Don’t Laugh... Its Bone Soup

It’s no secret that most unhealthy Americans are overly acidic. One of the major root causes of illness is an overly acidic chemistry. Keep in mind a slightly alkaline blood pH of 7.35 -7.45 is optimal and that as we go down even slightly in pH, (even though we are still technically alkaline) we are in a state of relative acidity.

Our enzymes, cell membranes, and even the hemoglobin’s ability to release oxygen are compromised in this state of relative acidity. This acidic body chemistry causes a reduced oxygen state in the cells called hypoxia; and cancer, bacteria, virus and fungi-these thrive in an oxygen starved environment.

As you may remember, vegetables and green drinks (specifically organic green drinks like NitroGreens) provide healthy buffers to reduce acidity. Vitamin D is also a major influence to normalize pH by its role in calcium metabolism.

As you know, if the blood pH is too acidic, it will pull calcium and other minerals from the bones to normalize or buffer the delicate blood pH. That’s why a culture of people who may ingest far less calcium than we do still have stronger bones. It’s because their systems are not too acidic and calcium isn’t being robbed from their bones to buffer the blood pH.

Let me share another secret for regulating the pH (and for healthy bones), bone soup. Don’t laugh too loud. Actually, we’re really talking about the broth. If it’s true that when we have an acidic chemistry, calcium and other key minerals are pulled out of our bones, then what would happen if we created an acid based medium in a soup and used healthy bones and organic vegetables as a base? Exactly, the minerals will be pulled out of the soup bones just as they are pulled out of our bones.

Dr. Francis Pottenger, author of the famous cat studies, taught that the stock pot or soup pot was the most important piece of equipment to have in our kitchen. Not only do we get the minerals from bones, but we also get cartilage factors, collagen, gelatin, amino acids, and glycoaminoglycans. In fact, some of these other factors may be more important than the minerals.

Gelatin for example has been hailed as an aid for its ability to improve digestion in both infants and adults. Gelatin appears to improve the digestibility of milk and beans as well as the utilization of grains and meats.
We are all familiar with the need to increase the nutrients that will heal cartilage and stimulate connective tissue repair. Bone broths will provide these factors as part of our food. So have your patients get out the crock pots and think soup, bone soup. In traditional cookbooks when we talk about bone broths, we are really talking about making soup stocks. So the term broth and stock are really similar for what we are trying to accomplish.

You can consult cookbooks for recipes. Here's the basic concept. Start with cold water, just enough to cover the bones and place in a crock pot or soup pot. Add 2 tbsp apple cider, rice, balsamic, red or white wine vinegar to the water. Use 2 tablespoons of vinegar per quart of water or 2 tablespoons per 2 pounds of bones. This will create the acid medium to draw out the minerals and bone factors for bone healing and pH balancing. Put the crock pot or soup pot on simmer and remove any scum that may rise to the top as the cooking process begins. Once that is removed, simmer bones for 6-48 hours. Add vegetables at the last hour or any other time that’s convenient. Finally, strain through a colander lined with cheesecloth and discard the bones. Voila’, you have an awesome broth. You can use the meat for the soup or salads.

Even easier would be to just use a crock pot. Fill it in the morning and walk away. The skimming of impurities is not essential. It just makes a tastier broth. When you come home from work, get rid of the bones and soggy cooked veggies. Add fresh veggies and cook until they are tender. Enjoy an awesome meal. This bone soup broth may be frozen for months or kept in the refrigerator for 5 days until you are ready to add veggies and make the soup.

Well, you get the idea. I always tell patients that nutritional supplements are important to enhance the diet, but food is really the major component to longevity and sustained wellness. If some of your patients won’t do this, you try it. Lead by example. As you feel healthier and radiate a vibrant, healthy glow, your patients will want to know what you are doing.

In summary, bone soup not only helps to naturally alkalize over-acidity, it’s a natural source of minerals, cartilage factors, collagen, gelatin, amino acids, and glycoaminoglycans. These are all nutrients that will help heal cartilage and stimulate connective tissue repair. So have fun and enjoy the process yourself. Above all enjoy the soup.

Thanks for taking the time to read this addition of the Tuesday Minute. See you next Tuesday!