

Natural Healing Express Weekly

Column 228 Our Beef Broth, Part One

This week, we will begin a two part series on our Beef Broth. To a few of you, this may seem like a *deja vu*, but here we go again, writing about our “Liquid Gold” . This time, there will be many more specifics on the benefits. Please feel free to pass these along to those around you who are still wondering what is in the Mason jar.

Many of you have stopped by our recently opened (select hours) Natural Healing Café and picked up a sample, pint or a quart of our 6 day beef broth. I hope you enjoyed it and found it beneficial.

We usually begin a new batch as soon as we finishing bottling one because, well...it takes six days, and we sell out almost every batch. Just so you are aware, we have experimented with several options and recipes and found that our six day broth was far superior in taste, effectiveness and pulling nutrients. Thank you to everyone who has given us feedback and if you haven't tried it, get in touch with us; we will make sure you get a sample or more.

So, just how did this journey begin? I work hard to research products in the Natural Health industry and attempt to keep our Natural Healing Express clients/customers on the leading edge. Plus, I have a passion for working under the old saying, “Let thy Food Be the Medicine and Thy Medicine Be thy Food.”

Additionally, I was raised with a Grandmother reassured us anything could be made better with a big bowl of nutritious soup. So it was natural (pardon the pun) for me to begin investigating the many “healing broths” out there. And, what I found was kind of shocking and amazing at the same time.

It started a little like this, “Good broth will resurrect the dead,” says a South American proverb. And these South Americans had it right. I have personally gone from feeling “almost dead” to a million bucks in the course of two cups. And with that, famed Chef Escoffier said “Indeed, stock is everything in cooking. Without it, nothing can be done.”

I could talk for a long time on this miracle food or as Sally Mellon Fallon puts it – “the cure-all in traditional households and the magic ingredient in classic gourmet cuisine; stock or broth made from bones of chicken, fish and beef builds strong bones, assuages sore throats, nurtures the sick, puts vigor in the step and sparkle in love life—so say grandmothers, midwives and healers. For chefs, stock is the magic elixir for making soul-warming soups and matchless sauces.”

But for the purposes of this article and future templates, we will keep our focus to beef broth. The origins can be traced back to cavemen and various cultures; including French, Italian, Chinese, Japanese, African, South American, Middle Eastern and Russian.

An important note by Fallon includes, “In America, stock went into gravy and soups and stews. That was when most animals were slaughtered locally and nothing went to waste. Bones, hooves, knuckles, carcasses and tough meat went into the stock pot and filled the house with the aroma of love. Today we

buy individual filets and boneless chicken breasts, or grab fast food on the run, and stock has disappeared from the American tradition.”

Think this through as you prepare home cooked meals that you BELIEVE are nutritious. Many of the key ingredients have already been depleted before you even purchase your protein! So, why is our nutritious beef broth so much different than today’s shelved cans of soup? Again, our expert Fallon explains, “When broth is cooled, it congeals due to the presence of gelatin. The use of gelatin as a therapeutic agent goes back to the ancient Chinese. Gelatin was probably the first functional food, dating from the invention of the “digestor” by the Frenchman Papin in 1682. Papin’s digestor consisted of an apparatus for cooking bones or meat with steam to extract the gelatin. Just as vitamins occupy the center of the stage in nutritional investigations today, so two hundred years ago gelatin held a position in the forefront of food research. Gelatin was universally acclaimed as a most nutritious foodstuff particularly by the French, who were seeking ways to feed their armies and vast numbers of homeless in Paris and other cities. Although gelatin is not a complete protein, containing only the amino acids arginine and glycine in large amounts, it acts as a protein sparer, helping the poor stretch a few morsels of meat into a complete meal. During the siege of Paris, when vegetables and meat were scarce, a doctor named Guerard put his patients on gelatin bouillon with some added fat and they survived in good health.

The French were the leaders in gelatin research, which continued up to the 1950s. Gelatin was found to be useful in the treatment of a long list of diseases including peptic ulcers, tuberculosis, diabetes, muscle diseases, infectious diseases, jaundice and cancer. Babies had fewer digestive problems when gelatin was added to their milk. The American researcher Francis Pottenger pointed out that as gelatin is a hydrophilic colloid, which means that it attracts and holds liquids, it facilitates digestion by attracting digestive juices to food in the gut. Even the epicures recognized that broth-based soup did more than please the taste buds. “Soup is a healthy, light, nourishing food” said Brillant-Savarin, “good for all of humanity; it pleases the stomach, stimulates the appetite and prepares the digestion.”

At this point, we could go into a long dissertation on why research in this country died in about the 1950’s, but it would not be of great service to our current article. Suffice it to say that yes, you probably guessed right, it has to do with MSG, bouillon cubes (which contain zero beef), obesity and profits. Research if you like; there are plenty of articles out there. Knowledge is power.

We endeavored our expert Fallon take the lead on explaining one of the broth’s keep ingredients, gelatin, but there is more to discuss. First, we have collagen. Collagen is found almost everywhere in the body, but primarily in bones and connective tissue. Collagen is the protein that holds our frames together.

Collagen makes up nearly 25-35 percent of the body’s protein and is imperative for healthy bones, muscles and skin. There are at least 28 different types of collagen but five that are most abundant. Together these different types of collagen help build sturdy bodies, strong joints, healthy organs and beautiful skin. Without it, muscles can weaken, bones become brittle and skin loses elasticity – yes, those dreaded wrinkles.

Gelatin is the source we use to replenish collagen and it is made up of 84-90 percent protein. The benefits of gelatin in broth have a lot to do with the amino acids being released. Four of them are discussed in short detail here. They are Glycine, Glutamine, Proline and Alanine.

First, we have Glycine which is a building block of protein and participates in the production of muscle tissue and the conversion of glucose into energy. For its wound healing properties, glycine has been used in topical crèmes for burns and skin abrasions.

Glycine is also useful in the body's detoxification process. Small amounts have been known to protect the liver, especially from the harmful effects of alcohol.

Next we have Glutamine which is a non-essential amino acid that assists that body in gut health and immunity. Glutamine stimulates cell proliferation in muscles, which helps all sorts of healing processes such as burns, traumas, injuries, illnesses and stress. For individuals who have been compromised by gut disorders like Crohn's disease, celiac and even ulcers, the restorative power of glutamine cannot be denied.

Proline is a fundamental part of collagen and cartilage production. It also helps with maintaining healthy skin and connective tissue.

Alanine supports liver function, glucose production and the citric acid cycle which merges fat, protein and carbohydrate production. Many athletes like the alanine because it helps to build greater muscle mass and increase endurance.

These four amino acids acts as the main components of collagen are the vital resources in times of stress (or poor nutrition). Their nourishing effects can be added to anyone's diet simply by drinking or using bone broth in cooking.

Next week, we will discuss the Vitamins and Minerals contained in our broth.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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