

Mederi-CNH

[with added notes from VIM]

BONE MARROW IMMUNE ENHANCING SOUP

Bone marrow soup is an important source of nutritional and immune support factors extracted in the cooking of bone soup. It contains myeloid stem cells, which are the precursors to red blood cells, and lymphoid stem cells, the precursors to white blood cells and platelets. The red marrow produces these immature precursor cells, which later convert to mature cell outside the marrow.



The prolonged cooking of bones in water results in a broth rich in nutritional constituents that promote strength, tonify and build the blood (for bone marrow and iron anemia), nourish in times of sickness and rehabilitation. It is a specific dietary medicine for people on chemotherapy or radiation therapy. It is also help to prevent bone and connective tissue disorders.

Ingredients (for a large batch): 3 groups of ingredients

Ingredient Group # 1

3 - 4 pounds organic bones (lamb, bison, beef, or poultry) - The best bones to get are organic, hormone free, antibiotic-free, beef or lamb bones.

5 to 6 quarts filtered water, or slightly more as needed

1 onion, peeled and quartered

crushed garlic (4-6 cloves)

2 tomatoes, peeled, seeded, and halved

2 small potatoes, peeled and quartered

½ cup to 1 cup of Shiitake mushrooms

2 to 3 (5-inch) piece kelp, kombu or alaria sea vegetable

2 tablespoons balsamic, red wine vinegar or raw apple cider vinegar or lemon juice

2 bay leaves

Optional: crushed ginger (1 tsp.- 1 tbs.) beets, burdock root, carrots, kale and whatever else you'd like.

Optional herbs of your choice to add: thyme, rosemary, basil, turmeric etc ...

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1 tsp. black peppercorns
1 tsp. sea salt
5 whole sprigs of fresh parsley
1 tbs. miso

Ingredient Group #2. Bone Marrow Soup Mix

Order directly from Lindsay Kluge at Ginger Tonic Botanicals, 434-260-0749. She can send this to you through the mail or you can pick it up from her.

Say you are a patient of Dr. Wright and/or Dr. Albert from Virginia Integrative Medicine

Bone Marrow Soup Mix"

astragalus, shan yao (Chinese yam), sheng di (rehmannia), gou qi zi (wolf- or goji- berries), dang gui pian (dong quai)

Ingredient Group #3 (from the VIM office)

1 Tablespoon Immucare I by Natura (equal to about 20 capsules—can get the IC-1 powder to make soup.

NOTE: You can eliminate this is taking Immucare I by capsules.

How to make the soup: [Note: the bones don't have to be roasted, but roasting brings out flavor]

1. Preheat oven to 400° F
2. Rinse bones and place in a foil-lined tray.
3. Roast bones, uncovered, until brown on all sides, turning every 20 minutes.
(Approximately 1-2 hours, depending on amount of bones.)
4. Add bones to stockpot with 1 1/2 quarts of cold water, or enough to cover the bones.
5. Slowly bring to a boil, then turn down
6. Add remainder of ingredients (including the "Bone Marrow Soup Mix") other than the parsley, ImmuCare I and miso and simmer for 2 – 4 hours.

Add additional water as needed to keep amply covered during cooking

Towards the end (last 5-10 minutes) of simmering process add the parsley, ImmuCare I and miso paste.

Try to consume one-two bowls /day

Note: should make about 6 cups broth with some added veggies. Each cup of broth will have about 3-1/2 caps of IC-1 in it or about 1/2 tsp. So you want to take 2 cups daily.

This soup will keep well in the refrigerator five to seven days.