



## Health Benefits of Gelatin

Gelatin contains the healing properties of bone broth. Most of you making broths at home know that when you refrigerate your broth and it comes out looking like a giant jello. I will always recommend getting the things your body needs from food first, but in the world we live in today, that's not always realistic. If you want to make sure you are getting daily doses of gelatin to help detoxify your body, and prevent illness and disease, but your work schedule doesn't allow for broth making time you can buy gelatin from a good source. [Great Lakes Gelatin](#) is one of them. To get additional healing power from gelatin add 1Tb of gelatin to every quart of broth you make.

1. **Gelatin is loaded with protein** ~ With 6 grams of protein per tablespoon, it's a great way to add more protein to your diet. Even though it is not a complete protein, it helps the body fully utilize the complete proteins that are taken in.
2. **Gelatin improves digestion** ~ It naturally binds to water and helps food move through the digestive tract more easily.
3. **Gelatin can help heal food allergies and intolerances** ~ Adding gelatin to your diet can heal the lining of your stomach and digestive tract. And since food allergies/intolerances are thought to come from a "[leaky gut](#)," the idea is that when you heal your digestive tract, you no longer have proteins and toxins that create health issues "leaching" into your body.
4. **Gelatin is good for bone and joint health** ~ Gelatin contains lots of amino acids important in helping to prevent the weakness and degeneration of cartilage in joints. Gelatin, with its anti-inflammatory properties, has also been shown to reduce the pain and inflammation of arthritis.
5. **Gelatin helps your body release toxins** ~ Glycine, an amino acid found in gelatin, assists the liver to efficiently remove toxins from our system.
6. **Gelatin gives you better hair, nails, and teeth** ~ Gelatin contains keratin, which is a very strong protein found in your hair, nails, teeth and skin.
7. **Gelatin improves the elasticity of your skin** ~ Gelatin is essentially cooked down collagen. Consuming it will help improve the look and feel of your skin much more effectively than hard- to- absorb collagen facial creams. Gelatin actually stimulates your body to produce more collagen.
8. **Gelatin helps speed up wound healing** ~ One of the amino acids found in gelatin is glycine, which is highly anti-inflammatory.

9. **Gelatin can improve your quality of sleep** ~ [Clinical studies](#) have shown that not only do people sleep better when consuming the amino acid glycine, they report less daytime drowsiness and better cognitive function.
10. **Gelatin can help with weight loss** ~ Gelatin is thought to increase the production of Human Growth Hormone and to boost metabolism. And with its nutrient-dense content, it also helps with satiety (keeps you full.)