



# *The UltraBroth*

*By Dr. M Hyman*

The UltraBroth will provide you with many healing nutrients and alkalize your system, making it easier to detoxify, lose weight, and feel great. The recipe can be varied according to taste.

## **Ingredients:**

For every three quarts of water add:

1 large onion, chopped

2 carrots, sliced

1 cup of daikon or white radish root and tops (ideal, but optional)

1 cup of winter squash cut into large cubes

1 cup of root vegetables: turnips, parsnips, and rutabagas for sweetness

2 cups of chopped greens: kale, parsley, beet greens, collard greens, chard, dandelion, cilantro or other greens

2 celery stalks

½ cup of sea weed: nori, dulse, wakame, kelp, or kombu

½ cup of cabbage

4 ½-inch slices of fresh ginger

2 cloves of whole garlic (not chopped or crushed)

Sea salt, to taste

1 cup fresh or dried shitake or maitake mushrooms (If available; these contain powerful immune boosting properties.)

## **Preparation:**

Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.

Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.

Simply heat gently and drink up to 3–4 cups a day.

Makes: 2 quarts or 8 cups

Prep time: 30 minutes

Cook time: 60 minutes

Recipe available on <http://drhyman.com/recipe>

