

# Bone Broth News

## HEALTHY. FRESH. WHOLESOME

1. Great for post work out as its recuperative properties directly stimulate regrowth of connective body tissues.
2. The natural way to fight colds and flu's. This is how your grandmother used to fight the common cold! Studies show that having chicken broth in particular (and other broths as well) increases the number of white blood cells that fight the common cold and flu's.
3. Helps reduce food allergies and intolerances.
4. Helps reduce cellulite. Bone broths help to slow down structural changes in your skin's tissue by strengthening elastin fibres, to make cellulite less visible. As we age our skin becomes thinner so it is easier to see blemishes below the surface whereas collagen can preserve this trend if you exercise regularly and moderate your diet through bone broth consumption.
5. Reduces inflammation. Collagen is the body's natural healing workhorse but after our early twenties we slow down production of collagen, and providing a natural boost is essential. Broth contains plenty of anti-inflammatory amino acids glycine and proline.
6. Greatly improves joint health by helping with bone formation and natural repair. Broth contains magnesium, phosphorus and calcium plus a host of other nutrients. Also contains glucosamine which can promote regrowth of collagen even after your early twenties.
7. Great for your skin, hair and nails. Brings natural shine to your hair and lustre to your nails. Your skin is given a natural moisturising through the influx of collagen from the inside out – the healthy way.
8. Because glycine is found in broths, it is often used to help promote healthy sleep and helps to reduce stress and anxiety.
9. Broth helps to heal leaky gut syndrome ( by protecting and healing the mucosal lining of the digestive tract through collagen)
10. It tastes fantastic and helps suppress your appetite before a meal helping you lose weight naturally.