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## The Ultra Broth Recipe

**(From The Ultra Simple Diet, by Mark Hyman, M.D.)**

On this program, I suggest you drink 3-4 cups of vegetable broth per day. The broth is a wonderful, filling snack that will also provide you with many healing nutrients and alkalinize your system, making it easier for you to detoxify, lose weight, and feel great.

Our modern diet is an acid-producing diet — including sugar, excess animal protein and processed foods — that creates a toxic cellular environment that can contribute to many diseases. (For those who can't make the broth, you can substitute low-sodium, organic vegetable broth from Pacific Foods or Imagine Foods, but making your own broth from fresh, organic ingredients is preferable.)

For every 3 quarts of water, add:

- 1 large chopped onion
  - 2 sliced carrots
  - 1 cup of daikon or white radish root and tops, cut into large cubes (ideal, but optional)
  - 1 cup of winter squash, cut into large cubes
  - 1 cup of root vegetables, cut into large cubes: 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, cut into large cubes
  - 1/2 cup of seaweed: nori, dulse, wakame, kelp or kombu
  - 1/2 cup of cabbage, cut into large cubes
  - 4 1/2-inch knob of ginger, sliced
  - 2 cloves of whole garlic
  - Sea salt to taste
- If available, you can add 1 cup of fresh or dried shiitake or maitake mushrooms.

Add all the ingredients at once and place on a low boil for approximately one hour. Simply continue to simmer to taste.

Cool, strain out the cooked vegetables and discard them. Store the resulting broth in a large, tightly sealed glass container in the fridge.

Before consuming, heat gently. Drink at least 3 to 4 cups a day.

Makes approximately 8 cups or 2 quarts of broth.