crisp. Do not overcook.
3. Add salt, garlic or ginger if using.
4. Remove from heat and allow to cool slightly.
5. Place vegetables and all the water from the stockpot into a blender and puree until smooth. Add parsley, blend again until parsley is liquefied. Add more water if you want it thinner.
6. Serve warm with a squeeze of lemon, if desired.