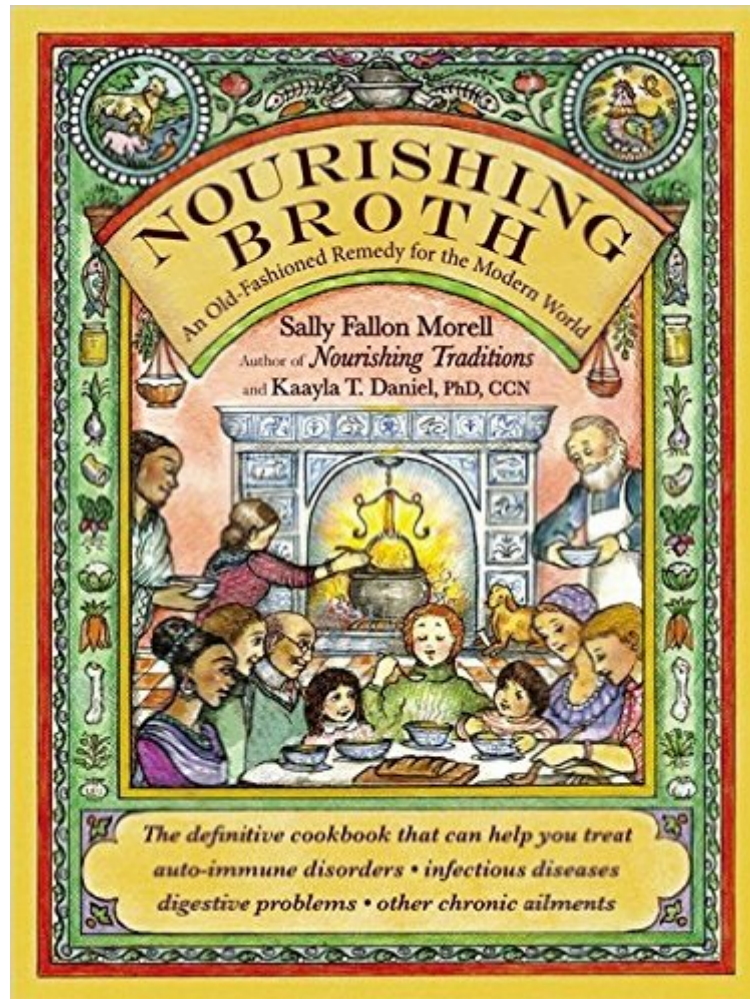


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Nourishing Broth: An Old-Fashioned Remedy For The Modern World



Synopsis

The follow-up book to the hugely best-selling *Nourishing Traditions*, which has sold over 500,000 copies, this time focusing on the immense health benefits of bone broth by the founder of the popular Weston A Price Foundation. *NOURISHING BROTH: An Old-Fashioned Remedy for the Modern World* *Nourishing Traditions* examines where the modern food industry has hurt our nutrition and health through over-processed foods and fears of animal fats. *NOURISHING BROTH* will continue the look at the culinary practices of our ancestors, and it will explain the immense health benefits of homemade bone broth due to the gelatin and collagen that is present in real bone broth (vs. broth made from powders). *NOURISHING BROTH* will explore the science behind broth's unique combination of amino acids, minerals and cartilage compounds. Some of the benefits of such broth are: quick recovery from illness and surgery, the healing of pain and inflammation, increased energy from better digestion, lessening of allergies, recovery from Crohn's disease and a lessening of eating disorders because the fully balanced nutritional program lessens the cravings which make most diets fail. Diseases that bone broth can help heal are: Osteoarthritis, Osteoporosis, Psoriasis, Infectious Disease, digestive disorders, even Cancer, and it can help our skin and bones stay young. In addition, the book will serve as a handbook for various techniques for making broths—from simple chicken broth to rich, clear consommé, to shrimp shell stock. A variety of interesting stock-based recipes for breakfast, lunch and dinner from throughout the world will complete the collection and help everyone get more nutrition in their diet.

Book Information

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Customer Reviews

In short, I would describe this book as a reference guide and cookbook for everything you ever wanted to know about broth and so, so much more. It is fairly comprehensive in its scope and clearly very well-researched. You will learn, in great detail, why and how to make this most nourishing food. The book includes inspirational testimonials about the healing power of broth weaved in throughout. I had the sense that I wanted to drink broth while I read the book, and was completely convinced that I need to make it more consistently. I aspire to return to having broth every day again, as has been my practice in the past. I was surprised to find that a book about broth proved to be a page turner for me. I found it to be incredibly well-written and a sincere pleasure to read. Dedicated to their grandmothers, Sally Fallon Morell and Kaayla T. Daniel have created a cookbook that can help us treat auto-immune disorders, infectious diseases, digestive problems and other chronic ailments. The book is divided into 3 parts, with an introduction: 1. Basic Broth Science 2. The Healing Power of Broth 3. Recipes - more than half the book comprises of recipes that use broth and stock, some provided by community members. The section on Basic Broth Science covers the individual components in broth such as collagen, cartilage, bone, marrow, conditional protein powder, key amino acids and proteoglycans. We learn the definition, function and benefits of each component. We also learn about how broth can heal osteoarthritis, rheumatoid arthritis, scleroderma, psoriasis, wound healing, infectious disease, digestive disorders, cancer, mental health, be beneficial to sports and fitness and can serve to be anti-aging.

I already have been a broth maker and consumer, but not regular about it. This book opened my eyes to the research behind something as mundane as a simmering pot of broth, and why Mom loaded me up on Jello when I was sick (not the best form, due to the sugar, but still helpful). My left hip had been aching for a month or two, and my arches would 'bark' in the afternoon, so I thought why not be more committed to broth, and hunted down some good pastured goat bones and chicken feet. Just threw them in together in my lead-free slow cooker (Cuisinart claims their ceramic is lead-free, not all manufacturers do). Just 3 days of having 1-2 cups twice a day and the hip and arches no longer hurt, and my socks don't leave a dent around my ankle from edema. A friend who is a Weston A Price Foundation (WAPF) chapter leader told me she cooks her broth thrice (for two days each), storing the broth each time and putting in new (filtered) water and vinegar, because the research says it takes more than a day to get some of the nutrients from those bones and tendons. So now I fill quart jars only partially so I can add more later, which means each jar has similar levels of nutrients. The WAPF is launching a new Restaurant Rating Project that helps smart eaters find places that make their own bone broths and stock (hopefully using pastured bones because CAFO

animals concentrate fluoride and lead, to name just two toxins), mix up their own salad dressing (just say no to canola and soy oil!), use natural fats to saute (butter, lard, tallow, duck fat, coconut oil), provide genuine sourdough (reduces nutrition-blocking phytates), and offer lacto-fermented condiments (not fake catsup and relishes flavored with dead vinegar to seem like the original thing).

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