

Dr. Martha's Heal All Wintertime Soup

(Inspired by the work of Dr.H.C. Vogel)

A really important Swiss/German remedy for strep (which often can recur in various forms)

Key ingredient is fresh watercress - boost thyroid(naturally speaking - not like a drug)

- Slice two large onions and place in a 3 qt sauce-pan or soup pot.
- Cover with 3-4 cans organic chicken broth (or make your own!)
- Add 1-2 cups water.
- Add Braggs Liquid Aminos to taste.

Should be a little on the salty side to cut the phlegm in the throat. Will also be balanced out by the sweet taste of onions after they cook. The patient should be the taster, as their taste buds will know what they need. Bring to boil and then cover and simmer until onions are soft.

Take 1 tablespoon of Kudzu (*Pueraria lobata*) powder (from macrobiotic section of health food store) and cover with a little water. Stir to paste. Add 1/4 cup of the hot broth and stir until thoroughly mixed and then add to the pot. This will thicken the soup slightly and is a cooling herb that heals the gastrointestinal lining (where these microbe stake hold according to Western science from the previous 2 centuries!)

When you are about ready to eat - Cut the watercress leaves gently and place 1/4 - 1/2 cup leaves in a soup bowl. Cover with very hot soup and by the time you get to the table the greens will be ready to eat! Substitute chard, kale, or other chopped green leafy vegetable.

Gezundheit!