

Natural Healing Express Weekly

Column 232 Bone Broth Recipes/ Challenge

Is it Spring? Is it Summer? Or, for goodness sakes, is it still winter? With all these 20 plus degree temperature changes, I am having trouble trying to decide what to wear, let alone trying to keep my immune system steady and solid. One day we are biking and sweating with just a small shirt on and the next I am driving to an appointment through a mini snow tornado or a snownado as that certain crazy driver calls it. What gives? I saw this hilarious post on my Facebook from my friend in Indiana. He and his significant other are seated on a bench in their yard. One her side, the grass is mowed and she is smiling wearing a pair of shorts. One his side, there is snow and a snow blower halfway through the yard while he is bundled up in Colts winter gear. On the same bench, on the same day! Ya, that's how it feels to live in the Midwest !

If you have been following our column recently, you will know that we are now making our own bone broth and helping folks enjoy the age old joy of pure nutrition in a cup. We have listed the benefits of the broth and a couple of recipes in previous articles. And, we have thoroughly enjoyed meeting the many of you that have made the trip to Lena to pick up a quart or two. Thank you very much for your support and I hope you are all feeling a bit better by adding this to your diet.

As promised, I am adding a couple of more recipes this week. First, we have discovered a wonderful Detox Recipe, combining our bone broth and an amazing herbal tea. This is designed to “re-set” your system and can be incorporated into your daily broth ritual with ease.

Detox tea = Ingredients – 1 ¾ cups bone broth, 2 fresh peppermint sprigs, 1 tsp dandelion, 1 tsp, milk thistle. In a small sauce pan, bring the bone broth to a simmer. Meanwhile, in a large mug, (or a mortar and pestle) muddle the peppermint sprigs, milk thistle and dandelion. Pour broth into the mug and enjoy. If you are not a fan of muddling or cannot find the above ingredients, give us a shout and we will direct you to a detox tea which includes this ingredients so all you have to do is put the broth over the tea bag. Simple enough!

Here's another great broth to help the Thyroid.

Thyroid Support Broth -= Ingredients 1 ¾ cups Bone Broth, ¼ cup seaweed, kelp, dulse or spirulina. 1 tsp of Skinny Coconut Oil, ¼ Celtic sea salt.

In a small sauce pan, heat the broth to a simmer. In a large mug, combine the remaining ingredients. Pour broth over the mug, cover and steep for ten minutes. Serve.

This past week, we have been trying a few more additives to our in-house broth. These tinctures are all made by our lovely friends at Herbs Etc. They are a wonderfully healthy, purposeful additive to our daily broth and can be ordered at NHE. We have been adding one dropper full to an 8 oz. broth.

Ultimate Ginseng – Enhances Physical and Mental Stamina

Stress Re"leaf" – Provides Stress Relieving Effects and Long Term Coping Benefits

HB Pressure Tonic –Helps to Maintain Healthy Blood Pressure

Mushroom Seven Source –Supports and Strengthens Internal Organs

So, next time you are in, try one of these..

Last week, we mentioned our bone broth challenge and described it as follows: As I have studied this ever-developing trend, I found a quite interesting 21 day bone broth "diet". Now, I hesitate to really call it a diet, but since we research everything here before we endorse it, I am forming a 10 person "board" to work with me on this 21 day endeavor. The gist of it is that we will follow her 21 day "diet" utilizing our broth and analyze the process and the results. I am carefully selecting this committee and am looking only for those volunteers who are willing to work at this with me, be positive and provide great feedback. I would like to encourage those who truly are desirous of a change in their own life to get in touch this week. We will meet twice a week for three weeks and start in April.

There is no cost to be part of this and our broth will be provided. I am looking for folks with joint concerns, surgery/injury recovery, 10-25 pounds of weight loss or low energy. Again, I plan to work with a very small group on this, so if you are not chosen, please do not take it personally. This is intended to be a specific and task oriented group. There is no compensation involved, only the broth provided.

With that said, we have just finished a batch of our bone broth and will have several for sale when this publishes. We will be in the store Wednesday from 10:00am to 8:00pm and Saturday from 9:00am to 1:00pm. If you need to make arrangement for pick up at other times, we always accommodate. Just reach out at any of the numbers provided.

As of this date, I am still looking for three more candidates to take part in our Bone Broth Challenge. If you have questions, feel free to reach out.

Also, we are planning to schedule our **Building a Natural Medicine Kit and Essential Oils Seminar** at a few locations in April. We have scheduled Indianapolis and Nashville but would love to have one both in the Galena Area and the LaCrosse Area. If you have ideas or would like to be a "host" (someone who gives us recommendation for site selection/promotion) for either area please get in touch with us ASAP. We are looking for positive team members that are passionate about educating folks about Natural Healing methods!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com

Facebook: Natural Healing Express

