



## Bone Broth

# A Nutrient-Dense Essential for Health, Healing, and Wellness

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### Why Bone Broth?

Bone broth is a traditional food made by simmering **bones, connective tissues, vegetables, and herbs** for hours, creating a nutrient-rich stock. This process extracts **essential minerals** and **amino acids** from the ingredients, making bone broth an excellent addition to any diet for its range of health benefits.

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### The Benefits of Bone Broth

#### Mineral Power

Minerals in bone broth support essential bodily functions. They act as cofactors for enzymatic reactions, which:

- Help break down food and generate energy
- Aid cell function and detoxification systems
- Contribute to hormone synthesis

**Minerals such as calcium, magnesium, phosphorus, silicon, and sulfur** are essential for forming bones, connective tissues, and vascular health. Minerals like **selenium and zinc** are powerful antioxidants, defending the body against free radicals, oxidation, stress, and toxins.

#### Mineral Deficiencies in Modern Diets

Today, soil depletion and refined foods contribute to widespread mineral deficiencies. Highly processed foods high in sugars and unhealthy fats can lead to an increased excretion of minerals like magnesium, while stressors also raise the body's need for vitamins and minerals, often without replenishment. This is where bone broth comes in, providing minerals in a bioavailable form.

#### Joint and Collagen Support

Bone broth contains **glucosamine, gelatin, and chondroitin**, which support joint health and flexibility. Additionally, it contains **proline** and **glycine**, amino acids that are essential for collagen

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production and connective tissue health, supporting **skin elasticity, strong hair and nails, and gut health.**

### **Anti-Aging and Detoxification**

Gelatin in bone broth promotes healthy digestion and strengthens hair, skin, and nails. **Glycine**, another amino acid, aids the liver in detoxification and boosts **glutathione** production, a potent antioxidant.

### **How Much Bone Broth Should I Drink?**

While some recommend up to **1 quart per day, 8–16 oz per day** is a good starting point. Add it to your routine by:

- Enjoying a warm mug with a dash of salt
- Adding it to soups, stews, gravies, or other recipes

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## **Bone Broth Recipe Guide**

### **Slow Cooker Recipe**

1. Place **1–1.5 lbs of bones** (chicken, beef, lamb, or fish) in an 8-quart slow cooker.
2. Add **1 small onion (chopped), 2–3 carrots (chopped), 1 stalk of celery, and 1½ tsp unrefined sea salt.**
3. Pour in enough water to cover the bones and add **1 tbsp apple cider vinegar.**
4. Set to low and cook for the recommended time:
  - **Chicken bones:** 8–24 hours
  - **Beef bones:** 8–72 hours
  - **Fish bones:** 6–24 hours
5. Strain the broth and store it in jars in the fridge.

*Optional:* Roast beef bones at 350°F for 30 minutes before cooking to enhance flavor.

### **Stove Top Recipe**

1. Place **2–2.5 lbs of bones** in a large stock pot.
2. Add **1–1.5 large onions, 3–4 carrots, 2 celery stalks, 1 tbsp unrefined sea salt, and 2 tbsp vinegar.**

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3. Cover with water, bring to a boil, then reduce to a simmer:
  - **Chicken bones:** 8–24 hours
  - **Beef bones:** 8–72 hours
  - **Fish bones:** 6–24 hours
4. Skim off any foam that forms during the first couple of hours.
5. Strain the broth and store it in jars in the fridge.

*Instant Pot Tip:* Use low pressure for 180 minutes for a quicker preparation.

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### **Where to Buy Bone Broth**

Homemade is best, but quality pre-made options include:

- **Kettle & Fire Bone Broth**
- **Bare Bones Broth**
- **Pete's Paleo**
- **The Brothery**
- **Real Bone Broth**
- **Grassland Beef**