



Mardian Natural Medicine

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How To Prepare An Alkaline Broth

1. Combine equal amounts of celery, green beans, zucchini, spinach, and parsley into one liter of water. If you can, use organic or any source that has not been sprayed with chemicals.
2. Bring these ingredients to a boil, then simmer for 30 minutes.
3. Drain the broth and either compost the vegetables or eat if desired. The nutrition is all in the broth. Sea salt or seasoning may be added to taste.
4. Drink one cup of this broth ideally at 10 a.m. and 4 p.m. every day for 3-4 days.
5. Keep broth in the refrigerator and enjoy!

