**Bieler Broth**

Makes 2 quarts

4 medium squash (zucchini, yellow or summer) washed, ends removed and sliced

1 pound string beans, ends removed

2 sticks celery, chopped (optional)

2 bunches parsley, stems removed (optional)

Fresh herbs, such as thyme or tarragon, tied together with string (optional)

1 quart filtered water

whey (optional)

Maverick physician Henry Bieler, MD recommended this broth for fasting, for energy and for overall health. He felt that this combination of vegetables was ideal for restoring acid-alkaline and sodium-potassium balance to organs and glands, especially the sodium-loving adrenal glands. Bieler broth is highly recommended for those under stress or suffering from stress-related conditions, such as back pain and ligament problems.

Place water, vegetables and optional herbs in a pot. Bing to a boil, skim, lower heat and simmer, covered for about ½ hour. Remove herbs. Vegetables may be eaten whole with cooking water or blended into a thick soup with a handheld blender. One tablespoon whey may be added to each cup of soup.

‘Good broth resurrects the dead.’ *South American Proverb*

Recipe from:

Nourishing Traditions

Revised Second Edition

Sally Fallon with Mary G. Enig, Ph.D.

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ISBN 0-9670897-3-5

**“Let food be your medicine and medicine be your food.” *Hippocrates, 400 B.C.***