

Natural Healing Express Weekly

## Column 229 Our Beef Broth Part Two

This week, we will finish a two part series on our Beef Broth. Last week we discussed the wonderful benefits of the components of the beef broth such as gelatin, collagen and the amino acids contained in them.

In consideration of space, I will not go into a paragraph each on every one, but try to suffice with a sentence.

First, we have calcium which is needed for healthy bones and teeth and a preventative to osteoporosis.

Next, Magnesium helps to make sure many negative health issues do not occur. Magnesium deficiencies can include: spasms, tremors, cramps, weakness, nausea, vomiting, fatigue, loss of appetite, and memory problems.

The potassium included in the broth is a prevalent mineral that helps to maintain bodily fluid balance, steady blood pressure, help the muscles to contract and reduce the development of kidney stones.

Phosphorus is integral to structural growth and repair. It helps with successful nerve and muscle function, kidney function and proper body weight.

Conjugated Linoleic Acid (CLA) is an essential Omega -6 fatty acid that helps to regulate cellular activity, increase metabolism and muscle growth, lowers of cholesterol and triglycerides and bolsters the immune system.

Alpha Linoleic Acid (ALA) can help prevent blot clotting, reduce inflammation and even aid in preventing heart disease and heart attacks.

By this time, you are sorting out that the broth is pretty healthy for you. In many cases, traditional simmered beef broth has been shown to assist with inflammatory disorders, leaky gut, celiac, irritable bowel syndrome and the like. It is also recommended for its anti-carcinogenic qualities to be of assistance with folks demonstrating cancer.

The beauty benefits are less wrinkles, firmer and healthier skin, shiner hair and stronger nails.

From my customers, I am hearing success stories such as higher energy, longer and more restorative sleep, less colds and flu, weight loss, faster recovery time from injuries and an overall better feeling.

I would be remiss if I didn't mention Dr. John F Prudden who was awarded the Linus Pauling Scientist of the Year award for "altruistic efforts in forwarding the knowledge base in the field of nutrition and cancer" in 1960 I believe. Prudden did extensive research involving cartilage being utilized not just as a food but as a medicine as well.

It is with his advice that we discuss the consumption level regarding our broth. It is difficult to precisely determine with exact precision the efficacy of a product that varies from batch to batch. The nutritional

profile of broth depends on both the quality and quantity of ingredients. We attempt to be extremely consistent in the type and weight of the bones we use for each batch; which helps to stay within our set variances. However, we have noticed that from animal to animal, the level of cartilage does vary. With that said, we are confident that all healing qualities are contained in the broth, we just reserve the right to add a bone if the cartilage on a particular bone are light. Make sense?

And with that, we recommend 1 cup of broth per day in soup, stews or sauces. Or you can try a 1 oz. concentrated “shot” for prevention and long term health.

If you are dealing with a medical condition, we recommend 3 cups per day taking morning, noon and night. Or three “shots” in similar manner.

On the lighter side, our expert, Sally Fallon Mellon jokes of A “Brothal” in Every Town. She adds the following information. “Peasant societies still make broth. It is a necessity in cultures that do not use milk because only stock made from bones and dairy products provides calcium in a form that the body can easily assimilate. It is also a necessity when meat is a luxury item, because gelatin in properly made broth helps the body use protein in an efficient way.

Thus, broth is a vital element in Asian cuisines—from the soothing long-simmered beef broth in Korean soups to the foxy fish broth with which the Japanese begin their day. Genuine Chinese food cannot exist without the stockpot that bubbles perpetually. Bones and scraps are thrown in and mineral-rich stock is removed to moisten stir-frys. Broth-based soups are snack foods from Thailand to Manchuria.

Asian restaurants in the US are likely to take shortcuts and use a powdered base for sweet and sour soup or kung pau chicken but in Japan and China and Korea and Thailand, mom-and-pop businesses make broth in steamy back rooms and sell it as soup in store fronts and on street corners.

What America needs is healthy fast food and the only way to provide this is to put brothals in every town, independently owned brothals that provide the basic ingredient for soups and sauces and stews. And brothals will come when Americans recognize that the food industry has prostituted itself to short cuts and huge profits, shortcuts that cheat consumers of the nutrients they should get in their food and profits that skew the economy towards industrialization in farming and food processing.

...Americans can make broth in their own kitchens. It’s the easy way to produce meals that are both nutritious and delicious—and to acquire the reputation of an excellent cook.”

Obviously, in our fast pace lifestyle, it is sometimes not practical to allow time to make a 6 day broth. That’s what you have us for. We do that part for you and joyfully so. Now, I know what made Grandma so happy- providing outstanding nutrition to those in need.

As for a “brothal”, yes, I guess that’s what we have become. I have done a lot of stuff in my life. Crazy stuff like race the Indy 500, bungee jump at Lake Havasu, ride in a 300 mph plus jet truck, bike on RAGBRAI and maybe the scariest of all, get married too young... But owning a “brothal”....not in my wildest dreams....But with God, I have learned to Never say Never....Come see us at Lena’s newest “brothal”.. Oh ya, and if you get voice mail, try this number instead 317 409 1500. Texting is cool, too.

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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