Healing Benefits of Bone Broth

Bone broth is a food people have been eating since the beginning of time (at least since there has been fire). That food is bone broth. It is the ultimate healing and comfort food.   Many cultures have used bone broth for centuries. My mother and other mothers in the community made chicken soup the popular remedy for our colds and stomach aches. They knew this broth had so many health benefits. You know what, it actually made us feel better.

Science has now investigated bone broth and discovered just how many healing benefits it has.

You can make bone broth from the bones of any animal. I usually make it with organic chicken bones, but you can use fish, turkey, beef or lamb. It is especially important to find stock bones from humanely raised healthy animals. This would include grass-fed cows, bison, lamb and organic poultry bones. Conventionally raised animals that are fed antibiotics or a diet of genetically modified grains loaded with pesticides and herbicides and other chemicals and heavy metals should never be used. The body naturally stores many toxins in the fatty portions of the bone and that is what you are consuming in the bone broth.

The bones are full of powerful nutrients that get release when they are slowly simmered in water for a few hours. If you are using broth from a container, you aren't healing your body.   I recommend making bone broth part of your dietary routine and here are the reasons why...

Heals Your Digestive System

The gelatinous material in bone broth protects and heals the mucosal lining of the digestive tract. This is particularly helpful for healing leaky gut. It provides key raw materials that help the cells of the digestive system to regenerate. It also helps with the digestion of nutrients.

Reduces joint pain and inflammation.

The glucosamine in bone broth can actually stimulate the growth of new collagen, repair damaged joints and reduce pain and inflammation.

Fights Colds and Flu

A study published in the journal *Chest* shows eating bone broth when you get a cold actually reduces the number of white blood cells which are the cells that cause colds and flu symptoms.

Reduces Cellulite

Bone broth will make your skin supple. We've all seen a thin person with cellulite. It doesn't come from having excess fat, it comes from a lack of connective tissue. Collagen in the bone broth can reverse this problem because it supports the connective tissue. Where there is sufficient connective tissue, the skin will be smooth.

Makes Your Hair, Skin and Nails Beautiful

The collagen and gelatin in bone broth supports hair growth and helps to keep your nails strong.

Keeps Your Bones Strong

The calcium, magnesium and phosphorus in bone broth helps our bones to grow and repair.

Soothes Inflammation

Bone broth is very high in the anti-inflammatory amino acids glycine and proline which are essential for healing microscopic wounds throughout the body. They suppress inflammatory activity. Bone broth is therefore very soothing for anyone with chronic inflammation or any autoimmune disease.

Calms the Mind and Body for Better Sleep

The amino acid glycine found in bone broth can be very calming. The high amounts of magnesium in bone broth also relaxes your body for better sleep.