

# **BONE BROTH**

By The Writers Group

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**WARNING: Do not cook bone broth more than 25 minutes in a pressure cooker or more than 3.5 hours in a regular pot. This is different from some other bone broth recipes!**

## **I. INTRODUCTION**

Bone broth is an excellent addition to any diet. It is tasty, inexpensive and simple to prepare. It is also an excellent source of many minerals. Bone broth is especially important to hasten Development.

## **II. BENEFITS**

Bone broth helps supply the body with much needed forms of calcium, magnesium, phosphorus, and many trace minerals. It also contains a little protein and some cartilage components such as chondroitin and glucosamine that are found in many animal bones.

Some of the physiological benefits may include:

1. Important for development. Development has to do with the bones, and bone broth supplies nutrients that can speed up the process a lot.

2. Reduces joint pain and inflammation, due to its content of chondroitin sulfate, glucosamine, and other compounds extracted from the boiled down cartilage and collagen.

Amino acids such as glycine, proline, and arginine all have anti-inflammatory effects. Arginine, for example, has been found to be particularly beneficial for the treatment of sepsis (whole-body inflammation). Glycine also has calming effects, which may help you sleep better.

3. Inhibits infections caused by cold and flu viruses etc. Recent studies on cartilage, which is found abundantly in homemade broth, show it supports the immune system in a variety of ways; it is a potent normalizer, true biological response modifier, activator of macrophages, activator of Natural Killer (NK) cells, rouser of B lymphocytes, and releaser of Colony Stimulating Factor.

4. Promotes strong, healthy bones: This is due to its mineral content. Also, collagen fibrils provide the latticework for mineral deposition and are the keys to the

building of strong and flexible bones.

5. Promotes healthy hair and nail growth, due to the gelatin in the broth.

6. Bone broth contains many souls if you do not overcook it. This is very helpful for one's health. Overcooking it, however, destroys this benefit! Only cook bone broth for 25 minutes in a pressure cooker (the best method), or cook it 3.5 hours on the stove.

### **III. BONE BROTH RECIPE**

Materials (for one serving of bone broth for one person):

- About 4 medium-sized bones. They can be lamb, chicken, turkey, duck or beef bones. You can mix the types of bones in the same batch of bone broth.
- Three cups of either spring water or carbon-only filtered water or sand-filtered water. Most of this water will boil away, leaving less than 1 cup of water in the final product.

Cleanliness. It does not matter if the bones are not clean because you chewed the meat off the bones. Organic or free-range animal bones are best, but if they are not available, it is not too important.

Do not use pig bones, which may contain parasite eggs or ova.

Procedure.

1. Ideally, put the bones and the water into a pressure cooker and cook them for 25 minutes. An alternative that is not as good is to cook the bones in the water for 3 to 4 hours on the stove. Do not cook them longer, as this damages their nutritional qualities.
2. Strain the broth before eating it. This is to make sure you do not swallow small bones that could become caught in your throat.

### **IV. QUESTIONS AND ANSWERS**

Must I cook the bone broth separately? No, you can put the bones in a pressure cooker with your vegetables. Remove the vegetables after 5-7 minutes of cooking, however, and keep cooking the bone broth for another 20 minutes before drinking it.

What if I don't have enough bones? Ask for some bones in the meat department of your local supermarket. They often have them. Just ask that they not give you pig bones.

How often should one have bone broth? A small cup every day is very good.

Do I have to eat it plain? Many people like it plain. This is often best. You can also:

1. Add a few vegetables to it to make a small cup of bone/vegetable soup.

2. Add a little Cold Mountain Yellow Miso paste to it (after it has stopped boiling) to make a miso soup.
3. Thicken it by mixing in some arrowroot flour or agar-agar. Then it becomes bone sauce that you can put on your vegetables, meat or grain dish. Dogs would probably love this, and it would probably help them eat their food.
4. Add the bone broth to something else you are cooking, such as a chicken soup. However, do not cook the bone broth any more. Add it after cooking the rest of your food.

Can I have it with other foods? If you drink it as a broth or soup, then have it alone as a snack. This is because having liquid with your meals always dilutes the digestive juices and is not a good idea.

If you thicken it, then you can pour the sauce over your vegetables, meat or other dish.

What if I don't like the taste of bone broth? Ideas are:

1. Try to develop a taste for it.
2. Add a few vegetables to it to disguise the taste. Adding a little carrot is good, for example.
3. Add a little Cold Mountain Yellow Miso paste to it (after it stops boiling). This can also disguise the taste.

Can I make a lot of it and store it in the freezer or refrigerator? Yes, but ideally make it fresh. If you make a lot, it is best to store it a few days in the refrigerator, rather than freeze it.

What about buying prepared bone broth? This is not as good as home-made, but better than not having bone broth at all. Ideally, make it yourself.