

## ALKALINE BROTH

- ◆ Choose a combination of equal amounts from the following vegetables:
  - celery
  - green beans
  - zucchini
  - spinach
  - parsley
- ◆ Place your vegetables in a steaming basket and cover the bottom of the pot with enough water so that it does not boil dry but not enough to cover any of your vegetables. Check them with a fork periodically to make sure that they are still "crunchy". This will usually take only a few minutes.
- ◆ Place your vegetables and the steaming water in your blender and puree.
- ◆ Add any of your favourite fresh or dry herbs to enhance the flavour of the broth.
- ◆ The amount of broth to drink varies from person to person, but more is generally better, short of developing diarrhea.  
2-3 cups a day typically makes a significant difference in an individual's alkalinity and improves bile flow adequately.