

Potassium Broth

This broth is a cleansing, alkalizing and mineral-rich drink. It helps promote good pH in the body and helps remove toxins, bacteria, and viruses and is a great for helping you fight a flu or cold.

Potato peelings
Carrot tops
Beet tops
Celery tops + celery
Dandelion roots and all
Spinach (or other greens)

Optional: add some fresh herbs like parsley, rosemary, thyme, oregano, sage

Pour distilled water, or a very good filtered water, over the vegetables; add a small handful of black peppercorns

Add fresh garlic (smash and let set for about 5 minutes to get the enzymes going)

Add fresh onion (cut and let set for about 5 minutes to get the enzymes going)

Heat on low heat under 130 degrees for about 1-2 hours or as long as you wish

Strain, saving the liquid. Drink the liquid between meals or at the beginning of meals.

What to do with the vegetables:

- Discard
- Use in your composting bin
- Eat some, give it to your dog, or some other good use you might find.