



Healthy4life.ca Newsletter - September 2017

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!

Have Your Tried Bone Broth?

Soup is part of my menu year round using seasonal vegetables. In fall and winter I use more root vegetables and legumes. In spring and summer I use less dense vegetables and lentils.



It's trendy and popular right now. But what is bone broth and how does it differ from regular both. All broths are made from boiling food in water. But unlike a typical chicken or vegetables broth, bone broth is made from boiling mainly bones with little meat.

The goal is to simmer the bone for a long time, anywhere from 14-48 hours to get as many amino acids, minerals and collagen out of the bones. Advocates will tout all kind of benefits it probably does not have. However, do not dismiss it either. The nutrients it does have are very nurturing for the gut and improving gut health can help all kinds of other conditions.

Sometimes carrot, onions and celery are added for flavour and more nutrients. It is believed that adding apple cider vinegar will help draw out the nutrients from the bones.

There are no current studies to support the benefits but do we need them? Soup does not have studies and we know that it's good for us. The problem with studying gut health foods is the complexity of the gut. There is no magic bullet for fixing the gut. It requires a number of strategies. Consuming bone broth, which contains valuable nutrients that the gut needs, can help.

It is also soothing and nourishing. It feels good when you drink it. More importantly, you can use bone broth to make amazing soups and stews. Too busy to make a recipe? Just drink it as a beverage. Heat the broth and add some sea salt or miso, pepper and your favourite herbs. Then sit down and relax. Sip the broth and savour the flavour, just as you might a tea or coffee.

And, as you enjoy the broth, you have the pleasure of knowing that you are getting all kinds of minerals and amino acids that your body will love, too.

My Best Broth Tip: Be sure to simmer the broth long enough that the water level drops by half. That is when you have finally cooked out the taste of water.

A future newsletter will explain vegetarian "bone" broth.

Is Bone Broth Contaminated?

Whether you are a bone broth user or not, you probably have consumed foods made with some form of broth. There is one study – a negative one – claiming that bone broths contain high amounts of lead – made from organic chickens and tap water and I would like to address this.

Lead is a naturally occurring metal so it should not be surprising that some would be found in food and it has been suggested more of it stores in bone.

The “high” levels in the study were in comparison to tap water which is, of course, very low in mineral and metal content.

The recommended levels for tap water should be below 15 ug/L per day. The highest amount of the tested bone broths was 9 ug/L and that is per litre and generally, no one consumes that much broth in a day.

What was not tested is the other minerals present like zinc which can help remove lead. Bone broth also contains amino acids that help the liver detox out lead.

Broth made with chicken meat and bones had the lowest levels of lead which means that there would also be lower amounts of the beneficial nutrients found in bone.

Our gut bacteria also can help detox out heavy metals by binding them and preventing them from entering into the body – how much we do not know yet, as research for this potential is in its early stages.

The problem with this type of research on food is researchers only analyze one element or aspect of the food and forget all about the synergy of all the nutrients in the food.

There is a lot of tradition in the making of bone broth. It soothes the gut and supplies valuable nutrients for the gut and the body. Is there too much hype being made for bone broth, of course, that is just the world we live in. So, don't believe all the hype, but you should also not be misled by any negative reports about bone broth either. If bone broth is something you enjoy or are interested in trying to see if it benefits you, then go for it. At the very least, your body will love the nutrients and you may experience extra health benefits along.

Try the bone broth recipe below.

References:

1. The risk of lead contamination in bone broth diets., Monro JA1, Leon R, Puri BK, Med Hypotheses. 2013 Apr;80(4):389-90

2. The binding characters study of lead removal by *Lactobacillus plantarum* CCFM8661, Ruijie Yin et al, European Food Research and Technology 242(10) · March 2016

3. Sequestration of lead, cadmium and arsenic by *Lactobacillus* species and detoxication potential, Marc A. Monachese, The University of Western Ontario, 2012



Bone Broth

4 lbs or 1.8 kg bones (chicken, turkey, beef)
1 onion, cut into quarters (leave the skin on)
2 carrots, each cut in half (do not peel)
2 stalks of celery, each cut in half
4-6 tbsp apple cider vinegar

6 peppercorns
1/2 bunch parsley
2 bay leaves (optional)

Place all of the ingredients in a 16 or 20-quart pot. Fill the pot with water. Bring to a boil and lower to a simmer. Cover but leave it slightly ajar to let out the steam or it will take much longer. Let it simmer until the water level is reduced by half. As it simmers, use a sieve to remove any froth that surfaces. It can take 10-14 hours to do this depending on the temperature and how much the lid is left ajar exposing the broth to air and increased evaporation. Strain out the broth using a large sieve or a metal colander. Transfer the broth into containers with lids in 2 – 3 cup portions. Store in the freezer or put in the refrigerator if using immediately. Broth can be seasoned with sea salt and pepper if desired.

Tips:

Bones can be purchased at large health food stores or local butchers. Try to get organic, if possible.

Leftover cooked bones are fine to use. For example, if you roast a chicken, remove the meat and save the remainder. Freeze the bones to use when you are ready to make a big batch.

If using chicken bones, chicken feet are great for extra gelatin.

If using raw beef bones, roast them in the oven at 350°F for 30 minutes to brown the bones and give the broth more flavour.

**Be healthy 4 life,
Cathy Ferren RHN**

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