

Beef Juice

Trim and discard the fat from 1 pound of round steak and cut the steak into cubes, one half to one inch in size. Put the cubes into a quart glass jar without water. Put the jar on top of a washcloth in a saucepan. The washcloth is to act as insulation to prevent breakage. Add enough water to the saucepan so that the water level is above the level of the steak pieces.

Cover the jar but do not seal. Simmer, not boil, the water for three to five hours, as long as necessary to extract all the liquids from the steak. At the end, strain off the juice, squeeze any excess juice out of the meat, and discard the meat. Skim off and discard any fat from the juice. Refrigerate the juice. There should be three or so ounces of juice.

The juice will be good for three to four days. It may be warmed before taking. During the day take a teaspoonful at a time, a few times a day. The juice should be sipped in very small amounts, held in the mouth to mix thoroughly with saliva, and then swallowed slowly rather than gulping down. Taken this way, the juice will be absorbed through the lining of the cheeks and will restore energy and begin rebuilding red blood cells almost instantly.