

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Potassium Broth-Richard Schulze

Potassium Broth is a great-tasting addition to your 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. Drink as much as you can stand. Make a large pot once or twice a week. USE ORGANIC PRODUCE ONLY.



Fill a large pot with:

- 25% potato peelings,
- 25% carrot peelings and whole chopped beets
- 25% chopped onions
- 25% celery and dark greens
- 50 cloves of garlic, minimum
- Hot peppers to taste
- Enough distilled water to cover vegetables

Simmer on very low temperature for 2 hours or more. Strain, or just dip your mug in, and drink only the broth. Put the vegetables in your compost. Make enough for 2 days, refrigerating the leftover broth. It is important to use organic vegetables.