

POTASSIUM BROTH RECIPE

This is a great-tasting addition to any Cleansing program.

It will flush your system of toxins, poisons and unwanted salts and acids while giving you a concentrated amount of vitamins and minerals.

Fill a large pot (minimum 5 Gallon) with 25% potato peelings (peels can be 3/8 inch thick), 25% carrot peelings (juice the rest of the carrot) and whole chopped beets, 25% chopped onions including 50 cloves of garlic (it is not necessary to peel garlic. Just separate cloves and crush with a knife or hammer), 25% celery and dark greens.

Add hot peppers and Celtic Sea Salt to taste.

Add enough distilled water to cover vegetables and simmer on very low temperature for 4-7 hours.

Do NOT cover with a lid! Strain, or just dip your mug in, and drink only the broth. Put the vegetables in your compost. Make enough for the week, refrigerating the leftover broth.

It is important to use ONLY Organic vegetables. We do not want to consume any toxic insecticides, pesticides or inorganic chemical fertilizers while cleansing and detoxifying.

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