



WHOLE BODY BALANCE

Chicken or Beef Broth (aka Bone Broth)

This is one of the most nutritious things you can make for yourself. Aim to cook the broth for at least 24 hours. The longer the simmer the more nutritious (and delicious) the broth. That's because the simmering of bones and vegetables leaches minerals (like calcium, magnesium, and potassium) into the water leaving you with a nutrient dense liquid that is easy to digest and absorb. Of particular benefit is the gelatin which comes from the collagen in bones. Gelatin has been shown to improve hair/skin/joint health, soothe the digestive tract, stimulate the immune system, regulate hormones, and act as an anti-inflammatory. Additionally, gelatin is an excellent source of the amino acid glycine which is an inhibitory neurotransmitter that has been shown to relieve anxiety. Here's how to make this truly super food...ENJOY!

Ingredients

4 quarts filtered water

1 ½ - 2 pounds bones (organic or grass fed chicken or beef. Especially good are beef knuckle bones, marrow bones, meaty bones, chicken or turkey carcass bones & necks)

2 Tablespoons Bragg's apple cider vinegar

2 teaspoons sea salt (best brand is Real Salt)

Cloves from 1 head of garlic

Directions

1. Place all ingredients in a slow cooker/crockpot and set to high. Fill with water to cover the bones until about ½ an inch from the top.
2. Bring stock to a boil (it may not completely boil, but you can tell when it's pretty much there), then reduce setting to low.
3. Allow stock to cook on low for a minimum of 8 hours and up to 24+ hours
4. Strain stock through metal mesh strainer, let cool
5. Place cooled stock in large mason jars (don't fill all the way to top, leave about ½ inch)
6. Store in fridge for a few days or in freezer for later use.
7. Before using stock, scrape off any top layer that congeals and discard
8. You can drink the broth or use it as a base for soups, stews, or cooking grains.



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Vegetable Broths

Use all organic produce and filtered water, when possible. Both recipes are extremely healing and alkalizing. You can drink them like a tea, use to make soups and stews, and cook rice or other grains. The mineral broth has even more nutritional impact than the potassium broth.

Potassium Broth

Makes 2 Quarts

Ingredients:

4 large red skin potatoes
3 carrots
4 celery stalks
1 bunch parsley
4 quarts filtered water

Directions:

1. Scrub vegetables clean and chop into large chunks
2. Place chopped potatoes, carrots, and celery in a pot and cover with the water.
3. Bring to a boil, lower heat and simmer covered for about 30 minutes.
4. Add parsley and simmer 5 minutes more.
5. Allow to cool and strain into glass storage containers (do not store in plastic!)
6. Store in fridge or freeze some for future use.

Mineral Broth

Makes 6 Quarts

Ingredients:

6 carrots, unpeeled & cut into thirds	1/2 bunch fresh flat-leaf parsley
2 yellow onions, unpeeled & cut into chunks	1 8-inch strip of kombu (this is a seaweed you can buy at Whole Foods)
1 bunch kale or collard greens, chopped	12 black peppercorns
1 bunch celery, cut into thirds	2 bay leaves
4 red potatoes, unpeeled & quartered	8 quarts filtered water
3 sweet potatoes, unpeeled & quartered	1 teaspoon sea salt
5 cloves garlic, unpeeled & halved	

Instructions:

1. Rinse all of the vegetables well, including the kombu.
2. In a 12-quart or larger stockpot, combine all ingredients into the pot and fill the pot with water to 2 inches below the rim, cover, and bring to a boil.
3. Remove the lid, decrease the heat to low, and simmer, uncovered, for 2 to 4 hours.
4. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out.
5. Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.
6. Let cool to room temperature before refrigerating or freezing. Store in glass containers.

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