The Benefits of Bone Broth

A cure-all in traditional households and the secret ingredient in gourmet cooking, bone broth plays a role in all cultures whether it is used for nurturing the sick or adding flavor to cuisine. This mineral-rich infusion is easy to digest and provides nutrients that are highly absorbable.

Bone broth provides over 19 easy to absorb essential and non-essential amino acids (the building blocks of protein). It contains gelatin, collagen, chondroitin, and glucosamine that are essential to joint and bone health. And, it contains minerals calcium, magnesium, phosphorus, silicon, and sulphur. It’s like a natural multivitamin!

Here are some of the major bone broth benefits:

- Helps heal and seal your gut
- Promotes healthy digestion
- Reduces joint pain and inflammation
- Promotes strong, healthy bones
- Inhibits infection
- Fights inflammation
- Promotes healthy hair growth
- Promotes healthy nail growth

Use bone broth when making soups, stews, gravies, sauces, or braising vegetables. During the cold and flu season, drink a cup a day (or more) to boost your immune system as a preventative measure, or, if sick, to help shorten the duration of the illness.

Making your own nutrient dense bone broth is incredibly easy and inexpensive. You can use leftover carcass bones or other bones that are going to be thrown away, or purchase soup bones and chicken feet from your local butcher. Make sure the bones come from healthy animals such as grass-fed beef, pasture raised pork and poultry, and wild caught fish.

If making your own bone broth isn’t your thing, there are many store-bought options out there for you. Here are three great options to try!

**Erie Bone Broth, OH:** A local company that makes exceptional bone broth. They source their bones from animals that live and eat in their natural environment and are free of GMO’s. There is so much collagen (or gelatin) extracted into this bone broth that when it sits in the fridge it looks like jelly. Use this bone broth as sipping broth. Warm it up, add some salt and pepper, and enjoy!

**Nona Lim:** They make non-GMO, dairy-free, and gluten free bone broths that are inspired by Asian flavors and made from scratch! They are a perfect start to an incredible soup! Thai Curry Lime makes a great fish stew by adding onions, bell peppers, cod, and cilantro and simmering until cod falls apart—30 minutes. The Miso Ramen is a great start to a ramen bowl by adding green onions, mushrooms, peppers, leftover cooked meat from a previous meal, soft boiled eggs, and Koyo Soba Noodles.

**Pacific Foods Bone Broth:** Made with quality, organic ingredients and cooked slowly to bring out the rich complex flavors that bone broths have to offer. It is very affordable, so it is great to use in soup recipes where you need 4+ cups of broth.