

## H pylori products I (Angie) use are:

[desbio.com](http://desbio.com) - h.pylori series kits and homochord.

Let them know we sent you....

---

## Support items:

Steamed Cabbage brings out L-glutamine for nourishing the mucosal lining.

Mastic GUM - botanical support for rebuilding the stomach lining

DGL = Deglycyrrhizinated Licorice - is used in lieu of PPI- to control acid in the stomach and nourish the GI tract

Aloe Vera - George's Brand

Slippery Elm - soothes and nourishes the tissues

---

## RECIPES:

Bone Broth: (by <https://wellnessmama.com/5888/bone-broth/>)

### **How to Make Bone Broth**

**prep** 10 mins **cook** 8 hours

**total** 8 hours, 10 mins

**author** wellness mama

**yield** 16 +

#### **Ingredients**

- 2 pounds (or more) of bones from a healthy source
- 2 chicken feet for extra gelatin (optional)
- 1 onion
- 2 carrots
- 2 stalks of celery
- 2 tablespoons Apple Cider Vinegar
- Optional: 1 bunch of parsley, 1 tablespoon or more of sea salt, 1 teaspoon peppercorns, additional herbs or spices to taste. I also add 2 cloves of garlic for the last 30 minutes of cooking.
- You'll also need a large stock pot to cook the broth in and a strainer to remove the pieces when it is done.

#### **Instructions**

- 1 If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. I place them in a roasting pan and roast for 30 minutes at 350.
- 2 Then, place the bones in a large stock pot (I use a 5 gallon pot). Pour (filtered) water over the bones and add the vinegar. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.

- 3 Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add any salt, pepper, spices, or herbs, if using.
  - 4 Now, bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done.
  - 5 During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this. Grass-fed and healthy animals will produce much less of this than conventional animals.
  - 6 During the last 30 minutes, add the garlic and parsley, if using.
  - 7 Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.
- 

## **POTASSIUM Broth:**

### **a/k/a Adrenal Recovery Soup**

#### **Ingredients:**

1 pound of Green Beans - fresh or frozen

1 c chopped celery

1 zucchini, sliced

1 medium onion, chopped

1 c tomato juice

1 c spring water

1 T raw honey

1 tsp paprika

1 c chicken broth - NO MSG

Pepper to taste

Combine ingredients and simmer for one hour until vegetables are tender. Enjoy