

Bone Broth ... tis the season for it (yum)

This is definitely the "super food" *flavour of the month*...and I have expressed my views on the overuse of this term in previous newsletters:)

Bone broths (or stocks) are however the real deal!

They are of course, not a *recent* discovery. Traditionally used for thousands of years by almost every cultural background to heal and support during times of illness and convalescence. Bone broths are a simple combination of bones, vegetable scraps, water, herbs and seasoning - cooked over a long period of time. (A little apple cider vinegar is used to help extract the nutritional content from the bones)

No frills - this simple and inexpensive liquid food is packed full of essential minerals and nutrients that are easily digested and assimilated by the body.

The gelatin found in broths is a simple and well absorbed form of protein. It **aids digestion** and **heals**

Is the gut lining

. It also

promotes strong hair and nails

.

Chicken stock is

immune strengthening

and

inhibits the progression of colds, flus and upper respiratory infections

by blocking neutrophils, your body's main white blood cell - thus controlling this inflammatory response. Chicken also

contains the amino acid cysteine,

which

thins respiratory mucus

making it easier for you to expel via the nose or mouth. The combinatio

n of calcium, magnesium, phosphorus, silicon, sulphur and other trace minerals found in all broths is incredibly well absorbed by your body and

assists in the growth, strength and repair of bones and other connective tissue including your skin

. Glucosamine and chondroitin, nutrients found in cartilage and tendons are also components of your broth. When consumed they provide the building blocks for

cartilage repair,

reduce joint inflammation and provide lubrication in the joint capsule

. Amino acids such as glycine, proline, and arginine all have

anti-inflammatory effects

and glycine

promotes sleep by calming the mind

In clinic I recommend bone broths for digestive weakness, colds & flu, chronic fatigue, respiratory illness, liver and skin cleansing, stress and immune weakness. Great for all ages, even in newborns as they are low allergy, easily absorbed and so incredibly nutrient dense. *NB: please use organic produce when making broths as you are absorbing nutrient content and other substances from the bone matter of the animal - it is of course safest in organic, grass-fed, pasture raised animals.*

Wishing you the best of health this Winter - call 9650 0734 or email info@vitaturalhealth.com.au for an appointment:)
Josie



Use for Bone Broth Stock or Savory Sauce (use onion trimmings, carrot peels, garlic etc)
or combine with other ingredients for soups, casseroles or freeze in portions for later use.