

The oyal Treatment Veterinary Center

Benefits of Bone Broth

Bone broth is the ultimate ancient superfood. It is simplistic, versatile, tastes great, and is a recognized healing aid of cultures worldwide for thousands of years. If you've ever enjoyed a bowl of chicken soup when you're not feeling well, then you've already enjoyed the benefits of this ancient tonic.

When properly prepared with locally sourced, pasture raised animal bones and/or sustainable fish, bone broth can have an amazing fortifying and soothing effect on the body. This occurs as the broth is allowed to simmer for hours to maximize the release of beneficial amino acids (including glutamates) and essential minerals. While making bone broth seems time-consuming, the process of making the broth requires few ingredients - water, bones, an acid to help extract minerals from the bones, plus produce, herbs and spices to increase the flavor and healing potential of the broth.

Bone broth has been shown to help with many conditions by restoring the lining of the gut. A disrupted GI tract, or what has been called "leaky gut" is often the source of many ailments and diseases. Even modern medicine acknowledges that most autoimmune conditions are a result of inflammation caused by leaky gut. Autoimmune conditions include allergies, thyroid imbalances, dermatological issues, infertility, and many digestive disorders including Irritable Bowel Syndrome, colitis, and gastritis. As the collagen in bones and connective tissue break down during the cooking process, it becomes a gelatin. This gelatin is what helps restore the lining of the gut, leading to an improvement in overall health and relief of symptoms.