

## Bone Broth - An Old-fashioned Remedy for Modern Ailments

- ☀️ **Gut healing** - bone broth is rich in amino acids glycine and proline (not found in muscle meat), which contribute to gastric acid secretion, and glutamine, which “helps the vili of the small intestine to heal and grow” (Morell & Daniel, 2014).
- ☀️ **Immune boosting** - saccharides glucosamine and galactosamine are plentiful in bone broth and play an important role in supporting immune system, hence people eating chicken soup when feeling sick.
- ☀️ **Joint protecting** - broth is rich in glucosamine and chondroitin sulfate, which play a vital role in our joint cartilage renewal and support.
- ☀️ **Bone strengthening** - broth is rich in collagen and variety of bioavailable bone health supporting minerals, which are essential for strong bones since “about 50 percent of bone is minerals, 28 percent collagen, and 22 percent water.” (Morell & Daniel, 2014)
- ☀️ **Anti-Aging** - broth helps with weight control through improved “digestibility and assimilation of food, giving the body the critical message that it is deeply nourished, happy and full.” (Morell & Daniel, 2014)  
It has an anti-aging effect on skin due to its high content of collagen. Healthy young skin needs an abundance of organized collage fibers to keep it plump and smooth.

References: Morell, S.F., & Daniel, K.T. (2014). Nourishing Broth. New York, NY: Grand Central L&S Publishing.

### Homemade Bone Broth Recipe

#### ☀️ Ingredients:



- 2 lbs. organic chicken feet (yellow skin peeled off)
- 2 large onions coarsely chopped
- 1 bulb of garlic
- 2 tablespoons fresh ginger, coarsely chopped
- 2 tablespoons apple cider vinegar
- 4 celery stalks, coarsely chopped
- 3 large carrots, coarsely chopped
- 4 parsnips, coarsely chopped
- 2 bay leaves
- 1 tablespoon whole black peppercorns

#### ☀️ Cooking the Broth:

Put the chicken feet in a soup pot and fill the pot with enough water just to cover the feet. Bring to a boil. Skim the “scum” as it rises to the top.

Reduce heat to low, add all the vegetables (choose organic), vinegar and more water to keep everything covered and simmer on low heat partially covered with a lid for about 12 hours or longer. During the simmering process, the heat should be low enough that the bubbles barely appear. Add more water as needed to keep everything submerged in water.

When done, strain the solids from the broth using a cheesecloth or a fine mesh sieve. Store in glass jars in your refrigerator or freezer for longer storage. Sip it warm daily in a cup with some sea salt as you would tea, or add to other recipes. Enjoy!