

# Bone Broth



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Bone broth is a nutrient-dense stock made by soaking bones rich in marrow and cartilage in apple cider vinegar and then simmering them low and slow until the nutrients are transferred to the stock. The broth contains gelatin, an ingredient that is especially healing for the digestive system and joints. It contains collagen and colloids which support all of the connective tissue in the body, including the skin. The amino acids and minerals in the broth are easily absorbed which make this stock especially good for those in need of extra nutrition. Bone broth is a staple food for healing gut-related disorders including brain and behavior disorders. It is perfect for lactating mothers, children, infants, menopausal women, and digestive issues. As a superfood, it is easy to eat and use in place of water for cooking.

