

## Week 5:

# Bone Broth

**Aim:** Enhance gut health, reduce cravings and inflammation

**The Gist:** Drink ½ cup of bone broth each day for a week

**What to expect?** Better digestion, increased sense of satiety, better skin, reduction of inflammation, better sleep quality



## What Is Bone Broth

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If you haven't introduced this ancient nutritious food into your diet, then you should consider it. Bone broth or 'stock' isn't any new fad. It's the revival of a highly nutritious food that has been consumed for generations. Bone broth is an easy to digest, nutrient dense gelatinous drink. If you want benefits like better skin, fascia and hair, healthier digestive function, reduced pain, and increased immune health, then jump onto the bone broth bandwagon.

As bones, marrow, ligaments, tendons etc, are cooked at a low heat, healing compounds like collagen, gelatin and amino acids like glycine, glutamine or proline, and minerals like calcium, magnesium, sulphur are released. The resulting broth is one of the most nutrient dense and healing foods you can consume, and it's a readily usable food our body can digest proficiently. Many people are lacking in these vital nutrients, and eating bone broth is a great solution for overall health, metabolism and digestion.

Collagen is the most abundant protein in the body and is important for joint health, connective tissue (fascia, tendons), skin and gut health. Bone broth is high in nutritious collagen and gelatine, which contain important amino acids glycine and proline. Glycine is particularly important for detoxification, brain and mood health, metabolic health, muscular health, and so much more.

A lack of good quality collagen in your diet can increase the degradation of your own collagen. If your fascial system isn't as strong, and you are more susceptible to cellulite (fat penetrates weak collagen matrix), joint pain and injury, general stiffness, inflammation, lack of strength, flexibility and range of motion, and saggy, wrinkled skin. So if you suffer these conditions bone broth is in order!



## Bone Broth Benefits

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- Joint health
- Better skin
- Reduced inflammation
- Easy to digest
- Improved gut health
- Rich in nutrients
- Improved immunity
- Cheap to make
- Eliminates food waste
- easily stored in freezer
- Regulates blood sugar
- Convenient snack
- Highly filling
- Full of healthy fats
- Fights fatigue
- Calms the nervous system
- Boosts mood
- Promotes muscle growth
- Supports detoxification
- Reduced cellulite
- Improved sleep

## Stock Vs Broth

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Stock is usually cooked at a high heat, for a shorter duration of time to produce a more watery liquid that lacks many of the nutrients in bone broth. Bone broth is cooked for 4-24 hours (or longer) at a lower temperature to release minerals and nutrients, and forms a more gelatinous broth, and stronger flavour.

## Dosage

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When adding bone broth into your routine, go easy and don't pour yourself a super-sized mug as you may not be used to digesting the fats in broth. When people try bone broth for the first time in large amounts, they often feel nauseous and experience digestive upset, so take it easy. Small amounts are all that is needed due to the high nutrition density of bone broth. In terms of dosage you can go from a cup a day, all the way up to a bone broth fast where all you eat is broth to boost immunity and reduce inflammation.

## Tips & Tricks

- Make your own broth by following [our recipes here](#)
- Hagen's Butchers supply organic stock beef bones, or chicken carcass. Chicken Feet can be harder to find but form a much more gelatinous broth. Vince at Hampton St Organics supplies ours.
- If you don't want to make your own, check out [Broth of Life](#) certified organic, dehydrated bone broth powder – just add water. This can be sprinkled onto meals.
- [The Broth Sisters](#) (Brighton locals) make frozen bone broth and supply at a range of local stores. If you want to order bone broth via us, it's \$28 for a litre for either chicken, or beef broth.
- Cook a roast chicken, and then use the leftover carcass and bones to make a broth, saving money and reducing waste.
- Always use meat or bones from grass fed animals. Non organic bones are higher in toxins, and the extended cooking time of broth means these are released from the bone, into your broth
- Avoid processed stock options which are full of artificial flavours and high amounts of MSG
- Some recipes advise adding vinegar to your recipe, and cook your broth for over 12 hours, higher amounts of naturally occurring MSG are created. If you notice symptoms like anxiety, racing heart, headache etc, reduce cooking time and avoid vinegar
- If you struggle with digestive symptoms or nausea when introducing broth, try supplementing with [Ox bile salts](#), or [Hydrochloric acid \(HCL\)](#) which may make the transition easier.



**You can't go wrong adding bone broth into your wellness plan, your body will thank you!**

