



Brasco Broth – Cleansing Chicken Soup

(From Book: “Restoring Your Digestive Health” by Dr. Brasco & Jordan Rubin)

Number of servings: 20

1	medium whole chicken—organic, free range or kosher chicken
3	quarts of filtered water
1/2	ounce structured water concentrate , Trace Mineral Drops
2-4	tablespoons of moist high mineral Celtic sea salt
4-6	tablespoons of coconut oil
2-4	chicken feet (Optional)
8	organic carrots
6	stalks of organic celery
2-4	organic zucchini
3	medium-sized organic white or yellow onions
1	tablespoon Apple Cider Vinegar
4	inches of grated ginger
5	cloves of garlic
1	large bunch of parsley (added 30 minutes before the soup is finished)

Directions

Take the largest stainless steel pot you can find and fill it with 3 quarts of purified water. Add 1 ounce of structured water concentrate (see below) and 1 tablespoon of Apple Cider Vinegar and let stand for 10 minutes. Fill pot with chicken, vegetables, sea salt and other ingredients and bring to a boil. Let boil for 60 seconds and lower heat. Simmer soup for 12-24 hours. Add parsley 30 minutes before soup is finished. Remove chicken from the bones and add chicken meat back to the soup. Remove chicken feet and discard.

For anyone suffering acute situations with high inflammation, it may be best to allow the soup to cool and blend or puree all ingredients in a high-powered blender or food processor.