

Blood Building Soup - Medicinal Dose

4 leg beef leg bone pieces with marrow, preferably organic or local raised. These normally come frozen from the butcher or health food stores.

shan yao - dioscorae rhizome - root - (Chinese yam)

gu sui bu - drynaria rhizome

gou qi zi - lycium fruits - (gou gee berries)

Boil these in 6 to 7 c. or so water and strain out the herbs. Next cook the bones in this broth with 1 - 2 T. molasses for 1 1/2 hours or so til done.

Cool the mixture and then refrigerate to congeal the fat and skim off the top if you don't want the fat.

Poke the marrow out of the bones and break up into the broth. I use a chopstick to get the marrow out of the bone. Discard the bones.

Salt to taste with a good celtic or himalayan salt. You are welcome to season to taste. Freeze leftover broth.

Eat 1.5c. of broth twice per week. This batch will last 2 weeks. Freeze the 2nd week portion. You can make a larger batch and freeze the rest..

Small children start with taste then up to 1/4c if possible.

Bon appetite.

Love.

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Adapted from Len Jacoby, Acupuncturist.