



Bieler Broth

Henry G. Bieler, MD (1883-1975) was widely recognized as a pioneer of holistic medicine using diet based therapies to treat both common and complicated health complaints. One of his many innovations was a soup-based tonic to support immune function that came to be called the “Bieler Broth.”

Basic Recipe: makes approximately 2 quarts

- Starting with 1 quart of water
- 4 medium squash (zucchini, yellow or acorn squash)
- 1 pound green beans (ends removed)
- 2 stalks of celery
- 2 bundles of fresh parsley (finely chopped & stems removed, 1 bundle works)
- Fresh herbs – thyme, tarragon
- Place all the chopped foods in a suitable enamel coated or stainless steel pot
- Bring to a boil, and then reduce the heat to simmer for 30 minutes

The vegetables must be chopped to suit individual needs. The parsley can be chopped or minced finely, or can be kept in the boil as a bundle with leaves submersed. This bundle can be discarded once the broth has been made, but you lose the benefit of the wonderful fiber content within leaves. The tonic can be pureed once cooked, which will assist digestion for those struggling with nutrient absorption conditions. More water can be added than listed above, and this can become a wonderful vegetable base to any culinary dish.

Modifications: can be made depending on individual needs

- Onions, chives – wonderful in supporting upper respiratory complaints
- Garlic – strong antioxidant with antibacterial antiviral properties
- Fennel root – digestive aid, carminative to GI tract
- Burdock root – loaded with immune polysaccharides
- Turmeric root – excellent anti-inflammatory digestive aid
- Greens – excellent source of calcium and magnesium
- Broccoli – cruciferous vegetable aid liver detox
- Cauliflower – loaded with lecithin which every cell craves
- Cilantro – potent heavy metal detox agent
- Yam – not the sweet potato imposters, look for jewel or garnet yam
- Proteins – legumes, miso, lamb or turkey is preferred. Only small amount.
- Cardamom – perfect digestive aid for food stagnation issues
- Ginger – treats weak stomach acid or digestive fire
- Oregano – gentle antibacterial herb for the digestion
- Lycium fruit – supports adrenal and circulatory systems
- Hawthorne berry – wonderful cardiovascular tonic
- Hibiscus – flavonoids support immune and cardiovascular systems
- Dandelion root – supports detoxification, slightly diuretic affect
- Vinegar – ½ tsp to make nutrients more biochemically available
- Fresh Basil – digestive and immune support