

# CHINESE SOUP BROTH TO MAKE HEALTHY BONES & PREVENT OSTEOPOROSIS®

## INGREDIENTS:

- 4 quarts water (enough to cover bones and herbal contents by 1 1/2 inches)
  - 1 oz. Rice vinegar
  - 2 lbs. Pork neck bones (available at your local butcher by special request)
- Arthritis patients may add 1 lb. of chicken bones
- 3 slices Sheng Jiang (fresh ginger rhizome)
  - Lu Jiao Jiao (deer antler gelatin)
  - Fruit Packet containing the following:
    - Gou Qi Zi (Fructus Lycii – Chinese wolf berry)
    - Long Yan Rou (Longan fruit)
    - Hong Zao (Red Jujube date)
  - Roots/Rhizome Packet containing:
    - Dang Shen (Codonopsis – Asiabell Root)
    - Huang Qi (Astragalus – Milk vetch root)
    - Dang Gui (unprepared Angelica sinensis root)
    - Xi Yang Shen (American Ginseng root)
    - Bei Sha Shen (Glehnia root)
- Additional herbs available by request for arthritis

Our clinic sells these herbal ingredients in individual packages. Each package makes a sixteen day supply (4 quarts) of broth. You supply the rice vinegar, pork neck bones and freshly sliced ginger.



Call (941 926 9082) for details if you would like to order the packages.

## DIRECTIONS:

### HERB PREP.

- Soak the root herbs for 10 minutes in a separate bowl of water until they have softened. Rinse them 2 or 3 times. Strain off the water and set aside.
- Soak the fruit herbs in a separate bowl of water for 10 minutes. Rinse them 2 times. Strain off the water and set aside.
- Dissolve the Lu Jiao gelatin pieces in 1 oz. of rice vinegar + 2 oz of hot water in a separate cooking pan. Bring to a boil slowly while stirring. Reduce heat and simmer gently while continuing to stir until the sticky pieces have completely dissolved.

### SOUP PREP.

How you prepare the soup broth depends on the size and type of cookware you own. I prefer using a one gallon capacity ceramic crock-pot that I can leave unattended overnight on “low simmer”.

Place the bones, dissolved deerhorn liquid, strained fruits, roots and rhizomes into the pot. Cover them with boiling water leaving 1 1/2 inches of space at the top to avoid spillage.

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### SOUP PREP. CON'T.

Set the temperature to “low” and cover. You may have to add some boiling water to it in the morning if the fluid content has diminished, but at the end of twelve hours, it’s done and ready to be strained.

If you use a smaller stove-top cooking pot (stainless steel is recommended), fill it with as much boiling water as you can to cover the bones and herbs by 1 1/2 inches, leaving enough room at the top to avoid spills. Cover and Simmer on low heat for 6 hours, then strain the broth into a one gallon container. Refill your pot of bones and herbs with more boiling water and simmer for 6 more hours. Strain this second cooking into the broth you set aside from the first round. The final amount of broth should total one gallon. The total cooking time for this method is also 12 hours.

During the first 30 minutes of either method, dirty foam may rise to the top of the simmering liquid. If this happens, skim it off the top, and replace the lid.

When cooking is completed, place the whole pot into a sink full of cool water. While you are waiting for the broth to cool, you can stir in a very limited amount of seasoning to taste.

\*(See list below of acceptable seasonings)

When the broth is cool, strain out the herbs, fruits and bones. The remaining broth will be a beautiful clear golden color.

Serve warm, or pour the broth into smaller storage containers and refrigerate overnight.

After several hours in the refrigerator, you will need to scrape off and discard the fat from the top of the containers. Then you can freeze them for later use.

Thaw as needed, reheat and drink 4 oz. twice daily.

\*Addendum: adding herbs for flavoring.

The Chinese don’t mind the unusual flavors of medicinal foods. Rather than shy away from the healing potential of this broth, try adding “a dash” of certain culinary herbs such as oregano, thyme, bay leaf, winter savory, marjoram to taste. Small amounts of Chinese Seaweed or saffron are also healthy and flavorful embellishments. A word of caution, be sparing with any additional herbs. They are dispersing in nature, and your goal is to “consolidate”.

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7029 S. Tamiami Trail, Suite A. Sarasota, FL 34231

Phone: (941) 926 9082

Website: [www.naturesownwellness.com](http://www.naturesownwellness.com)