



MINDBODYMEDICINE

Bone Broth- The nutritional powerhouse of our ancestors!

- Bone broth contains valuable minerals in a form your body can easily absorb and use, including calcium, magnesium, phosphorus, silicon, sulfur chondroitin, glucosamine, and a variety of trace minerals
- The gelatin found in bone broth is a hydrophilic colloid. It attracts and holds liquids, including digestive juices, thereby supporting proper digestion and healing gut inflammation.
- Bone broth inhibits infections caused by cold and flu viruses and fights inflammation, courtesy of anti-inflammatory amino acids such as arginine.
- Making your own bone broth is very cost effective, as you can make use of left over bones that would otherwise be thrown away. And making your own broth is quite easy!

Recipe:

Save up your bones from organic rotisserie chickens, bone in (organic) steaks or chops, or anytime you have bones at home (you can also buy organic beef “soup” bones aka “marrow bones” from Whole Foods or other health food stores). Until you are ready to make soup, keep them stored in a Ziploc bag or container in the freezer, along with any organic vegetables such as leftover celery, carrots, onions, parsnip, ginger root, parsley, etc.

If starting with uncooked bones: Roast bones on low in broiler or on top rack of BBQ on low heat for 60-75 min, or until browned.

When you are ready to make broth, take the bones, put them into a 2-3qt crock pot or slow cooker, add 2 tablespoons of white or red wine vinegar, which helps pull minerals out of the bones and expose the life giving marrow. Fill the pot with water and your favorite soup seasonings (i.e.: garlic, ginger, onion, bay leaf, dill, etc.). In Chinese medicine, ginger, garlic and scallion whites are commonly used to help push out colds and infections. Incidentally, ginger, garlic and scallions alike have well documented antibacterial, anti-inflammatory and anti-fungal properties.

Cook a minimum of 12hrs and up to 24hrs. With 4hrs of cooking time remaining, feel free to keep your soup as a simple broth or if desired, go ahead and add hearty green vegetables such as kale, bok choy, kombu or kelp and root vegetables such as carrots and parsnips.

Turn off the crock-pot, let it cool, and take a slotted spoon to remove the large bits. Then pour the liquid through a fine sieve into a pot, cover the pot and put it in the fridge. The fat will rise to the top over the next couple of hours; when you're ready scrape off the fat. Now you have stock!

You can put your stock into containers for ready to go weekly batches in the fridge or freezer, or pour it into ice cube trays and freeze (store the ice cubes in a Ziploc bag, for use in cooking). You can use your broth as a base in any recipe that calls for stock or when cooking grains, beans and legumes. You can merely heat it up and drink it as is. For more flavor, add more garlic, celery, onions, carrots and ginger. If you want to make it more gelatinous, because the gelatin is very healing for the gut, add chicken feet, pig feet or ham hocks. These items will also add glucosamine to the stock.

***For use as a health-boosting tonic, drink 1 cup daily. If weak from illness, recovering from a cold or flu, drink 2 cups daily. For children ages 3 to 9, reduce serving of broth to ½-¾ cup.

**Broth should be consumed daily for a minimum of two weeks. After eight weeks of consistent broth, take a week off. Then shift to three weeks on, one week off rotation. After three months you will have significantly increased your overall health and well-being.

*Broth should be consumed warm or hot, never cold and never microwaved for re-heating.

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