

# Benefits of Bone Broth

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One of our favourite things about Chinese herbs is that many of them are edible. Cloves, ginger, cinnamon, dates, and goji berries are some popular herbs we use. When bone broth is made only from bones, you've got a medicinal tonic, adding Chinese medicinal herbs to the mix not only sweetens and deepens the broth's flavour but greatly enhances the potency of this liquid medicine.

For century the Chinese have been cooking bone broths with specific herbs in order to keep healthy. The chances are you have heard all the healing properties of bone broth

Making homemade broth can **help strengthen your gut lining and heal your intestines** - which we now know is the foundation of health.

The difference between a bone broth and a standard stock is predominantly the amount of time it is cooked and the practice of opening up the bones to release the bone marrow.

It is said that the **gelatin and collagen** in a bone broth **improves hair & skin, the calcium and magnesium is good for your bones & joints, it assists in digestion and immune boosting plus acts as an anti-inflammatory**. There are even reports to suggest that it helps **eliminate cellulite** as it **supports smooth connective tissue**.

**Gelatin** is made in the process of boiling stock that comes from the bones and the soft tissues of cartilage — which then **produces collagen** and thus amino acids for the body. Amino acids are the building blocks for developing the body's muscle and soft tissue and by consuming a broth rich in amino acids makes them easily digestible to nourish both the tissues and the immune system.

The **benefits of bone broth are extensive**, here are a few ways broth can improve your health:

- Provides nourishment for the gastrointestinal tract
- Lubricate joints
- Re-vitalize skin

- Build muscle fibres
- Enriches the blood.
- Can ease inflammatory bowel disease, ulcerative colitis and gastritis
- Preventative for rheumatoid arthritis

Broths should be a part of anyone's approach to healing illness or debility.

**Recovering from the flu?** Broths are easily digestible and can offer the immune system nutrients to rebuild while recovering from illness.

**Healing a bone fracture, herniated disc, torn ligament or rebuilding dental deterioration?** Because of the proteins, collagen and amino acids, the nutrients in broths can facilitate wound healing and support tissue repair.

**Undergoing surgery?** Broths can be included also as part of a pre- and post operative care regime to ensure the body has access to the most nutrients to endure surgery and facilitate recovery.

We are now stocking 2 different packs of  
Chinese medicinal herbs to add to your bone  
or chicken broth.

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## **IMMUNI-QI - BONE BROTH HERBS FOR A GENERAL SP/HT/KD TONIC**

The herbs in this formula are used to tonify the Kidneys, which are the foundations of health in Chinese medical theory, the Spleen, which is in charge of digestion, and the Heart, one of our most vital organs for pumping a hearty blood supply throughout the body. These herbs are often added to soups in China to help those recovering from serious illness, or as a simple health tonic to increase vitality and overall health. Make Bone Broth the way you usually would and add these herbs for the last hour, or more!

Huang Qi (Radix Astagali), Dang Shen (Radix Codonopsis), Shan Yao (Rhizoma Dioscoreae), Yu Zhu (Polygonati Odorati Rhizoma), Gou Qi Zi (Fructus Lycii), Ling Zhi (Ganoderma Lucidum), Lian Zi (Semen Nelumbinis), Shan Zha (Fructus Crataegi), Ba Jiao Hui Xiang (Anisi Stellati Fructus)

\$12.50

SOURCE: Urban herbs

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## **REVIVE THE GUT- BONE BROTH HERBS FOR THE SPLEEN & STOMACH**

The Spleen and Stomach are the foundation of proper digestion. Add these herbs to your bone broth to incorporate Traditional Chinese Food and Herbal therapy to give your bone broth a boost! Make Bone Broth the way you usually would and add these herbs for the last hour or more!

Huang Qi Zhi (Processed Radix Astagali), Dang Shen (Radix Codonopsis), Fu Ling (Poria), Chen Pi (Pericarpium Citri Reticulatae), Shan Zha (Fructus Crataegi), Bai Bian Dou (Semen Dolichoris Lablab), Da Zao (Jujube Fructus), Hua Jiao (Pericarpium Zanthoxyli) [optional add bag for spicy broth]

\$12.50

SOURCE: Urban herbs

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## Medicinal Bone Broth Recipe Using Chinese Herbs



### Ingredients

1.5 kg of mixed beef bones (oxtail, knuckles, neck bones and/or short ribs)

2 medium carrots (roughly chopped)

3 celery stalks (roughly chopped)

1 medium onion (roughly chopped)

2 tablespoons apple cider vinegar

1 bay leaf

A few peppercorns

A few cloves of garlic (optional)

## **Instructions**

Place bones, vegetables, vinegar, bay leaf, peppercorns and garlic (if using) in a large soup pot. Cover completely with water (about 2-2.5 litres) and bring to a high simmer.

Once you have a high simmer, reduce the heat to low and let the broth simmer for 12-24 hours. If using a slow cooker, set it to LOW after you've brought the broth to high simmer first, and cook for the same time.

Throughout simmering, add more water as needed to keep all the ingredients submerged.

Add Chinese herbs to broth for the last 1 hours of cooking

Once the broth has reached a dark, rich brown colour, remove from heat. Discard the bones, vegetables and bay leaf and strain. Cool the pot to room temperature.

Once at room temperature pour into jars and let cool in the refrigerator for at least 1 hour.

When you are ready to serve, skim the condensed fat off the top of the broth and heat to the desired temperature.

## Chicken Broth Recipe Using Chinese Herbs



### **Place in Crock Pot:**

1 onion, halved (leaving the skin on gives the soup a lovely natural colour)

3 cloves of garlic, smashed

2 large carrots, roughly chopped

3 ribs celery, roughly chopped

(You can add other root vegetables such a turnip, swede, and parsnip)

3 whole free range chicken Carcasses

2 Tbsp Apple Cider Vinegar

Filtered water  $\frac{3}{4}$  way to top of pot (make sure the chicken carcasses are covered)

1 tblsp salt (optional)

Few sprigs parsley/thyme

**Cook:**

Heat on low for 10-12 hours then strain

Add Chinese herbs to broth for the last 1 hours of cooking

**Tips:**

Longer cooking –more nutrients

Broth will last up to 5 days in fridge

Store in pint size glass jars in freezer (fill only 2/3 full to prevent breakage)