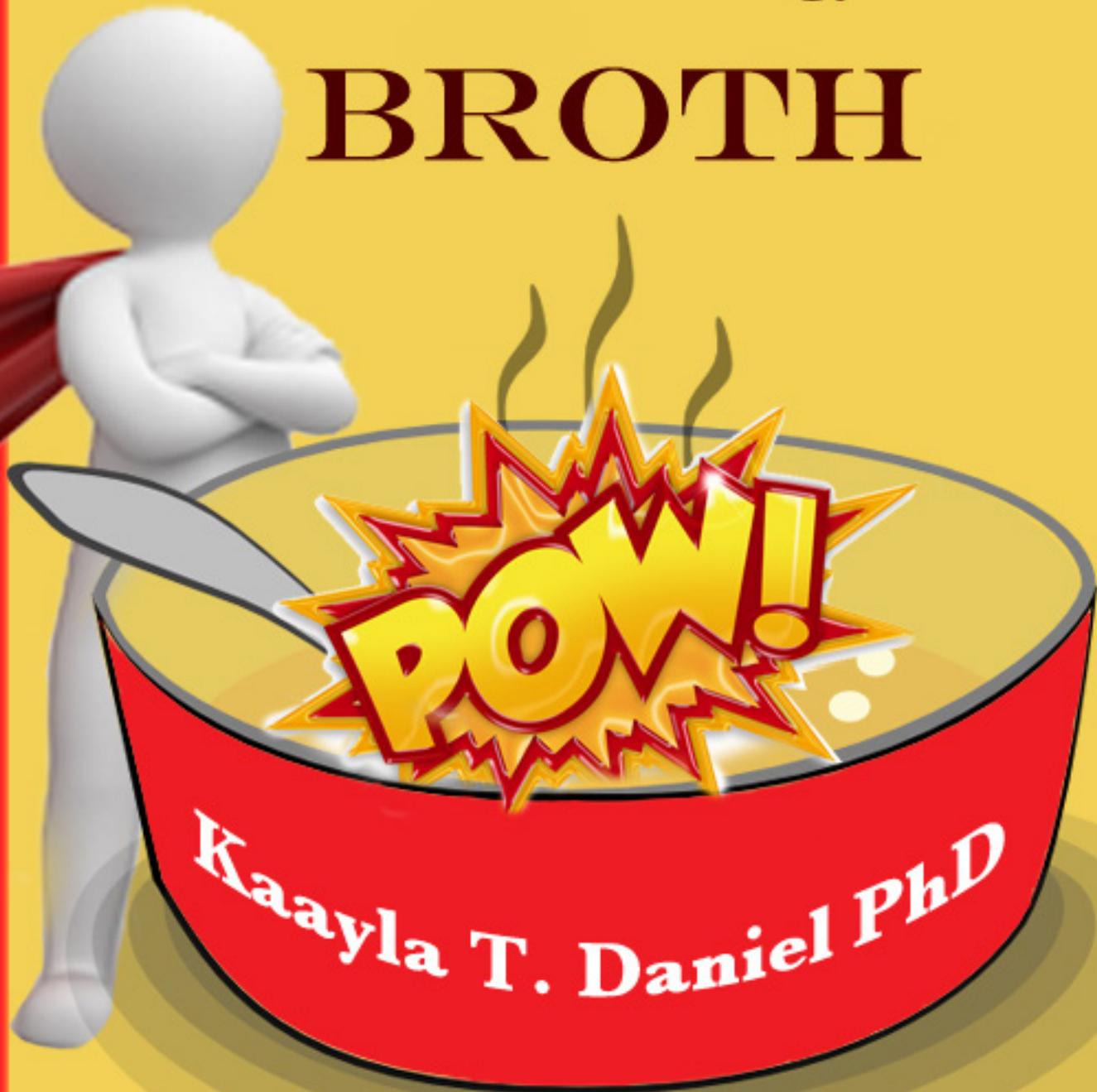


BE SOUPER!

7 Ways to Boost Your
Health and Energy with

BROTH



The Naughty Nutritionist®

Bone broth. It's an old-fashioned remedy for the modern world. It's real food, whole food and slow food, yet a surprisingly fast food too. Our great grandmothers may have hovered over hot stoves all day — and gourmet cooks may do it still — but crockpots and slow cookers make broth making fast, easy and efficient today. Indeed what could be simpler than tossing together a few basic ingredients before rushing off to work in the morning and coming home hours later to the delicious smell of soup or stew. In *Nourishing Broth*, I've written nineteen chapters on the myriad ways broth prevents disease and supports overall good health. Here's seven quick tips on how this old fashioned food can boost our health and energy too.



SOUPER TIP NUMBER 1

Nose-to-Tail Eating



If you've jumped on the ancestral diet trend, you've probably already got your muscle meats down. Next up is “nose-to-tail” eating, meaning organ meats and bone broth too. While this might seem like an “of-fal idea,” our ancestors instinctively understood the health benefits from eating all parts of the animal. **Bone broth is made from the carcass of an animal and is a nutrient-dense source of cartilage and collagen, keys to strong bones, healthy joints and smooth, radiant skin.**

According to the principle of “like feeds like,” broth can give our bones strength and flexibility, our joints cushion and resilience, and skin a youthful plumpness. As for the marrow, it's a creamy substance valued by people around the world for energy-giving, libido-enhancing and brain-building. As Henry David Thoreau famously said, “Live deep and suck the marrow out of life.”

SOUPER TIP NUMBER 2

Chicken Soup for the Body and Soul

Chicken soup enjoys almost mystical status in Jewish culture and is revered as “Jewish penicillin” yet most people think its health benefits are nothing more than an old wives’ tale. In fact, science supports using homemade chicken soup — and beef, lamb, fish and other types of bone broth too — for the prevention of and recovery from colds, flu and other infectious diseases. **Why does broth have such a powerful effect on the immune system?** It contains factors that activate macrophages, cytotoxic T cells, natural killer (NK) cells, and more.

Cookbooks from the 18th through mid-20th centuries included recipes for invalids and almost always came with encouraging words like “This will cure for sure” or “In my experience, this has always proven beneficial.” Invalid recipes in old cookbooks range from simple but strengthening beef teas to savory custards made with eggs, salt, pepper and beef to choices of “restorative” or “stimulating” meat jellies. Many of the writers suggested adding unflavored gelatin to enhance whatever foods or drinks might otherwise appeal to the convalescent. In her 1859 book *Notes on Nursing*, Florence Nightingale emphasized the importance of “easy digestibility” and said “Remember that sick cookery should do half the work of your poor patient’s weak digestion.” **No food improves digestion better than broth.**

What’s more, **broth contains rich stores of glycine, a calming amino acid that can help us quiet the mind, improve focus, quell anxiety and stabilize moods.** By reducing stress, we not only develop resistance to cold and flu, but increase the odds of living long, lively and well.

SOUPER TIP NUMBER 3

Gut Sense

When digestion suffers, the whole body suffers. As Hippocrates put it, **all disease begins in the gut.** Broth's reputation as a digestive aid and remedy for digestive difficulties goes back thousands of years and broth is a staple of folk medicine around the world. **Nothing's better for healing "leaky gut" and it can be useful for celiac disease, colitis and other digestive disorders too.**

Many components in broth contribute to its digestive power. Properly prepared broths — made from bones, cartilage and skin — are rich in glycosaminoglycans (GAGS), the best known of which are glucosamine and chondroitin sulfate. These provide the raw ingredients needed for the body to produce the healing mucus required throughout the digestive system. While the raw food community spouts the myth that mucus is merely unwanted gunky buildup caused by meat, dairy and cooked foods, **the truth is we need plenty of healthy mucus for optimum digestion, a high-functioning immune system, the soothing of any GI tract inflammation, and healthy gut bacteria.** The amino acids glycine and glutamine contribute to optimal digestion as well.

No wonder broth was a staple in the "bland diets" widely prescribed by doctors from the mid 19th to mid 20th centuries for patients who suffered from heartburn, ulcers, nausea (including morning sickness), bloating and flatulence, and is a staple today in Dr. Natasha Campbell-McBride's GAPS ("Gut and Psychology Syndrome") diet, Jordan Rubin's "Guts and Glory" program, Donna Gates's "Body Ecology" and other successful gut-healing diets.

SOUPER TIP NUMBER 4

Bone Building

Calcium is the first thing most people think of for bone building. Maybe Vitamin D and trace minerals too. But none of them work well — or well enough — without collagen. Think of it this way: collagen fibers build a scaffold for the bone's minerals the way rebar reinforces concrete. **To increase the collagen in your diet, gnaw on drumsticks, devour the tasty skin of a roast chicken (which is not only rich in collagen but healthy monounsaturated fat too) and savor bowls of bone-broth based soups and stews.**

As for calcium, it's a myth that bone broth contains a lot of it, even if the bones are cooked so long they are nearly dissolved into the soup. But the collagen does the trick. Gelatin and collagen hydrolysate supplements can substitute, but nothing quite compares to building a strong dietary foundation on broth.

SOUPER TIP NUMBER 5

Have a Cuppa Detox

Tired of being sick and tired? Juice fasting, green smoothies and cleanses are all the rage, but the truth is that plant foods — particularly raw plant foods — can “bite back.” Instead **play it safe with bone broth, the perfect day-in, day-out detoxifier and body strengthener.** Bone broth is naturally high in the amino acid glycine, needed for the production of glutathione, a powerful cancer-curbing, age-slowing antioxidant. We need glutathione for liver detoxification and the safe removal of mercury, lead, cadmium and other toxic metals, pesticides and industrial chemicals.

SOUPER TIP NUMBER 6

Maintain that Naughty Edge

For more than one hundred years, athletes and bodybuilders have taken gelatin to build muscle, gain energy, prevent injuries and boost immunity. **More recently, the fitness world has shifted its recommendation to glutamine.** Yet both are found in broth — and much much more. As JJ Virgin, bestselling author of *The Virgin Diet* says, “If you’ve been eating real foods but have not reached your health and fitness goals, bone broth might be the 'missing piece.’”

SOUPER TIP NUMBER 7

Eat, Love, Pray

How much of soup’s healing power should be credited to the love that goes into preparing homemade soups for family and friends? How much might be due to a nurturing lifestyle that includes sitting down for regular meals? These factors are too subjective to measure, but common sense suggests they have nothing but positive effects on health and longevity.



I hope these “Souper Tips” will inspire you to savor many bowls of nourishing broth. I truly can think of no better food to support optimum health, high energy, maximum longevity and graceful aging. Bon appetit!

A handwritten signature in black ink that reads "Kaayla". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

VISIT OUR WEBSITE

We built www.NourishingBroth.com for you. It's the place to find new recipes, hot brothmaking tips, answers to your questions, new information, and the latest research on broth and health.

On the Resource Page, we'll share our favorite ingredients; cookware; gelatin, collagen and cartilage supplements; and other products we use and love.

Please share **YOUR** favorite broth recipes! Tell us all about your broth-making experiences and join our broth-making community.



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ABOUT KAAYLA T. DANIEL



Kaayla T. Daniel, PhD, CCN, is coauthor with Sally Fallon Morell of *Nourishing Broth: An Old Fashioned Remedy for the Modern World*, Vice President of the Weston A. Price Foundation, and author of *The Whole Soy Story: The Dark Side of America's Favorite Health Food* (2005).

Kaayla is known as **The Naughty Nutritionist®** because of her ability to outrageously and humorously debunk nutritional myths. She has been a guest on **The Dr. Oz Show**, **PBS Healing Quest**, **NPR's People's Pharmacy**, **ABC's View from the Bay**, and **Discovery Channel's Medical Hotseat**, and has shared the stage with Dr. Mark Hyman, JJ Virgin, Gary Taubes, Charles Poliquin, Dr. Joseph Mercola, Joel Salatin, David Wolfe and other prominent health experts. Dr Daniel has also spoken at numerous professional conferences, including Ancestral Health, Bio-Signature, BoulderFest, National Association of Nutritional Professionals (NANP), and Wise Traditions.

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