

Natural Healing Express Weekly

Column 230 Broth Bone Summary / Challenge

For the last two weeks, we have been chatting about our bone broth and its positive nutrients. As a recap, as briefly as possible, we discussed collagen and gelatin and how it affects the body through the benefits of the amino acids included which are: Glycine, Glutamine, Proline and Alanine.

We also discussed the many nutrients included in the broth and their wonderful benefits to the body. Those include:

Calcium – needed for healthy bones and teeth

Magnesium – needed to prevent negative health issues such as spasms, tremors, weakness, memory issues, nausea and vomiting

Potassium – maintains bodily fluid balance, steady blood pressure, helps contract muscles

Phosphorus – integral to structural growth and repair

Conjugated Linoleic Acid (CLA) – regulates cellular activity, bolsters immune system

Alpha Linoleic Acid (ALA) – reduces inflammation, can aid in preventing heart disease/attacks

Now that we know bone broth is undoubtedly healthy for us in so many different ways, how do we incorporate this into our diet? We typically tell folks to start with a one pure shot a day if you are working to prevent many of these issues. Simply pour one shot into a pan and warm it to your desired temperature of consumption. Do NOT microwave.

If you have issues taking a straight shot, here is a quick recipe as a tonic that is intended to soothe the joints which is aptly titled “Joint Soother”.

Ingredients = 1 ¾ bone broth, 1 tbsp. minced fresh ginger OR 1 teaspoon ground ginger, 1 tsp cayenne pepper, 1 ½ tsps. Ground turmeric, 1 Tbsp. sauerkraut juice.

In a small saucepan, bring the broth to a simmer. In a Large mug, combine the remaining ingredients. Pour the hot broth into the mug, cover and steep for about 10 minutes. Drink as you wish.

I have one friend that adds a little cod liver oil to this for good measure. I don't particularly care for that taste, but once you add a few scallions, you can get past it. However, his idea is sound and if you are up for it, don't let my taste buds hold you back.

Now, for this challenge that I mentioned above. As I have studied this ever-developing trend, I found a quite interesting 21 day bone broth “diet”. Now, I hesitate to really call it a diet, but since we research everything here before we endorse it, I am forming a 10 person “board” to work with me on this 21 day endeavor. The gist of it is that we will follow her 21 day “diet” utilizing our broth and analyze the process and the results. I am carefully selecting this committee and am looking only for those volunteers

who are willing to work at this with me, be positive and provide great feedback. I would like to encourage those who truly are desirous of a change in their own life to get in touch this week. We will meet twice a week for three weeks and start in April.

There is no cost to be part of this and our broth will be provided. I am looking for folks with joint concerns, surgery/injury recovery, 10-25 pounds of weight loss or low energy. Again, I plan to work with a very small group on this, so if you are not chosen, please do not take it personally. This is intended to be a specific and task oriented group. There is no compensation involved, only the broth provided.

With that said, we have just finished a batch of our bone broth and will have several for sale when this publishes. We will be in the store Wednesday from 10:00am to 8:00pm and Saturday from 9:00am to 1:00pm. If you need to make arrangement for pick up at other times, we always accommodate. Just reach out at any of the numbers provided.

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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