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# THE FACTS ABOUT BONE BROTH



FROM HOLLYWOOD TO NEW YORK CITY, BONE BROTH IS THE HOTTEST NEW CRAZE. But while people know it's trendy, here's the real secret: It's also powerful medicine. In fact, bone broth is **the most crucial element** in a weight-loss and anti-aging program. Here's why bone broth is so effective:

**It's packed with collagen.** Collagen is a protein that helps your body burn fat and form lean muscle mass, shaping your arms, legs, and core. In addition, collagen strengthens your skin, *erasing* wrinkles.

**It detoxifies your body.** Bone broth contains the amino acids *glycine* and *proline*, which your liver needs to remove toxins from your body. When you detoxify your cells, they go from sluggish to supercharged.

**It heals your gut.** If you're battling extra pounds, you probably also have digestive problems—constipation, diarrhea, gas, or even all three. That's because weight gain and digestive problems often stem from a common source: a sick gut. The gelatin and other nutrients in bone broth help to heal your gut, curing digestive problems while they speed weight loss.

**It supplies you with essential fat-burning minerals.** Bone broth provides you with calcium, which helps keep your endocrine hormones in balance—and balanced hormones are a big key to weight loss. It also provides phosphorus, which plays a critical role in energizing your cells. It's loaded with magnesium, which you need for good digestion. And fish broth contains iodine, which helps regulate your thyroid gland, protecting you against hypothyroidism. What's more, bone broth is an exceptional “vehicle” for fat-burning minerals, allowing your body to absorb them more easily.

**It aids digestion.** Bone broth is *hydrophilic*—that is, it attracts and holds liquids, like digestive juices. That's another reason why it helps you digest food more efficiently.

**It heals your joints.** As people get older, their joints develop wear and tear, and it gets harder to move. So they exercise less, they sit more, and they gain weight. Bone broth gives you a generous supply of glucosamine, chondroitin, and other *glycosaminoglycans* (GAGs) that help heal your joints. GAGs also help your body lay down collagen where it's needed.

**It's anti-inflammatory.** One of the most important scientific findings of the century is that inflammation underlies everything from diabetes to autoimmune diseases to obesity. When you heal inflammation with nutrients like those concentrated in bone broth, your weight starts to fall off.

**It fills you up—without adding pounds.** Bone broth is rich, complex, hearty, and soul-satisfying. Sipping thick, gelatin-packed bone broth is like eating a T-bone steak or Thanksgiving turkey. It warms you up, from head to toe. And it has virtually zero carbs and very few calories, so it's sin-free and you can indulge in as much as you want. Translation: No hunger, even as the pounds melt away!

**All of this makes bone broth a potent weight-blasting tool.** And while it's slimming you down, it's also making you look younger by filling in wrinkles and fine lines. In fact, it's better for your skin than Botox, because it *lasts*. And finally, bone broth has extraordinary health benefits, from reducing inflammation to healing your gut—which is why it's not just a modern craze, but also one of the world's oldest healing and anti-aging foods.

**It's easy to make your own bone broth!** See the next page for the simple recipe.



## | Recipes | **BONUS**



### **BONE BROTH**

**Prep time:** 10 min • **Cook time:** 10 hr • **Yield:** 12 servings

#### **Ingredients:**

2 unpeeled carrots, scrubbed and roughly chopped  
2 stalks celery, including leafy part, roughly chopped  
1 medium onion, roughly chopped  
7 cloves garlic, peeled and smashed  
3½ pounds grass-fed beef (or chicken) bones (preferably joints and knuckles)  
2 dried bay leaves  
2 teaspoons kosher salt  
2 tablespoons apple cider vinegar

**Tip!**  
Adding dried mushrooms or using 2 tablespoons fish sauce in place of salt (add it in Step 1) **dramatically boosts the flavor of the broth.**

#### **Directions**

Place all the vegetables and the garlic, bones, and bay leaves into a slow cooker. Sprinkle on the salt, drizzle with vinegar, and add enough water to cover everything by 1 inch (about 13 cups).

Cook for 8 to 10 hours on low.

Use a shallow spoon to carefully skim the film off the top of the broth. Pour the broth through a fine strainer and discard the solids. Taste the broth and add more salt as needed.

The broth will keep for three days in the fridge and three months in your freezer.

**Substitute:** Feel free to substitute chicken, fish, or pork bones or to combine them all.

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