

Nourishing Broth: An Old-Fashioned Remedy for the Modern World



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 broths 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 Crohns 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 audiobook 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.

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