

# BONE BROTH

## Top Reasons to Eat Bone Broth

There are many reasons for incorporating good-old-fashioned bone broth into your diet. The following health benefits attest to its status as "good medicine."

**Helps heal and seal your gut, and promotes healthy digestion:** The gelatin found in bone broth is a hydrophilic colloid. It attracts and holds liquids, including digestive juices, thereby supporting proper digestion

**Reduces joint pain and inflammation,** courtesy of chondroitin sulphates, glucosamine, and other compounds extracted from the boiled down cartilage

**Promotes strong, healthy bones:** Bone broth contains high amounts of calcium, magnesium, and other nutrients that play an important role in healthy bone formation

**Inhibits infection** caused by cold and flu viruses, etc.: A study published over a decade ago found that chicken soup indeed has medicinal qualities, significantly mitigating infection

**Fights inflammation:** Amino acids such as glycine, proline, and arginine all have anti-inflammatory effects.

Arginine, for example, has been found to be particularly beneficial for the treatment of sepsis (whole-body inflammation). Glycine also has calming effects, which may help you sleep better

**Promotes healthy hair and nail growth,** thanks to the gelatin in the broth

### Bone Broth

From the *Heal Your Gut Cookbook*, Boynton & Brackett

#### Ingredients:

- 3-4 pounds beef marrow and knuckle bones
- 2 pounds meaty bones such as short ribs
- ½ cup raw apple cider vinegar
- 4 quarts filtered water
- 3 celery stalks, halved
- 3 carrots, halved
- 3 onions, quartered
- Handful of fresh parsley
- Sea salt

# BONE BROTH

## Method:

1. Place bones in a pot or a crockpot, add apple cider vinegar and water, and let the mixture sit for 1 hour so the vinegar can leach the mineral out of the bones.
2. Add more water if needed to cover the bones.
3. Add the vegetables bring to a boil and skim the scum from the top and discard.
4. Reduce to a low simmer, cover, and cook for 24-72 hours (if you're not comfortable leaving the pot to simmer overnight, turn off the heat and let it sit overnight, then turn it back on and let simmer all day the next day)
5. During the last 10 minutes of cooking, throw in a handful of fresh parsley for added flavor and minerals.
6. Let the broth cool and strain it, making sure all marrow is knocked out of the marrow bones and into the broth.
7. Add sea salt to taste and drink the broth as is or store in fridge up to 5 to 7 days or freezer up to 6 months for use in soups or stews.

## How to Make Bone Broth Using Your Slow Cooker

Bone broth is an example of a traditional food that's easily adaptable to your modern lifestyle. Even if you're away from home most of the day, you can *still* prepare homemade bone broth by using a slow cooker. To use a slow cooker, you will need to first bring the broth to a boil in a pot on your stove, then skim the scum off the top. Pay careful attention to this stage, as once the broth begins to boil the scum is rolled right back into the broth. The scum are the impurities that you want to remove. You can then transfer the broth to your slow cooker and turn it on to low heat for 24 to 72 hours.