

Natural Healing Express Weekly

Column 236 Bone Broth Update

Thank you all for the feedback on our “Happy People” series. I have been quite encouraged by the changes that some of you have made! They appear to be working quite nicely for you! Congratulations. It is hard to keep at it sometimes, but I promise you, your life will make an “all of a sudden” great turn for the better if you practice those skills! Wonderful job so far! If you missed the series and are interested, email me and I will forward you the articles.

This week we started our Bone Broth Challenge (with our Bone Broth Board). I am impressed with the quality of individuals in our group! These are commitment oriented folks with real life challenges. Our Rock Stars have promised to offer productive feedback throughout our findings, so you will be the FIRST to know our results.

While researching last week in preparing for our class, I found an amazing article from Shape Magazine that covered the many benefits of bone broth. I am feeling obliged to share a synopsis here because the information resonated with our theory and was written in an informative and concise manner.

This Article was written by Charlotte Hilton Anderson. It is verbatim. I agree with most of her comments.

Here is why you should try drinking Bone Broth:

- 1. Heal and seal your gut.** According to Jill Grunewald, a holistic nutrition coach and founder of Healthful Elements, a cup a day works miracles for [leaky gut syndrome](#) but it's also good for protecting non-leaky guts. The gelatin in the bone broth (found in the knuckles, feet, and other joints) helps seal up holes in intestines. This helps cure chronic diarrhea, constipation, and even some food intolerances.
- 2. Protect your joints.** Taking glucosamine supplements to help with joint pain has been common knowledge for years, but it turns out that bone broth has glucosamine too. But unlike pills, the broth also includes a host of other goodies that help keep your joints happy, healthy, and pain-free. The chondroitin sulfate in bone broth has been shown to help prevent osteoarthritis.
- 3. Look younger.** Bone broth is a rich source of collagen. You can find collagen in all kinds of “plumping” products these days, but why stick it on the outside when you can drink it? Not only is drinking it cheaper, but it can make your skin, hair, and nails look just as radiant.
- 4. Sleep better, and feel better.** The glycine in bone broth has been shown in several studies to help people sleep better and improve memory.
- 5. Immune support.** [Mark Sisson](#), author of *The Primal Blueprint*, actually calls bone broth a “superfood” thanks to the high concentration of minerals. He says that the bone marrow can help strengthen your immune system. (Something that won't surprise your grandma who always made you her famous chicken soup when you got sick!)

A Harvard study even showed that some people with auto-immune disorders experienced a relief of symptoms when drinking bone broth, with some achieving a complete remission.

6. Stronger bones. The phosphorus, magnesium, and calcium in the bones seeps out into the broth leaving you with the essential building blocks for healthy bones.

7. More energy. I'm not sure what the mechanism is for this, but if you read accounts of bone broth, you'll notice everyone swears by the energy boost. I'd prefer to see science backing this up, but the research on bone broth is still emerging.

8. It's very economical! What else were you going to do with those chicken carcasses, soup bones, and veggies going bad in your fridge?

We certainly applaud Ms. Anderson for her great insight. At Natural Healing Express, we finished a fresh batch of our broth just yesterday and we would love for you to try some. It sells for \$12.99 a quart and if you cannot travel to get it, we can ship! And locally, we have delivery options.

THIS JUST IN- as I noted earlier in the article, we began our Bone Broth Challenge last night. I just received an email from one of our Board members and she said she did her "shot" of broth this morning at 4:30am and has not touched a coffee yet! She feels more energetic and doesn't crave caffeine! Ya, it can happen that fast, come get yourself some!

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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