



OSTEOPATHIC  
PHYSICIANS OF  
ORANGE COUNTY

1770 Orange Avenue, Costa Mesa, CA 92627 tel: 949 650 7090 [www.dynamicosteopathy.com](http://www.dynamicosteopathy.com)

---

**Bieler's Broth Recipe:**

**PURPOSE:** For restoring alkaline reserves and improving liver function

**INGREDIENTS:**

- 2lbs. zucchini squash
  - 1 lb. green beans
  - 1 medium sized yellow squash
  - parsley
  - cilantro
  - Extra virgin olive oil -or- unsalted organic butter (optional)
  - Clean, chemical-free water
1. Cut up zucchini squash, green beans (frozen or fresh) and yellow squash.
  2. Steam until soft using clean water in a porcelain or stainless steel pot. Do not use aluminum or copper cookware.
  3. Fill blender 1/2 full with the vegetables and the water used for steaming. Add a small handful of chopped raw parsley and cilantro. Blend to a consistency of pea soup (or, as desired).
  4. Add small amount of unsalted organic raw butter or preferably extra virgin olive oil.