



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

## Bone Broth

Cheap and easy to make, Bone Broth is a healing, soothing food. It is made by slowly simmering the bones, skin, ligaments and cartilage of animals over a period of hours or days (depending on whether you use a pressure cooker, hob or slo cooker) along with vegetables, herbs and apple cider vinegar, infusing the liquid with a mix of beneficial compounds, nutrients and flavour.

Bone broth is typically rich in protein and contains compounds such as collagen, glucosamine, hyaluronic acid, glycine, gelatin and chondroitin along with minerals which leach from the bones during the long cooking time (assisted by apple cider vinegar). These nutrients and minerals have been associated with a number of health benefits.

Collagen, for example, has been shown to relieve joint pain, boost skin elasticity and protect and heal the gut lining. Gelatin is also associated with healing the mucosal lining of the gut.

Meanwhile, other compounds found in bone broth may help prevent muscle loss, reduce joint stiffness, support liver detoxification and fight wrinkles. In Traditional Chinese Medicine, bone broth is used to boost the immune system and fight infection.

Bone broth also contains calcium, magnesium and phosphorous, which is good for bones, but also many other trace minerals. Ref. 1, 2, 3

Recipes for chicken/beef and fish bone broth can be found in the recipe section of this website along with more information about bone broth. Recipes for beef and chicken bone broth can be found on Craig Fearless' website below where you can download a free recipe book.

Be careful of store-bought broths as you do not know how long they have been cooked for or what damaging ingredients may be included, such as MSG. It is the long cooking time, at least 24 hrs, that draws out all the beneficial nutrients from the bones.

Craig Fearless is a certified Nutritional Therapy Practitioner who has worked for years with clients suffering from a range of digestive issues such as heartburn, GERD, IBS, coeliac disease, leaky gut, candida, food sensitivities etc. Below he explains why he is so passionate about including bone broth in his treatment.



He also has great recipes for home-made bone broth.

<https://fearlesseating.net/bone-broth-benefits/>

And Here are some testimonials on bone broth. Some people have found great benefit by merely adding bone broth to their diet. I also included bone broth in my diet when I was healing my gut.

<https://brothmasters.com/pages/testimonials>

#### References

Ref.1 - <https://draxe.com/nutrition/bone-broth-benefits/>

Ref.2 - <https://www.drkarafitzgerald.com/recipe/leaky-gut-bone-broth/>

Ref.3 - <https://www.medicalnewstoday.com/articles/323903>