Bone Broth

Why should I drink bone broth?

Bone broth has been used in traditional diets for thousands of years to boost nutrient density, soothe digestion, add flavor and assist in a return to good health. Bone broth can be helpful in addressing:

- Leaky gut syndrome and other digestive ailments
- Food allergies and intolerances
- Joint health
- Cellulite
- Immune system function

"Real" bone broth is made in a special way and is simmered for many hours. This simmering causes the bones and ligaments to release healing compounds like collagen, proline, glycine and glutamine that have the power to transform your health.

Nutrition researchers Sally Fallon and Kaayla Daniel of the Weston A. Price Foundation explain that bone broths contain minerals in forms that your body can easily absorb: calcium, magnesium, phosphorus, silicon, sulphur and others.

If you want real bone broth and real bone broth benefits, you can make it yourself at home – see below for detailers. You need to get grass-fed bones from your local farmers market or from one of the following retailers:

- Home on the Range Organics – Broadway & Kingsway
- Whole Foods – various locations
- Choices – various locations
- Pasture to Plate – Commercial Drive

What if I don't want to make my own? Or what if I don't have time?

Good quality bone broths can be purchased at the following locations:

- Home on the Range Organics (Broadway & Kingsway)
- Greens Market (Broadway near Arbutus)
- Whole Foods & Choices Markets (look for the Bone'd brand)

How to make bone broth

- Place bones (either chicken, turkey, beef, bison, lamb – they all work great) into a large stock pot and cover with water.
- Add two tablespoons of apple cider vinegar to water prior to cooking. This helps to pull out important nutrients from the bones.
- Fill stock pot with filtered water. Leave plenty of room for water to boil.
- Heat slowly. Bring to a boil and then reduce heat to simmer for at least six hours. Remove scum as it arises.
- Cook slow and at low heat. Chicken bones can cook for 24 hours. Beef bones can cook for 48 hours. A low and slow cook time is necessary in order to fully extract the nutrients in and around the bone.
- You can also add in vegetables, such as onions, garlic, carrots and celery, for added nutrient value.
- NOTE – this process can easily be done in a slow cooker for an easier option.

NOTES