

S O U P

ALKALINE VEGETABLE BROTH

Dr. Thomas Rau MD & Dr. Konrad Werthmann MD, Paracelsus Clinic Switzerland

An alkalizing broth provides many benefits including supplementing trace minerals. It reloads the bicarbonate buffering system and relieves excessive acidification in the connective tissues by provoking pH balance. One batch will often last for two days; consume as much as you wish. You may change the alkaline vegetable combinations liberally to suit personal taste.

- 1 1/2 cup finely diced (3/8") zucchini/pumpkin/squash
- 1 cup thinly cut green beans (about 4 ounces)
- 3/4 cup finely diced (1/4" to 1/8") celery root or 2 celery ribs, finely diced
- 3/4 cup finely diced (1/4" to 1/8") peeled carrots.
- Option: Sweet Potatoes during winter months.

The following can be added for additional flavoring: fennel, parsley root, bay leaf, cloves, and nutmeg. Do not add salt, not even sea salt or Himalayan salt.

Simmer the above (do not boil) in six cups of purified water for 20 - 30 minutes until the vegetables are soft. Strain and discard the vegetables.

Drink one cup of broth at least twice daily - 10:00 a.m. and 4:00 p.m. This reloads the bicarbonate buffer system, improves production of pancreatic enzymes and gastric hydrochloric acid.

You can double, or even triple, the recipe to have a good stock of alkalizing broth on hand, you may do so, keeping only enough for two days in the refrigerator and freezing the rest in measured containers.

* The vegetables cannot be frozen and may only be eaten fresh in the first two days as part of a meal. Leftovers must be discarded.

THE BALANCER

Dr. Thomas Rau MD & Dr. Konrad Werthmann MD, Paracelsus Clinic Switzerland

The best time for chelating acid out of this body with this alkalizing soup is first thing in the morning. A tasty alternative to traditional breakfast! You can also enjoy this any time of day.

- 1 celeriac (celery root)
- 1-2 medium carrot
- 1 leek
- 1-3 piece(s) of salsify, sun choke (artichoke), asparagus or parsnip
- 2-4 cloves of garlic
- A pinch of sea salt or Himalayan salt

Lightly steam vegetables and puree in a blender. If you have a Vita Mix, you can easily prepare as soup. As this recipe is intended to clear the kidneys and water retention, enjoy this every day for a minimum of one week for optimal results. This can also be enjoyed as a chunky soup.

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RICE SOUP

Stephanie Pierce, PRC

- ½ cup brown or white rice
- 1.25 cups water
- 1.5 cups of chicken/bee/fish bone broth OR veggie broth (organic and local if possible)
- Pinch of salt and pepper
- 1 tbsp Olive/Hemp/Coconut/Flax or high-quality butter (organic if possible)

Flavor with:

Pinch of Turmeric, Cayenne pepper, Green Onion, Cilantro, Parsley

Cook brown rice in a rice cooker or a covered pot until finished. When the rice is almost ready, combine with bone broth and bring to a boil.

ANTIMICROBIAL PRO-TERRAIN SOUP

Conscious Kitchen by Charles Holmes

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| 1 cup zucchini | ½ cup flat leaf parsley |
| 1 cup cabbage | 1 sprig basil |
| 1 cup asparagus | ½ cup fresh lemon juice |
| 1 cup fresh peas shelled or in pod | 1 tsp. Himalayan salt |
| 1 cup spinach | Fresh ground pepper |
| 2 stalks celery | |

Option: sprinkle blue-green algae on individual servings.

BEET SOUP

The New Vegetarian Cooking for Everyone by Deborah Madison

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| 6 cups Vegetable or Bone broth | 1 turnip, peeled and diced |
| 3 large beets, cubed (include tops) | 1 tsp. Himalaya salt |
| 2 onions or leek, finely diced | 1 tsp. fresh lemon |
| 2 tbsp. butter or olive oil | Chopped dill |
| Pepper | Nutritional yeast (optional) |

Gently cook onions/leeks until soft. Add beets, turnip and salt and cook for 5 more minutes. Combine stock and vegetables, adding beet greens (if available) at the last few minutes. Sprinkle with dill just before serving and add nutritional yeast on top should you wish.

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