



Veal Joint Broth: For healthy digestion, joints, kidneys, and endocrine function

(Source: The Chemistry of Man, by Dr. Bernard Jensen)

Start with 1-3 pounds of clean, fresh, uncut veal joints. Wash in cold water and cover halfway with water in a pot, then add the following ingredients:

- 1 1/2 c. apple peelings
- 2 c. potato peelings
- small celery stalk
- 1/2 c. okra, canned or fresh (I would think that frozen would be fine too)
- 1 large parsnip
- 1 onion
- 2 beets, grated
- 1/2 c. chopped parsley

Simmer all ingredients 4-5 hours; strain off liquid and discard solids. The broth will be a white, milky color when done. Drink warm or hot. Store leftover broth in refrigerator. Voila-- delicious, healthy broth that helps with arthritis, gout, joint pain, kidney stones, etc. Miracle stuff!

| High Sodium Foods | |
|------------------------|--------------------------|
| Apples | Irish moss |
| Apricots, dried | Kale |
| Asparagus | Kelp |
| Barley | Lentils |
| Beets & greens | Milk, raw |
| Cabbage, red | Mustard greens |
| Carrots | Okra |
| Celery | Olives, black |
| Cheeses | Parsley |
| Chickpeas, dried | Peas, dried |
| Coconut | Peppers, hot, red, dried |
| Collard greens | Prunes |
| Dandelion greens | Raisins |
| Dates | Sesame Seeds |
| Dulse | Spinach, New Zealand |
| Egg yolks | Strawberries |
| Figs, *black mission | Sunflower Seeds |
| Fish | Swiss chard |
| Goat milk (esp. *whey) | Turnips |
| Horseradish | *Veal joint broth |



New Vitality
Holistic health from a biblical perspective



| High Chlorine Foods | | |
|--|---------------------|---------------------|
| Asparagus | Cucumbers | Oats |
| Avocados | Dandelion greens | Onions, dry |
| Bananas | Dates | Parsnips |
| Barley | Dock (sorrel) | Peaches |
| Beans | Eggplant | Peas |
| Beechnuts | Endive | Pineapple |
| Beets | Figs | Potatoes with skins |
| Blackberries | Filberts | Radishes |
| Brazilnuts | *Fish | Red raspberries |
| Breadfruit | Fowl | Rutabaga |
| Brussels sprouts | *Goat milk, raw | Salsify |
| Cabbage, red, common, savory | Guava | Sauerkraut |
| Carrots | Horseradish, raw | Spinach |
| Cauliflower | Jerusalem artichoke | Strawberries |
| Celery | Kale | Sunflower seeds |
| Cheeses (Danish bleu, Italian, Roquefort, Swiss) | Kelp | Sweet potatoes |
| Chickory | Kohlrabi | Tomatoes |
| Chickpeas, dried | Lean meat | Turnips |
| Chives | Leeks | *Veal joint broth |
| Coconut | Lentils | Watercress |
| Corn | Lettuce, leaf & sea | Watermelon |
| Cowpeas, dried | Mangoes | White beans, dried |

* indicates highest concentrations of sodium & chlorine.