



MEDERI  
Centre for Natural Healing  
*Botanical Medicine & Clinical Nutrition*

## IMMUNE-ENHANCING BONE MARROW 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)*

Bone Marrow Immune Enhancing Soup • Mederi-Center for Natural Healing  
300 N. Pioneer St. | Ashland, OR 97501 | tel. 541-488-3133 | fax: 541-488 6949 | [www.centrehealing.org](http://www.centrehealing.org)

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 ...

1 tsp. black peppercorns

1 tsp. sea salt

5 whole sprigs of fresh parsley

1tbs. miso

### ***Fu zheng soup herbs from CNH***

astragalus, shan yao, sheng di, gou qi zi, dang gui pian

1 Tbs Immucare I (CNH) by Natura

### ***How to make the soup***

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 ingredients 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.

Try to consume one-two bowls /day,

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