

DR. SCHULZE'S FAMOUS POTASSIUM BROTH RECIPE

This is a delicious and nutritious addition to any 5-Day Detox program. It will flush your system of toxins, acid and mucous while giving you concentrated amounts of vitamins and minerals.

Fill a large pot with:

- 25% Potato Peels
- 25% Chopped Whole Beets and Carrots
- 25% White Onions and Garlic
- 25% Dark Greens

Add hot peppers to taste. Add enough distilled water to just cover vegetables and simmer on very low temperature for 1–4 hours. Strain and drink only the broth. Make enough for two days, and refrigerate the leftover broth.

****Use only organic vegetables! We do not want to consume any toxic, immune suppressive insecticides, pesticides or inorganic chemical fertilizers while we are on a detoxification program.**

My broth will flush you out and build you up. Start it now!

