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# Medicinal Bone Broth

by Sherry Akef R.H.N.



Onions,  
Carrots, Celery,  
Parsnips



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### **What You Need:**

- 1 Glass or Ceramic Pot - minimum of 4 Quarts (Can also be stainless steel pot), *no aluminum, no teflon.*
- 2 - 4 organic/free range Chicken Carcasses/full bones including some meat (can use any bones - pasture raised/fed beef, pork or lamb)
- 2 medium Carrots
- 2 stalks organic Celery
- 1-2 Parsnips
- 2 large Onions
- 1-2 strip of Kombu Seaweed
- 1/2 bunch of Parsley (can be just the stems)
- 1/2 cup Burdock Root (wash skin with brush and cut into rings)
- 2 Tbsp Sea/Himalayan/Unrefined Salt
- 1 Tbsp Black Pepper
- 2 Tbsp Raw Organic Apple Cider Vinegar (Or juice of 1 organic lemon)

### **Optional Ingredients (to this base you can add any herbs or root veggies you like, below are some of the faves):**

- 1 tsp ground or fresh Turmeric (organic/non-irradiated)
- Sprig of Rosemary
- Sprig of Lemon Thyme/Thyme
- 1 Bay Leaf

### **Directions:**

- \* Put all ingredients in your glass or ceramic pot
- \* Pour cold water to the top leaving at least 3 inches from the rim
- \* Bring to a boil (no lid) and allow to boil for 5 minutes - skim off the foam that forms
- \* Turn heat down to medium low, put lid on, and allow to gently simmer for a minimum of 24 hours