

6 Benefits Of Bone Broth

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If you've studied the Paleo diet before and have considered giving it a try, you've probably read about bone broth. Making bone broth is simple enough - all of you have to do is simmer water with beef, chicken, or fish bones for several hours or more. You can add seasonings and aromatics to the pot, and the bones can even be roasted beforehand to add extra flavor.

The most popular type of bone broth is beef bone broth. To gain the most flavor and health benefits, you should leave a little meat on the bones that you'll be using. The longer the broth simmers, the more collagen and trace minerals will be released into the broth. (Tip: For an easy hands-off approach, throw it in your slow cooker for a full day.) The result is a savory, nutritious broth that boasts a number of health benefits.

1. Improved skin quality

As we age, our skin loses the collagen that gives it its elasticity and glowing appearance. One of the biggest benefits of bone broth is its high collagen content, which can reduce wrinkles and make skin look younger.

2. Reduced joint pain

The collagen in bone broth doesn't just help aging skin - it also can improve joint health, another issue that comes with getting older. Along with glucosamine, collagen helps protect joints and even reduce pain.

3. Better digestion and gut health

The Standard American Diet wreaks havoc on digestion and gut health, but bone broth can help to heal and seal a leaky gut. Gelatin, found in the bones, tendons, and ligaments of animals, has been shown to improve intestinal and digestive health.

4. Reduced inflammation

When you're stressed in any way (physically, mentally, or emotionally), the body becomes inflamed. While this is a natural and normal response, it becomes a huge issue when lifestyle factors put your body in a permanent state of inflammation. Thanks to the amino acids found in bone broth, drinking it regularly can reduce overall inflammation.

5. Improved kidney function and better sleep

The amino acids in bone broth serve a number of other purposes, too. Arginine has been shown to support kidney function, while glycine has a relaxing effect that can lead to improved sleep quality.

6. Immune system support

There's a reason you're told to eat chicken noodle soup when you're feeling under the weather, but it turns out plain bone broth is even better. Research has shown that bone marrow is great for supporting the immune system, so bone broth is one food you'll want to include in your diet even when you're not sick.

Bone broth might be relatively new to the Western world, but it's been consumed in other parts of the world for centuries. Consider giving this globally recognized superfood a try!

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