

Alkaline Broth

Many individuals have excessive acid in the connective tissue (acidic pH) – a condition that favours the uptake of heavy metals and predisposition to fungal and chronic degenerative diseases. An important health goal is to maintain a favourable body pH. This can be monitored by testing the pH of the first morning urine – 6.8 is best, values of less than 6.4 require steps to remove the excessive acids – this alkaline broth is one way to aid in this process.

Use of the Alkaline Broth provides the following benefits:

1. Provides valuable trace minerals which can be lacking due to displacement by heavy metals, competitive absorption, or faulty digestion.
2. Helps restore the normal circadian rhythms thereby improving the day and night rhythms which are disturbed by excessive acids. (Mayr Cure, Reckeweg)
3. Helps relieve excessive acids in the connective tissue produced by putrefaction in the digestive tract.

Preparation:

There are two ways to prepare this broth. You can save the rests from veggies – onion skins, broccoli and carrot stumps, washed organic potato peels, parsley stalks, etc or veggies that are wilted but not spoiled. Keep them in a container in the freezer until you have a pot-full.

OR

Prepare a cup of each of the following by peeling (where required), scrubbing and chopping.

- Celery
- Green Beans
- Zucchini
- Potatoes (especially during the winter months)
- Carrots

Vary your vegetables according to the season and availability.

For variety and flavour any of the following:

- Fennel
- Parsley root
- Garlic cloves
- Bay leaf
- Cloves
- Juniper berries (traditionally enhances elimination through the kidneys)
- Nutmeg

Add a 3" piece of wakame, cover veggies with good water (not municipal tap water!) and simmer (do not boil) for 25-40 minutes. Strain, discard the veggies and add ½ tsp of sun-dried sea salt

Utilization:

Initially, drink one cup of the broth at 10 am and again at 4 pm. It is at these times that the body is at it's peak in reloading the bicarbonate buffer system – improving pancreatic enzymes and the production of hydrochloric acid. The Alkaline Broth may also be used as a base for other soups and dishes. As this broth will only keep 3 days in the refrigerator, make larger quantities and freeze in conveniently sized containers.

For people in a poor nutritive state, a cup of broth may be brought to just boiling, remove it from heat and then beat an egg yolk in.