

## BONE BROTH

**Note:** Choose animal products generally in this order: Wild, Organic Pasture Raised, Organic, and Locally Raised.

### WHAT ARE THE BENEFITS OF BONE BROTH?

Real food is a source of vital information created by the earth that comes from the earth as opposed to "food-like" products. In the field of Nutritional Genomics, researchers believe that food speaks to the genes by providing information to assist with gene expression. The chemistry of every cell in your body is expecting nutritional information and has the biology that can transform that information into the living, breathing, moving tissue that is your body. Real foods also taste great, and when bought from sustainable sources, help to protect the environment. Here is a list of some benefits of Bone Broth and an instant "Bone Broth Tea" recipe.

Broth is considered to be both a food and a medicine! It's known to heal the skin, gut, GI tract, aid in digestion and even help you beat that cold you've been suffering from. Because broth is an extract of connective tissue, it is great for ailments affecting joints, bones, lungs, muscle tissue and blood. Incorporating bone broth into your established eating patterns can yield tremendous medicinal effects. A cup a day keeps the doctor away!

*"Stock contains minerals in a form the body can absorb easily—not just calcium but also magnesium, phosphorus, silicon, sulphur and trace minerals. It contains the broken down material from cartilage and tendons—stuff like chondroitin sulphates and glucosamine, now sold as expensive supplements for arthritis and joint pain."* [Sally Fallon](http://SallyFallon.com), [www.westonaprice.org](http://www.westonaprice.org).

For those of you who would like the health benefits of broth without having to prepare it, there are alternatives: you can order directly and have it delivered by [Pete's Paleo](http://Pete'sPaleo.com), [www.bonebrothheals.com](http://www.bonebrothheals.com) and [The Brothery](http://TheBrothery.com), [www.bonebroth.com](http://www.bonebroth.com). You can also make Bone Broth Tea, a type of "quick broth" that requires no cooking, using [Great Lakes Gelatin](http://GreatLakesGelatin.com), [www.greatlakesgelatin.com](http://www.greatlakesgelatin.com).

Here's a recipe for **Bone Broth Tea** using Great Lakes Gelatin:

**1 – 2 Tablespoons Gelatin powder dissolved in an equal amount of room temperature water,**

**Add 1/2 – 1 teaspoon Coconut oil and a Ginger or Peppermint teabag (fresh ginger or peppermint leaves may also be used)**

**Pour 1 cup boiling water over the top and steep 5 minutes, or until cool enough to consume.**

Drink a cup of **Bone Broth Tea** 3 times daily. **Bone Broth Tea** supports ligaments, tendons, cartilage as well as muscle. It also enhances mental and emotional balance. The supplement is high in bioavailable protein, is 100% absorbed and utilized, and is also extremely high in the amino acids glycine and proline that are notably deficient in most other sources of protein.

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