Hippocrates Soup Recipe

By: Linnette M. Beck AP, DOM

(Revised 3/18/2012)

The Hippocrates soup was said to be developed by Hippocrates himself—the “Father of Medicine”—an ancient Greek physician who is considered to be one of the most outstanding figures in the history of medicine. He was born in 460 BC and died 377 BC. He was credited with being the first person that believed that diseases were caused naturally and not as a result of superstitions or gods. He separated the discipline of medicine from religion, believing and arguing that disease was not a punishment inflicted by the gods but rather the product of environmental factors, diet and living habits.

Read that last line again.

Because today scientists continue to argue that disease is caused more by genetics and not by environmental factors, diet and living habits. In fact, genetics is the new “god” to many scientists. And they couldn’t be more wrong.

Hippocrates soup is a nourishing soup—loaded with potassium and healing phytonutrients—and low in sodium. And it tastes great! This soup is required eating at least twice a day at many cancer clinics around the world due to its healthy ingredients—organic of course! Be sure to eat every last drop as all the nutrients that are pouring out these veggies are in the soup broth! **NO ADDED SALT (SODIUM) OF ANY TYPE!!!**

1 medium celery root, if available. Otherwise, 3-4 celery branches
2 small or 1 large leek. If not available use 2 small white onions. Hint: The Jungle on A1A carries leeks!
2 medium onions
1 bulb (not clove) garlic
Small amount of parsley
1.5 pounds (or more) of tomatoes
1.5 pounds of potatoes
Acceptable herbs if needed: rosemary, thyme, bay leaf (My favorite? Rosemary!)

Wash and scrub veggies. Other than onions and garlic, do not peel. Cut into ½ chunks. Put in large pot. Add good reverse osmosis (RO) water or distilled water about half way—because there is much water in the veggies. Bring to boil. Simmer for 1.5 - 2.0 hours or when the potatoes are soft. When done, let it cool and then keep in frig and reheat when ready to eat. Must be consumed within two days!

**Helpful hint:** Put the tomatoes and garlic cloves in food processor and blend until garlic is small bits. Pour into the pot as the last thing added prior to adding the water.

This soup is delicious!! If you don’t like it, most likely it is because your taste buds have been poisoned by salt. They will recover --- within one month of salt (including table salt, sea salt, Celtic salt, Himalayan salt etc.)

As far as I am concerned, and many other thought leaders agree, “Tissue Damage Syndrome” caused by the loss of potassium via the ingestion of concentrated sodium products is linked to every non-genetic degenerative disease including cancer. Avoid sodium!