

*Bone Marrow Soup - Kidney & Liver Cleanse*

- 1) **Cracked Organic Beef Bone (Knuckles) with Marrow Exposed**
- 2) **Seaweed (Hijiki or Nori) with in Minerals**
- 3) **Garlic**
- 4) **Added Vegetables**
  - a) **Carrots**
  - b) **Onions**
  - c) **Zucchini**
  - d) **Celery**
  - e) **Burdock Root**
  - f) **Daikons**

**Kidney Tonic**

- 1) **Cranberry Juice (Unsweetened)**
- 2) **Half Purified Water**

**Liver Cleanse (Spring)**

- 1) **Beets & Beet Greens**
- 2) **Sprouts**
- 3) **Kale**
- 4) **Romaine Lettuce**
- 5) **Celery**