Sally Fallon Morell and Dr. Kaayla Daniel, PhD

AVAILABLE FOR INTERVIEW

Because it’s time to experience the health benefits of broth.
Homemade broth.
An Old-Fashioned Remedy for the Modern World.
A South American proverb claims “Good broth will resurrect the dead.”

While that’s clearly an exaggeration, chicken soup well deserves its reputation as “Jewish penicillin,” and bone broths from meat, fish and fowl are served to convalescents all over the world.

For Nourishing Broth: An Old-Fashioned Remedy for the Modern World, Sally Fallon Morell, the bestselling author of Nourishing Traditions, provides delicious broth, soup, stew and gravy recipes from all over the world as well as broth-making techniques helpful tips, inspiring stories and surprising testimonials.

Dr. Kaayla T. Daniel, PhD, explores the science of broth and clearly explains why it not only supports recovery from colds, flu and other acute illness, but can prevent and even reverse chronic illnesses such as osteoarthritis, rheumatoid arthritis and other auto-immune disorders, digestive distress, mental illness, and cancer. Furthermore, her research suggests an essential role for broth in state-of-the-art athletic programs and anti-aging therapies.

The soup bowl is clip art in the public domain.
PRAISE FOR NOURISHING BROTH

“I can’t recommend Nourishing Broth highly enough. Sally Fallon Morell has given us the cookbook that heals and Dr. Kaayla Daniel has provided the science that supports it. If you’ve been eating real foods but have not reached your health and fitness goals, bone broth might be the ‘missing piece.’”

— JJ Virgin
Bestselling author of The Virgin Diet

“The best word to describe this book is simply, AWESOME!”

— Donna Gates
Bestselling author of The Body Ecology Diet

“A fascinating read on one of mankind’s most enduring and nutritious foods and why its revival in the modern diet holds much promise for resolution of the numerous and overwhelming health woes suffered by so many today. If every parent incorporated the traditional broth-making techniques and recipes described in Nourishing Broth, the health of the next generation and the viability of an overloaded healthcare system would profoundly benefit.”

— Sarah Pope
TheHealthyHomeEconomist.com

“I have been a fan of Sally Fallon for many years. Nourishing Traditions was the best nutrition book of its time. This new book far exceeds the previous book as it covers cooking and consuming in a comprehensive way—a must for every chef’s and homemaker’s library of cooking.”

— William Campbell Douglass II MD
DouglassReport.com

“Sally Fallon Morell and Dr. Kaayla Daniel have written a wonderful book. I cannot recommend this book highly enough.”

— David Brownstein MD
Author of 12 books
DrDavidBrownstein.com

“Bone broth has long been prized by traditional cultures for its remarkable healing ability. In Nourishing Broth, Sally Fallon and Kaayla Daniel bring us a fresh, modern perspective on this nutrient-dense food. They explore the science behind broth, how it works to support the structure of our bodies, and how it can be used to get relief from a variety of ailments, ranging from arthritis, to digestive problems, to cancer. And of course, they’ve included delicious recipes and tips on how to incorporate broth into your diet. This book is destined to become the authoritative primer on healing bone broth, and I look forward to recommending it to my patients and readers.”

— Chris Kresser
Author of Your Personal Paleo Code
ABOUT THE AUTHORS

Sally Fallon Morell is the author of *Nourishing Traditions* and is founding President of the Weston A. Price Foundation (begun in 1999), with over 14,000 active members. Its website is the superstar of alternative nutritional information: [http://www.westonaprice.org](http://www.westonaprice.org). She is also co-author (with Dr. Mary Enig PhD) of *Eat Fat, Lose Fat* and of *The Nourishing Traditions Book of Baby and Child Care* (with Thomas S. Cowan, MD). Fallon Morell lectures across the country—from the Harvard Law School to small food co-ops and large nutritional conferences.

Kaayla T. Daniel, PhD, CCN is known as The Naughty Nutritionist® because of her ability to outrageously and humorously debunk nutritional myths. She is Vice President of the Weston A. Price Foundation, on the Board of Directors of the Farm-to-Consumer Legal Defense Fund, and author of *The Whole Soy Story: The Dark Side of America’s Favorite Health Food*. Dr. Daniel has been a guest on The Dr. Oz Show, PBS Healing Quest, NPR’s People’s Pharmacy, and many other shows, and has shared the stage with Dr. Mark Hyman, JJ Virgin, Gary Taubes, Charles Poliquin, Dr. Joseph Mercola, Sally Fallon Morell, Joel Salatin, David Wolfe and other prominent health experts.
SAMPLE INTERVIEW QUESTIONS
for Sally Fallon Morell

1. What led you to write a whole book on broth?
2. Why do you recommend homemade broth?
3. What’s wrong with the readymade soups sold in supermarkets and health food stores?
4. Must we use bones? Why isn’t there a single vegetarian soup in your book?
5. Chicken soup is often called “Jewish Penicillin.” But what country in the world consumes the most chicken soup per capita?
6. Why do the words “Chicken Soup for the Soul” resonate so deeply with so many people?
7. How do you rate the quality of the soup found in Soup Kitchens? How could it be improved inexpensively?
8. What should we know before we order soup in restaurants?
9. What are the signs that you’ve made a high-quality broth?
10. What’s the most frequent challenge cooks face when they first try to prepare bone broth at home?
11. Do you recommend gelatin products? Why or why not?
12. In your recipes you specify pastured chickens, grass-fed beef, organic vegetables and other top-quality ingredients. How can families on tight budgets save money and still prepare high quality broth?
13. Is it true that broth can heal? Isn’t that an old wives’ tale?
14. What are the chief health benefits of broth?
15. Please share some of the most amazing healing testimonials you’ve heard.

SAMPLE INTERVIEW QUESTIONS
for Dr. Kaayla T. Daniel

1. Is it true that broth can heal? Isn’t that an old wives’ tale?
2. How should we make broth to maximize its healing power?
3. Does soup really date back to the Stone Age? How do you make soup without a pot?
4. What did Hippocrates, Galen, Maimonides and Hildegarde von Bingen have to say about broth?
5. How did wars and expeditions to remote parts of the world trigger scientific research on broth and gelatin?
6. Why does broth have the power to heal? Have scientists identified the key healing components?
7. How does broth help people recover from colds, flu and other infectious disease? Won’t any hot liquid do the same?
8. Does bone broth build strong bones? Is it high in calcium? Or might there be other factors?
9. You say broth can prevent and even reverse arthritis. How does drinking bone broth compare to taking popular supplements such as glucosamine and chondroitin?
10. Does broth help people suffering from rheumatoid arthritis, MS and other autoimmune disorders?

—more

For information please contact Dr. Kaayla Daniel • 505-266-3252
11. Who was Nathan R. Gotthoffer and what led him to spend 18 years digging up long-forgotten 19th and early 20th century studies on gelatin?
12. Who was Dr. John F. Prudden? Why is he called the “Father of Cartilage Therapy”? How did you meet him and what does his work have to do with broth?
13. Why do you think broth belongs in anti-aging protocols?
14. Why do you recommend broth for athletes and fitness buffs?
15. Does broth really prevent cellulite?

For further information or questions

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