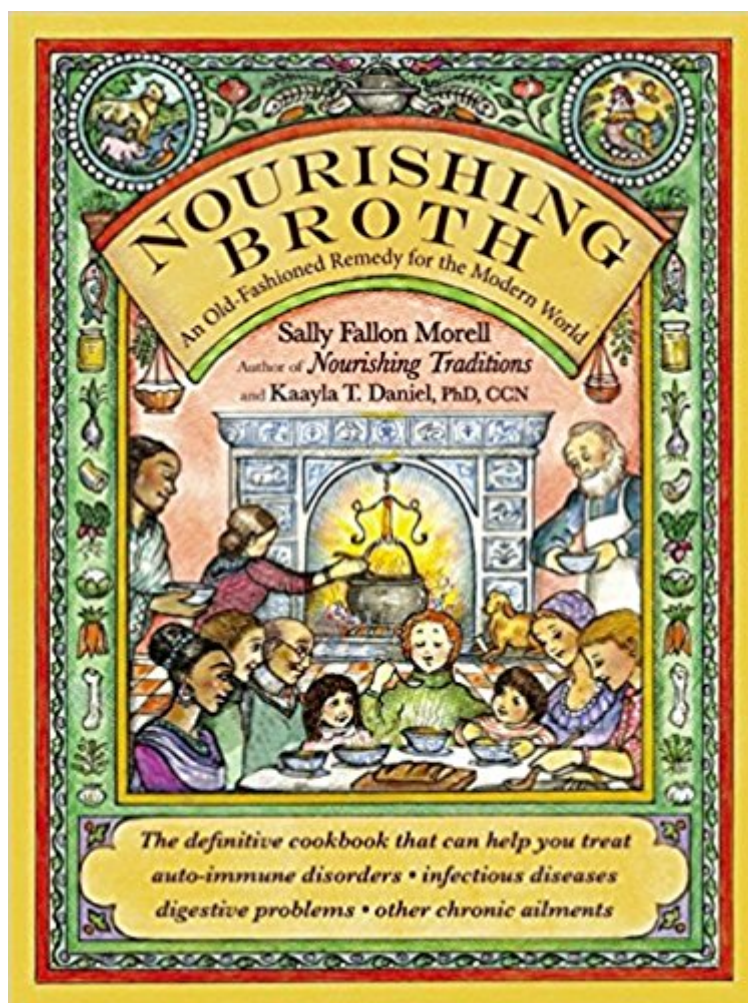


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# Nourishing Broth: An Old-Fashioned Remedy For The Modern World



## 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

"I can't recommend Nourishing Broth highly enough. Sally Fallon Morell has given us the cookbook that heals and Dr. Kaayla Daniel has provided the science that supports it. If you've been eating real foods but have not yet reached your health and fitness goals, bone broth might be the crucial 'missing piece.'" --JJ Virgin, New York Times bestselling author of The Virgin Diet

"I have been a fan of Sally Fallon for many years. Nourishing Traditions was the best nutrition book of its time. This new book far exceeds the previous book as it covers cooking AND consuming in a comprehensive way--a must for every chef's and homemaker's library of cooking."--William Campbell Douglass II, MD

"Homemade bone broth has immense health benefits, from speeding healing and recuperation from illness to improving athletic performance. For best results, you really need to make up a fresh batch from scratch. Sally Fallon Morell and Kaayla Daniel's wonderful new book, Nourishing Broth removes all the guess work and provides you with various broth-making techniques-from simple chicken broth to rich consommé, shrimp stock and a variety of global stock-based recipes for breakfast, lunch, and dinner. Highly recommended."--Dr. Joseph Mercola, founder, Mercola.com

"In our ultra-fast, modern society, we are suffering from a myriad of illnesses including cancer, fatigue, fibromyalgia, autoimmune disorders and hormone imbalances. A healthy diet can provide the correct nutrients to not only prevent and overcome illness, but allow us to achieve our optimal health. Nourishing Broth provides the wisdom we need to eat a healthy diet. Sally Fallon Morell and Kaayla Daniel have written a wonderful book. I cannot recommend this book highly enough."

--David Brownstein, MD, author of twelve books, drbrownstein.com

"A fascinating read on one of mankind's most enduring and nutritious foods and why its revival in the modern diet holds much promise for resolution of the numerous and overwhelming health woes suffered by so many today. If every parent incorporated the traditional broth making techniques and recipes described in Nourishing Broth, the health of the next generation and the viability of an overloaded healthcare system would profoundly benefit."--Sarah Pope, The Healthy Home Economist, author of Get Your Fats Straight

"Sally Fallon's Morell first book, Nourishing Traditions is a true treasure that has proven to be timeless, and will continue to be enjoyed for many generations. With Nourishing Broth, Sally and her co-author, Kaayla Daniel have done it again. I have a book shelf with only my favorite, most well-researched, yet wonderfully practical books on nutrition. Nourishing Broth landed a spot on that shelf. The best word to describe this book is simply, AWESOME!"--Donna Gates, bestselling author and creator of The Body Ecology Diet

"Nourishing Broth proves our grandmothers were more than right about chicken soup: not only does it cure what ails you, but it also contributes to our health in ways we never even imagined. In today's world we've lost the tradition of slow cooked stock to quick boullion cubes, resulting in an empty hole in our nutrition. Sally and Kaayla show how broth is the

missing ingredient in our present diet, then give complete instructions for making our own broth at home, as we should. This book is just as thorough and stellar as their previous works, and belongs close-at-hand in every healthy kitchen."--Debra Lynn Dadd, author of Toxic Free and blogger at Toxic Free Kitchen

SALLY FALLON MORELL is the author of the best-selling cookbook *Nourishing Traditions* (with Mary G. Enig, PhD, over 650,000 copies sold) and *Nourishing Broth* (with Kaayla T. Daniel, PhD, CCN). As president of the Weston A. Price Foundation, she is the number one spokesperson for the return of nutrient-dense foods to American tables.

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. The recipe section includes basic techniques, stock and broth recipes, blended and unblended soups, aspics, stews and stir-fries, various kinds of sauces, grains and legumes, broth for breakfast, tonics and broth on a large scale. Some of the highlights of what I learned: \* Broth is a libido booster than can help men and women maintain love and lust into great old age. \* Broth contains components with known anticarcinogenic activities, the most notable of which is cartilage. In other words, broth can help

prevent and heal cancer.\* It's reputation as Jewish penicillin notwithstanding, Asians consume the most chicken soup today.\* Bone marrow is not only highly nutritious, but takes much less energy to digest than plant food.\* There are 29 distinct types of collagen that exist in animal tissues and it serves like glue to hold the body together.\* Broth heals the gut primarily by feeding its cells the protein sugars known as glycosaminoglycans, or GAGs. Given that leaky gut syndrome is sometimes called the GAG defect, common sense suggests the glucosamine, chondroitin sulfate, and other GAGs found in broth could help the body rebuild the GAG layer.\* There is no clear consensus about whether or not there is any difference between stock and broth. Amongst some chefs, stock isn't meant to be eaten on its own; rather, stock serves as the basis for soups, sauces, and stews, and therefore should not be salted or highly seasoned. Broth is defined as "seasoned stock", which can be eaten on its own, as a soup. In this book, the terms are used interchangeably. Both stock and broth are clear or semi clear liquid; soup is made by adding ingredients to stock or broth.\* Perhaps the most significant article ever written on the value of gelatin and health came in 1937 when Dr. Frances Pottenger MD recited a long list of conditions that could be relieved by gelatin, including slow digestion, nervous digestion, vomiting, diarrhea, gas formation, and heartburn. He found it especially helpful for children with allergies and failure to thrive. I could easily list another 25 points but, hope it will suffice to say that I believe that I learned something on every page of Nourishing Broth. The last point I mentioned was about gelatin, and wanted to highlight the following section as we often talk about it in our Facebook forums.

### Gelatinous stock

The authors instruct us that the goal is gelatinous stock, stock that sets up as a solid gel if you put it in the fridge, so solid that you can turn the container over and the gel will stay in place. Broth that doesn't gel is a common complaint. Following is a brief summary of the main reasons your stock doesn't gel:

1. Not the right kind of bones. You want bones that have a lots of cartilage. Also, one way to ensure plenty of gelatin is to include feet - chicken feet and heads for chicken broth and beef or calve's feet for beef and veal stock. Pigs feet can be used in any stock to ensure an adequate gel.
2. Not enough bones and too much water. When you make stock, the water should just cover the bones.
3. The stock was heated to too high a temperature. Stock should be heated over medium heat until the liquid starts to roll, and then turned down to low heat so that the stock barely simmers.
4. The stock didn't cook long enough - or it cooked too long. You need to cook the stock long enough to extract the collagen, but not so long that he gelatin fibers break into short pieces. As a general rule, cook chicken or veal stocks for 4 to 6 hours and beef stock for a full day or overnight. Fish collagen will dissolve into the water at temperatures well below the boil and in as little as half hour. I noted, as I imagine some of you will, that this is less time than is recommended in Sally Fallon Morell's book

Nourishing Traditions, and will clarify this point with her and report back! To answer a common question we receive in our community, the authors explain that if your broth hardly thickens at all, it is still worth consuming, as there will always be some gelatin in it, not to mention minerals and many other nutrients.

**Testimonial** My twelve- and sixteen-year-olds fought a bad case of the flu with fevers never dropping below 101 and rising as high as 102.6. On the third day of this, I started giving them bone broth. That evening their fevers finally dropped below 100 and for the duration of the flu it never again went above 102. They both were completely better within a few days. The bone broth helped them to turn a corner, and I believe was the catalyst to their healing. If there is a next time, I will be giving it to them on the first day of an illness. --Charlotte Corbitt, Queen Creek, Arizona

I highly, highly recommend Nourishing Broth as another valuable contribution on how to nourish ourselves and our children. I found it to be both incredibly educational and inspirational. Bravo, Sally and Kaayla, whom I feel blessed to collaborate with as colleagues in the Weston A. Price Foundation. I think this book is worthy of a standing ovation. I am deeply appreciative to have it in my collection and anticipate that I will refer to it often.

My experience of broth is summarized in the book itself: Broth improves the digestibility and assimilation of food, giving the body the critical message that it is deeply nourished, happy, and full.

My wife was making broth occasionally, but now we're moving toward daily brothing. I'm so inspired by this book, I'm considering opening a "brothel." :D

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). See Sally's tour de force Nourishing Traditions cookbook (the first third is a fascinating peek at how traditional foods were originally made and why the imitations don't support health; like anything else in our capitalistic world, "Buy Low, Sell High" means food processors and restaurants must take short cuts to succeed--but home cooks don't need to).

I could not put this book down, even though I have been a broth drinker. Every chapter gave brilliant testimony, research and concrete reasons to drink bone broth. Broth's amazing ability to give the body everything it needs to enhance health and to heal is more than enough reason to begin drinking it right away. One of the most important learnings is that the gut is our "second brain" and manufactures more neurotransmitters than the brain! 95% of our serotonin is made in the gut. Broth nourishes our gut...I can't recommend this book enough. Along with incredible amounts of information, the recipes make broth-making easy. Candace Coffin

Once again, a book that is much more than a cookbook. I am very familiar with Nourishing Traditions - and this is a much needed expansion of the broth section - its a simple solution to what ails us. Bone broth soups have been served as part of the meal in my restaurant, for the last 40 years - and people really don't know why our soup is so good - it really sets up the whole meal! Congrats on another great book!

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