FEED YOUR JOINTS BACK TO LIFE

KEVIN RICHARDSON
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Hello! I know why you’re here. You have been suffering from aching joints for a long time now, perhaps months or even years! Your countless doctors, who provided you with all sorts of medicines and requested a battery of tests, were of no help either. The pain may disappear for a while, only to come back with a vengeance.
You’re here because you believe you have exhausted every possible means to deal with the condition, but to no avail, and this is your last hope to regain a good quality of life.

Let me be clear that pain is a normal part of life. In fact, it’s necessary to tell you if something is wrong with the body. For example, how else can you know if you already cut your hand while chopping those tomatoes, or that you broke a bone, or suffered from a torn tendon? Pain is also one of the many signs and symptoms of disease.

However, chronic pain should not be taken lightly. In 2006, the National Health Center for Health Statistics estimated that more than 76 million Americans suffered from pain that lasted for more than 24 hours. The National Institutes of Health, meanwhile, called chronic pain one of the leading causes of long-term disability.

Pain dramatically increases your stress level, which only makes it a lot worse. It can affect your job performance and ability to perform even the simplest chores and activities, like walking or holding an object.

An Australian study also showed a strong connection between depression and chronic pain—that is, people who have chronic pain are more likely to suffer from depression, which may lead to poorer response to treatment and increased health care costs.

No One Deserves To Suffer From Chronic Joint Pain!

But do you know the other thing that you don’t need? It’s a complete dependency on medications that harm not only your physical body, but your mental health as well. Pain relievers can induce vomiting, dizziness, nausea, confusion, and respiratory problems, to name a few. They can also lead to narcotics abuse. After all, they don’t eliminate pain, they simply mask it!

It’s time to become more proactive and take better control of your pain without the drugs! Begin by changing your diet to regenerate your joints and speed up recovery from degenerative diseases such as arthritis.

In this e-book, you’ll find easy, practical, and effective ways to feed your joints back to life, and all you need to do is make small changes to your diet.
Before you learn how to rebuild your knee cartilage, learn how you lost it in the first place. Let’s begin by getting to know the skeletal system.
The skeletal system performs a lot of functions in the human body, including support and protection. First, it is the body’s framework. Without it, well, you would basically have no shape. Second, it helps protect the vital organs in the body such as the brain, heart, and lungs.

There are three major components that make up the skeletal system. The first, of course, is bones. The number of bones depends on your age. At birth, you have 300 bones, but as you become an adult, the number goes down to only 206. If you’re wondering why, it’s because some of the bones end up fusing together, a perfectly normal process that occurs as you grow into adulthood.

The bones themselves, though, are not much use because they are highly calcified and thus very rigid. In other words, bones alone won’t help you move. You need the other components, which are the cartilage and the joints.

Cartilage is the connective tissue found in many areas of the body such as the nose, spine, airways, and in between bones of the ankles, knees, and elbows. Although they are not as soft as the bones, they are also not hard. They don’t contain any blood or lymphatic vessels, and they don’t have nerves, which is an important point to remember when it comes to pain, since pain receptors are found in the nerves.

The main component of cartilage is chondrocyte, which creates an extracellular matrix of elastin fibers and collagen. In other words, they prevent the bones from rubbing against each other, which would cause them to wear out very quickly and produce an intense amount of pain.

Lastly, there’s the joints, which can be found in between cartilage or two or more bones. They serve as a hinge, which means they help facilitate movement or flexibility. However, they can also provide strength and stability to the entire skeleton system.

All these parts work together to ensure that you can move around, and if they’re all working correctly, you shouldn’t be in any pain.

But why do you feel it today? There could be plenty of reasons. One is age. Age can cause degeneration of the bone, so that it becomes brittle and prone to breakage and injury. Age, though, is not a major cause of joint pain. Rather, you develop it when you suffer from inflammation due to an injury, or an underlying condition, like cancer. Overweight or obese people are also vulnerable to joint pain because of the extra weight and pressure it exerts on the joints.
So how do you avoid joint pain?

First, you need to eliminate the possible risks and causes, which include obesity, lifting heavy objects frequently, and activities that can potentially cause bone and joint injury. But if you’re already suffering from joint pain, you can manage it by eating right - in this case foods rich in nutrients that help rebuild the cartilage:

- **Collagen stimulants** – As mentioned, the cartilage creates a matrix of collagen, which helps make it elastic. To bring back its function and structure, you need to stimulate the collagen production. For this, you need to eat food rich in lysine (12 milligrams per kilogram of your body weight) and vitamin C (75 milligrams).

- **Elastic preserves** – Aside from bringing back the collagen, you need to maintain the remaining elasticity of the cartilage, which you can do when you take chondroitin (between 1,000 and 2,000 milligrams), which absorbs water in the tissue while blocking enzyme function that leads to the degeneration of the tissue.

- **Cartilage regenerant** – Many studies show that vitamins D and A contribute to the regeneration of cartilage, but there’s one food source that can also do that: gelatin. It’ll discuss this comprehensively in the next chapter.
I have a lot of childhood memories, but one of those that stand out is my mom’s favorite “medicine”. She’d cook me chicken macaroni soup from scratch. She’d wake up early to go to buy some chicken, get the meat off the bone, and make a broth base with carrots, leeks, and celery. She’d be very patient, waiting for as long as two to three hours, skimming the scum (you know, the “whites” that float on the broth) in between. When ready, she’d get a cupful of it, make the chicken soup, and save the remaining broth for later.
Because of it, the chicken soup has become my comfort food, and I am confident it can be yours as well. Over the years, though, as I cook my chicken soup and research more about joint regeneration, I discover something fascinating about this old habit of my mom: there’s a good reason why chicken soup always works, and we can attribute it to the bone broth.

What Is In The Broth?

As I go through my journey of clean eating and natural remedies, especially for joint pain, I always remind myself of Hippocrates’s quote, which goes “Let thy food be thy medicine and thy medicine be thy food.”

These days, seeking medical help is convenient. When you’re sick, you go to the doctor, who then conducts a series of tests to get the diagnosis and prescribe your medication. Your job is to make sure that you take these drugs according to the doctor’s recommendation.

The problem is these medications are synthetic, something that the body isn’t designed to understand. Because of this, all medicine has accompanying side effects. Many of them may be minor, but they’re side effects nonetheless.

That quote by Hippocrates reminds us of a very important point. It turns out that the medicine we’re looking for is found in our environment, in particular, whole foods. These natural foods include the bone broth.

So, what is in the bone that makes it healthy for many, especially among those with joint pain?

1. Gelatin

If you’ve eaten soft desserts, then you’ve consumed gelatin. It acts as a cushion for the bones. As mentioned, if there’s no “cushion” in between, the bones will end up grinding against each other. This is not only painful, but it also causes the bones to become worn out very quickly.

2. Collagen

Here’s a question: why does the skin tend to become dry and wrinkled as you grow older? There are many reasons. One, aging means losing your muscle mass. This also explains why you tend to move slower when you’re, say, 60 years old. Second, you are losing collagen.

What is collagen? If the bone provides the framework of the body, this fibrous protein is responsible for keeping the structure together. That’s why it’s found all over your body!
Simply put, the collagen is the reason why your skin is supple and “bouncy” to touch, and why you don’t have incorrectly positioned bones, joints, and tendons.

The body produces collagen, but aging can significantly reduce the production of it. First of all, it’s natural for the body to produce protein in smaller amounts as you grow older. Second, your lifestyle can affect your collagen production.

How?

The high intake of sugary, fatty, and salty food, as well as a sedentary lifestyle, can increase the risk of chronic and acute inflammation. This inflammation, in turn, attacks the collagen, causing its degradation at a much faster rate. As the collagen becomes worn out, the cartilage is damaged, and there’s not enough support and cushion for the bones, leading to joint pain.

3. Glucosamine

Glucosamine is a naturally occurring compound composed of bound proteins and sugars found in the joint’s cartilage. It works as a shock absorbent. If you’re wondering why this is important, just think about the air bags in your car. If your vehicle gets in a collision, especially a head-on collision, the body moves forward abruptly, and this strong inertia can cause serious injuries. The air bags deploy to prevent this, much like glucosamine does in your body.

It is also responsible for the creation of synovial fluid, which is the fluid that accumulates within the joints. Its job is to provide lubrication.
4. Hyaluronic Acid

One of the best pieces of advice I ever received from my mother when it comes to skin care is to make sure I always keep it moisturized. When the skin lacks moisture, it becomes dry. When it is dry, the appearance of fine lines and wrinkles become more visible.

Although you can apply skin creams that supposedly keep your skin moisturized, nothing beats bone broth because it contains hyaluronic acid, which keeps your skin’s moisture by retaining as much water as possible. It also promotes skin renewal.

5. Glycosaminoglycans (GAG)

GAG performs a lot of functions when it comes to skin care and gut health. First, it serves as a support for your collagen and elastin, helping them become stable or balanced. It also allows collagen to retain water, therefore increasing moisture. It also plays a huge role in diminishing or reducing the appearance of wrinkles and the management of scars. There are many types of GAGs in the body, such as hyaluronic acid and chondroitin sulfate.

6. Electrolytes

What are electrolytes? As their name suggests, these are chemicals that are necessary to generate electricity in the body. The electrical charges are important to help the cells function, including helping to stabilize their walls. You also need electrolytes to maintain proper nerve function, circulation, and bone density. Without electrolytes, your heart won’t beat!

The problem is the body can experience an electrolyte imbalance, which, as you can imagine, can wreak havoc. You will suffer from fatigue or lethargy, convulsions, irregular heartbeat, and vomiting. When it becomes extremely low, it can cause organ failure, which eventually leads to death.

Bone broth helps increase or improve the balance of electrolytes as it contains essential minerals, such as potassium, magnesium, phosphorus, and calcium.

7. Chondroitin Sulfate

As mentioned, chondroitin sulfate is a form of GAG, which is found in the connective tissues of the joints and bones. It is intended to reduce inflammation, which is one of the leading causes of joint pain. The body produces this naturally, but in situations when a person experiences joint pain, supplementation may be necessary. Several studies show that the best source of Chondroitin sulfate is animal cartilage.
The Benefits Of Bone Broth

With these two components alone, the bone broth offers a wealth of benefits to a person’s health. These include the following:

1. Joint Protection and Regeneration

The use of collagen is not new. In fact, it’s a very popular component in cosmetic surgery, especially among women who want to get rid of wrinkles. The downside is this collagen cannot be placed directly on your joints.

Eating bone broth, therefore, is the best way to consume collagen. Once you simmer the bones for a few hours, you release the collagen from them. When you eat the broth, you are getting natural collagen.

Just how effective is collagen supplementation? In one of the studies conducted by Penn State University among athletes, those who received collagen for about 6 months experienced enhanced sports performance and better joint flexibility. From this we can say that it seems to be pretty effective.

2. Better-Looking Skin

Let’s be real: unless we can find the Fountain of Youth or the elixir of immortality, we are going to age. And as you age, your skin will change. You will develop wrinkles. However, premature aging is something you should avoid, and you can do that when you consume bone broth frequently.

Specifically, the consumption of collagen can significantly improve the tone of your skin, making it appear more youthful. It will also reduce the puffiness of the face, as well as the appearance of cellulite, which occurs when the connective tissue becomes damaged, and the skin loses its firmness.

To make things even better, you don’t need a lot of collagen to enjoy its full benefits. Based on double-blind studies with placebo control, involving middle aged to older women, as little as 2.5 grams of CH (collagen hydrolysate) taken within four weeks can improve the appearance of the skin by increasing moisture and reducing the signs of aging, with almost no side effects.
3. Healthy Gut

For me, one of the biggest and important breakthroughs in scientific research is the knowledge that many of the chronic diseases we experience are all related to the condition of your gut. In other words, the secret to great health is a healthy gut.

You may ask why. A lot of people mistakenly believe that when you eat, the nutrients immediately go to the cells. No, they don’t. Instead, they need to be metabolized and broken down. These nutrients are then delivered to the cells through the bloodstream, passing through the gut.

With the kind of diet and poor lifestyle choices we have these days, however, we develop a leaky gut. This occurs when the passage of these nutrients become more permeable, which allows substances that should have been kept out from the bloodstream, like toxins and microbes, to circulate as well. This then becomes one of the main causes of chronic inflammation.

Although it takes a while to restore a leaky gut, you can be proactive by taking bone broth. The gelatin found in it can restore the stability of the lining of the gut. It can also reduce the effects of the common causes of irritation such as wheat and other types of gluten.

That’s not all. The intestines maintain their elasticity through collagen. As mentioned, bone broth is rich in collagen, which means it can help rebuild the tissue of the entire GI tract.

4. Detoxification

Our bodies produce wastes and toxins constantly, which is normal. They are the by-products of the different functions of our organs. Our liver, lymphatic system, skin, and colon, on the other hand, get rid of the toxins and waste to make sure your body remains in prime condition.

Sometimes, though, toxins can build up at a rate the body cannot handle. For example, your liver, lymphatic vessels, and colon might not be working well as a result of a disease. It’s also possible your bad lifestyle causes a build-up of toxins that the body can no longer handle.

The good news is that according to a Stanford University study, the components of bone broth provide support for the liver and the cells during the process of detoxification. It can also provide your body with glutathione and sulfur. In fact, the glutathione helps remove lead and mercury, which you know can have serious effects on the body, including brain deterioration and death.
5. Cellular Function Support

The cells are the most basic component of the body. If they are healthy, you are healthy. The different toxins that leak in the gut can prevent them from working well. Bone broth, on the other hand, contains glutathione, which encourages cellular death, which is needed for the creation of newer, healthier cells. Cellular death also plays a serious role in reducing the risk of cancer.

The amino acids found in the bone broth are also necessary for the various metabolic activities of the body, including, but not limited to, retaining muscle mass, improving or stabilizing the connective tissue, and repairing muscle. They also enhance the antioxidant capabilities, which, in the process, delay the effects of aging.

Important! Eyes Here

There are many pre-packed bone broths available in the market today, and I have to say they are super convenient. However, not all of them are great. Many of them contain additives and preservatives to help them last a very long time. You don’t need them in your diet and certainly not in your bone broth. Instead, make your own! In chapter 4, I am going to give you five easy bone broth starter recipes.

Also, the source of your bone broth matters. As much as possible, pick the healthiest meats, like grass-fed beef or free-range chicken. Commercial meats can contain chemicals and hormones that may only increase the risk of chronic inflammation.
Although aging is a natural process, it can also cause a range of health issues, which is the reason why we have geriatric care, which is a specialized medicine meant for seniors.
Take, for example, women, who undergo menopause. Some women go through it without problems, while most suffer from depression, hot flashes, and weight gain as part of the changing hormone levels.

For both men and women, one of the common diseases affecting those in their old age is osteoarthritis. It is a degenerative disease that affects the cartilage of the joints. As mentioned, the cartilage is the joint cover that serves as a cushion. It can break down for many different reasons, including obesity, injury, and aging, and this can lead to swollen and painful joints.

According to the Arthritis Foundation, more than 25 million Americans suffer from osteoarthritis at varying degrees of severity. It reduces the quality of life as the patient loses his or her ability for optimal mobility and flexibility. Fortunately, there’s a solution to the problem, and it’s gelatin.

Gelatin is a very common substance used by different industries. The flavorless ingredient is a favorite in the food sector since it is very easy to dissolve yet retains its shape once it’s cooled. This allows them to create different “food designs” that can appeal to their target customers.

The pharmaceutical group, on the other hand, uses gelatin when creating capsules. When you digest them, the digestive system breaks down the cover to release the active ingredients.

When it comes to the treatment of osteoarthritis, a placebo-controlled study, which involved more than 150 patients with the disease affecting the knees, revealed those who took gelatin supplements with 10 grams of gelatin, vitamin C, and calcium, experienced better pain relief and mobility than those who received the placebo.

Granted, while it’s possible that the improvement happened due to the combined vitamins and minerals, it still shows gelatin promotes faster and more significant joint pain relief improvement.

Indeed, this information should give you hope that you can live a pain-free life, even if you have osteoarthritis or other joint pains. However, the source of the gelatin also matters. You can take it in tablet form, but some of them may contain filler. You can also eat any food with gelatin, although it may not be entirely sugar-free. The best way to take gelatin, therefore, is through bone broth!
If you think bone broth is boring, you’re dead wrong. They are so easy to make. They are very cheap, practical, and simple. Don’t forget you can make them in batches to help you save time and place it in the freezer, where you can keep them for a while, as long as they are properly sealed, so keep those mason jars handy.
For some awesome bone broth recipes, check these out:

"Leftover" Rotisserie Bone Broth

If your party leaves plenty of leftovers like the roasted chicken, don’t throw the bones out just yet, as you can make a truly flavorful bone broth with.

- Bones of roasted chicken, clean meat set aside for other uses
- Vegetable scraps such as ginger, celery, onions, and leeks
- A tablespoon of apple cider vinegar (ACV)
- Bay leaf

1. In a crockpot, place all your ingredients and pour enough water to cover them.
2. Add ACV.
3. Cook them for about 24 hours or until the bone becomes rubbery. Add water when necessary to lengthen the cooking time.
4. Strain the broth to remove the fat.

Dimsum Delight Broth Recipe

I love Chinese food, but I love chicken feet the best. I know many Americans who don’t, and if you’re buying a whole chicken, they are the ones that often left out, ending up in the food bins. To avoid wasting more food, just make a bone broth out of these feet. Plus, you get a gelled broth.

- Chicken feet with removed talons, peeled
- Star anise
- Knob of ginger
- Garlic
- Lemongrass
- Spicy peppers like chili or cayenne

1. Make sure you clean your chicken feet. Wash them thoroughly.
2. Add all the ingredients in a stock pot. Cover them with water.
3. Cook them for no less than four hours or until the feet have become rubbery.
4. Skim the scum while cooking. You can use a spoon or ladle for that.
5. After cooking, drain the liquid to remove the leftover scum before transferring it to a container.
Forever Broth Recipe

I grew up believing if there’s a will, there’s a way. In other words, if you want to do it, then you will find time – no excuses. It’s the same thing with making bone broth. I incorporate the liquid into my diet in many ways as I can every single day. However, I am also a busy person, and although broths are easy to make, they take a long time to cook. So, what I do is to create my broth 24 hours a day, 7 days a week.

I know you feel scared thinking about it. You’re worried about the cost and intimidated by the idea of one appliance working double or even triple time. But don’t fret, because a regular stock pot consumes very less electricity, especially since you’re not turning the knob all the way to full heat.

- One whole chicken (raw or cooked, but make sure the meat is still clean)
- Leftover raw vegetables
- Spices and herbs (optional)

1. Using your Crockpot, place all your ingredients. Add filtered water.
2. Cover and let them cook for the entire week.
3. After 24 hours, check your broth. By this time, you should be able to see considerable scum. You can remove it by using a spoon or a ladle.
4. Even if it’s cooking, you can now use the broth. Just get enough for your moment’s use. Another way is to drain the entire contents to a coffee filter or a fine-mesh sieve. Then place the meats and veggie scraps back into the pot. Don’t forget to add water equivalent to what you got.
5. Repeat the process until the end of the week.
6. Make compost out of the bones.
Roasted Beef Stock Recipe

Do you know one of the best sources for collagen and gelatin is bovine cartilage? That’s why you should never skip making a beef broth. But using beef bones directly may only leave an off taste, which may discourage you from making this broth. To make sure that won’t happen, add some flavor to your beef bone broth by roasting them first.

- 5 pounds of beef bones from gas-fed beef
- Veggie scraps
- Apple cider vinegar
- Bay leaf

1. Clean the bones thoroughly. Wash them, but make sure you pat them dry.
2. Roast the beef bones at 400 degrees Fahrenheit to release their fragrance and flavor. The roasting time can take about an hour or until they have become completely brown.
3. Remove the excess fat from the roasted beef. The common trick is to place them on a kitchen paper towel.
4. Start creating your stock by putting all the ingredients in a stock pot. Please note cruciferous vegetables such as broccoli, cabbage, and collard greens are not ideal since they lend a bitter taste to the broth.
5. Cover them with water and wait for the pot to boil.
6. After the bone has become rubbery, you can now filter the bone broth.

Classic Chicken Broth Recipe

For most people, chicken is more accessible than beef. It’s usually a lot cheaper too. So, it makes perfect sense to include one of the most classic bone broth recipes here.

- Chicken bones, separate the meat for future use
- Vegetable scraps
- Filtered water

1. Place all the ingredients in the stock pot.
2. Add enough water to cover the bones and vegetables.
3. Cook until the bones have become rubbery. Add water if necessary.

The procedure for this one is very similar to our Forever Broth recipe. The major difference is you won’t have to cook the broth 24 hours a day for the week. This simply means you make enough for what you need.
Instant Bone Broth Gel Recipe

I’ll be honest. Of all the recipes on the list, this is my favorite. I love the fact I can have a nice cup of warm soup anytime. For example, once in a while, I make my very own noodles in a jar. It’s like instant noodles only way better since I don’t use any of the packaged seasonings that contains a lot of sodium and preservatives. I simply heat the jar, let the heat soften the noodles, and then add my bouillon – that’s it! In fact, my work friends love it so much I make more for them.

- Good-quality bone from your preferred meat such as chicken, veal, or beef
- Filtered water
- Veggie scraps
- Peppercorns
- Bay leaf

1. Preheat your oven to 425 degrees Fahrenheit and roast the bones to release their aroma and flavor for about 45 minutes, or until they have become brown.
2. Remove from the oven and move the bones to the stock pot. Add your vegetable scraps.
3. Add filtered water, enough to cover the ingredients.
4. Slow cook for about 24 hours. Remove the scum in the process.
5. Filter the liquid through a fine mesh sieve to get rid of the remaining scum.
6. Using ice cube trays, pour the liquid to each section. Freeze.
7. Remove the bouillon from the tray and transfer to a freezer bag. Seal properly.
8. Get one when you’re ready to use the bouillon.

Some Tips

1. It goes without saying that the best bone broth comes from the best bones. As much as possible, always pick bones coming from organically grown meats.

2. Don’t be scared to play with the flavors. One of the secrets to always motivate you to include broth in your dishes is to make it delicious.

3. Seriously, a Crockpot will be your best friend when making broth. It makes things easier, although you still have to wait for a few hours to a day.

4. Look online for a wide range of recipes you can try with bone broth. If you’re looking for something really easy, make a chicken macaroni soup! What I do is to cook the macaroni per package instructions, chop some carrots and celery (sometimes I add potatoes when I want it to be extra filling), and add some low-fat milk and, of course, broth.
There are only three things that permanent in this world, and these are change, death, and taxes. Of the two - namely taxes and change - you have full control. When it comes to death, it’s a natural process. Like the cells in your body that die on a regular basis, your death will be a way to give life to others.
Death, therefore, is not something you should be scared of. Rather, think more of the process that comes along with it called aging. With aging is the possibility of being at risk of various conditions, including those that affect your joints and bones, like osteoarthritis.

These degenerative diseases should not be taken lightly. The pain can become so unbearable that it can affect your physical and mental health. The inflammation may significantly reduce your mobility, while other symptoms, such as abnormal bone growth, can further worsen your quality of life.

Although you can always take medications for pain management, what they do is to disguise it, so, in turn, you feel it again way sooner than you think.

It’s time to reduce your dependency on medication. It’s time to take control over your condition and know there is a way to not only avoid pain, but to improve and heal yourself and all you have to do change your diet and add more bone broth to your meals.

Your overall health depends largely on what you consume. If you eat garbage, a.k.a. a diet high in salt, fat, and sugar, you also feel like garbage deep inside. You get sick easily. You damage your gut lining, which contributes to poor nutrient absorption. You disrupt the normal processes of your cells, which can lead to degenerative diseases and the premature wear and tear of your joints and cartilage.

Eating right, in this case, is to consume bone broth as often as you can. Bone broth is rich in the nutrients that are necessary for better bone and joint health. These include collagen and gelatin, which work together to cushion the joints. They also have hyaluronic acid, electrolytes, glucosamine, glycosaminoglycans, and a host of amino acids that target not only the skeletal system, but also other organs like the liver and gut. In turn, the bone broth enhances the body’s immune system, detoxification, metabolism, and cellular function, which all contribute toward the betterment of your bones and joints.

And before you think that bone broth is boring, keep in mind that there are many recipes you can try. By being practical, such as using vegetable scraps and leftover bones, you will find incorporating this into your diet easier and more economical.

Needless to say, making a bone broth for the sake of doing it is not enough. Make the most of your bone broth by picking quality sources as well.

Fight joint pain the right way, with a good serving of bone broth.

Kevin Richardson