One Simple Change for Overall Health - Bone Broth

One small change in your diet which can have a big impact on your overall well-being is to make and consume bone broth on a regular basis. Just about every culture historically has some form of soup or broth known for maintaining health and vitality. A pot boiling over the fire is the backdrop of the historical kitchen. Today's fast foods have pushed these traditions out of the kitchen and created fast chemical bouillon cubes in their wake. We now understand the science behind these traditions; it was not simply because they were inexpensive to make (although that is still true today) but broths provide numerous health benefits. Note: the terms broth and stock may be used interchangeably.

10 Reasons to Make Your Own Bone Broth

1. **Increase minerals, decrease health issues.** Mineral deficiency is a common factor in various health issues. Bone broths have plentiful and easily absorbed minerals; not just the macro minerals such as calcium, magnesium, silicon, sulfur, and phosphorus, but also the very critical trace minerals.

2. **Aids with pain-free muscle and joint health.** Analysis of bone broths show broken down minerals from cartilage and tendons provide glucosamine and chondroitin sulfates which strengthen and support muscles and joints. As the heart is a muscle, bone broth also supports the heart and the lining of the blood vessels, playing a role in lowering cholesterol and the incidence of heart attacks.

3. **Supports the immune system** - often called "Jewish Penicillin". Broth Promotes the assimilation of vitamins and minerals and thus supports the immune system. Broth is beautiful tastes great and can be warmed up in minutes to make a satisfying, healing, and energizing bowl or mug of soup to be sipped alone as a snack, with meals or used as a base for gravies, soups and stews.

4. **Supports smooth, strong skin and reduces cellulite.** Collagen gives skin its ability to move and stretch and maintain shape. Bone broth feeds your skin from the inside, supplying the collagen which is lacking in cellulite fat making it as well as the rest of your skin supple and radiant.

5. **Improves acne, anemia, anxiety, autism, depression, IBD, colitis and more** - By digesting and absorbing more nutrients, your immune system function improves which these common diseases and symptoms. Bone broth is very healing and sealing to the gut wall helping you digest and absorb more nutrients and supporting immunity.

6. **Aids the digestive process.** The gelatin and collagen found in broths are colloidal substances, meaning that they attract digestive juices to them self in a manner very similar to raw food. Cooked foods typically repel digestive juices. Including copious amounts of gelatin in the diet through broth based soups, sauces, and gravies will go a long way toward improving digestion and reducing any digestive distress from eating cooked foods.

7. **Supports the elimination of unavoidable toxins.** The primary detoxifying organ in the body is the liver and bone broth provides nutrients such as glycine which is needed in the many functions of the liver. Potential benefits of detoxification include increased energy and vitality; weight loss and reduction of body fat; healthier skin; better sleep, clearer thinking and improved mood.

8. **Cuts down on processed food intake:** Commercially produced broth may contain MSG, beef or chicken flavorings, yeast extracts and other additives plus the manufacturing process usually strips out most nutrients.
9. **Top-quality food that doesn’t break the budget.** The gelatin has what’s called a **protein-sparing** effect on the diet. This means that if you consume bone broth and consequently gelatin in your diet, you don’t need as much meat in the diet to maintain health. Studies have found that you can eat about 50% less meat and maintain health if you have gelatin and bone broths in the diet - at least 2-3 times a week. Thus a great budget helper.

10. **Quick and easy:** Once you have mastered making broth, you can stock up and have a truly fast, real food meal always at your fingertips!

### Basic Bone Broth Recipe

Raw or cooked **natural bones from healthy properly raised animals.**

**For chicken stock:** Use the picked carcass of two meat chickens; one whole free range layer hen; or three to four pounds of boney chicken parts - (necks, backs, and wings). Be sure to use free-range chickens as chickens raised in cages, even if organic, do not provide much gelatin.

**For beef/ lamb/ pork or game stock:** Use seven pounds total, four pounds boney bones and three pounds meaty bones. Grass-fed provides the most nutrient dense bones.

**Fish stock use:** Bones, fins, skins and heads of 3-4 non-oily fish such as snapper or turbot

2 TBSP traditionally aged vinegar

Bunch of fresh parsley

Water enough to cover the bones

Optional: vegetables or vegetable scraps (onion, carrot, celery, garlic, ginger and zucchini) can be added for flavor and nutrients.

- Place bones and parts into stock pot or crock pot with water, vinegar and vegetables (if using), except parsley.
- Let stand 30 - 60 minutes to allow the vinegar to begin to break down the bones.
- Bring to a boil, and remove any scum that rises to the top
- Reduce heat, cover and cook at very low rolling simmer. The longer you cook the broth, the more flavor and nutrition it will have. Follow these time guidelines to ensure gelatin is released. Also be sure to simmer at a low temperature as high temperatures destroy the collagen and form MSG.
  - chicken broth rolls for about 6-24 hours
  - beef broth rolls for about 12-50 hours
  - fish broth rolls for just about 4 hours.

- About 10 minutes before finishing the broth, add parsley for extra minerals.
- Take off stove. Remove bones and vegetables with a slotted spoon or strainer. Discard. You can also grind up bones for use in pet food and grind the veggies to thicken a sauce or stew.
- Strain the broth through a sieve into a large glass jar or glass bowl and let cool to touch on the counter. If you want a clear stock use some cheesecloth in your sieve.
• Pour liquid into container and allow to cool. Ideally broth will gel when cooled, this is a sign that it contains liberal amounts of gelatin. When reheating for use, it will liquefy.

Tips for Storing Bone Broth

• Broth will keep for 7-10 days in refrigerator.
• One way to store broth is to freeze chilled stock in ice cube trays. Once it is solid, pop it out and bag it. When you need a small amount of stock, you can just grab the right number of cubes, as 2 cubes will be equal to about 1/4 cup.
• Stock/soup can be frozen in glass if you use containers specifically labeled freezer safe. If you are using Mason jars, be sure you have the straight-sided, freezer safe. Check the jar carefully for breakage when thawing before using the stock. Pyrex makes some containers with plastic lids that work well for freezing stock in small amounts. Make sure the liquid and the glass are the same temperature before freezing; pour cooled stock into the jar and then refrigerate entire jar before placing in freezer to avoid extreme changes in temperature. When thawing, do so in refrigerator.
• If you store your stock or soup in plastic containers or Ziploc bags, chill the broth thoroughly in the fridge first. Much of the problem with plastics occurs when hot liquid is placed into the container. You can minimize the issue by only placing cold stock into the containers.

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