

Top Reasons to Consume Bone Broth

Reason #1: Bone Broth Makes Your Joints Super Smooth

Dr. Cate Shanahan wrote in her book,

“The health of your joints depends upon the health of the collagen in your ligaments, tendons, and on the ends of your bones. Collagens are a large family of biomolecules, which include the glycosaminoglycans, very special molecules that help keep our joints healthy.”

Bone broth is loaded with glycosaminoglycans (GAGs), special molecules that keep joints healthy. They strengthen the tendons that hold muscles, bones, and ligaments together and gives firmness, suppleness, and elasticity to the skin. It is essential to the proper functioning of the immune system, and protects against pathogenic organisms, environmental toxins, and cancerous growths.

Bone broth is absolutely loaded with glycosaminoglycans (GAGs). In fact, I’m sure that you’ve heard of one of them — glucosamine. Glucosamine stimulates the growth of new, healthy collagen and repairs damaged joints. This means that glucosamine-rich broth is a kind of youth serum, capable of rejuvenating your body, no matter your age. After decades of skepticism, orthopedists and rheumatologists are now embracing its use in people with arthritis, recommending it to “overcome, or possibly reverse, some of the degradation that occurs with injuries or disease.”

What’s more, the GAGs we get from bone broth are resistant to digestion and are absorbed in their intact form. According to Dr. Cate, these intact GAGs like hormones, stimulating cells called fibroblasts which lay down collagen in the joints, tendons, ligaments, and even the arteries.

Reason #2: Bone Broth Makes Your Hair, Skin, and Nails

Look Dead Sexy.

As we age, your bodies collagen production slowly begins to decline...and collagen is the stuff that is the main constituent of hair, skin, and nails. People pay top dollar and put nasty toxins in their bodies to boost their collagen production, but they obviously don't know about bone broths. Bone broths is chock full of collagen and a youth serum capable of rejuvenating your body, no matter your age. It's the best natural way to keep your skin, hair, and nails looking fabulous and beautiful.

Reason #3: Bone Broth Heals Your Gut!

Bone Broth is not just a food....but medicine!? That's right, bone broths extraordinary health benefits are the reason why it is a vital staple for diets specifically created to heal the many maladies that inflict common man. One of these diets is the GAPS diet (Gut and Psychology Syndrome) which exists to treat a leaky gut...but what is a leaky gut?

Leaky gut is a sickness at the root of many allergies and autoimmune disorders. It's a condition that occurs when the pores in your small intestine get irritated and enlarged, often by the foods you're consuming on a regular basis. When this happens, partially undigested food, toxins, viruses, feces particles and bacteria pass through your intestine and leak into your bloodstream.

When this intestinal lining is damaged due to leaky gut, small cells -- microvilli -- start to fail. They become unable to process digest the nutrients and enzymes that are key to health and wellness. This harms your body's ability to digest foods and absorb nutrients, and your body actually starts attacking these particles in your bloodstream. These attacks lead to inflammation, allergic reactions, and other symptoms we often associate with other diseases. This inflammatory response plays a lead role in a number of health issues: joint pain, inflammation,

arthritis, premature aging, celiacs disease, colitis and Crohn's disease, and has been linked to depression, mood swings, anxiety and ADD.

Given the negative impact of these many diseases, the medical community must have a treatment... right?

They do. When it comes to intestinal and inflammation issues, medical doctors often prescribe...

GLUTAMINE

...the very amino acid that traditional bone broth is bursting with!

Those who experience the healing effects of bone broth on the GAPs diet often include children with autism (and other disorders rooted in gut dysfunction), those consumed with allergies, and those with digestive health issues like Crohn's disease and irritable bowel syndrome.

Reason #4: Bone Broths Helps Clean Your System

The liver is the master organ of detoxification. Unfortunately, it was never intended to withstand the very toxic, chemical nature of today's world.

The liver is certainly under assault on a daily basis, and its capacity to detoxify is limited by the availability of the amino acid glycine.

Guess where you can get tons of glycine from? Bone broth, baby!

For now, forget about all the fancy detox programs you've heard about. Do your liver a favor by giving it what it needs to do its job most effectively.

(About our company) Bone Broths Co. Our Bone Broth

We started the company with one thing in mind: create the healthiest and best bone broth on the market. From the very beginning, it has been this mission that has fueled our search to find the best co-packer, the best bones, the best ingredients, and the best packaging. We feel that we have been successful in each category, and are excited to share with you our bone broth.

The Best Co-Packer

The misconception that bone broth can only properly be made in small batches is just that...a misconception. When we were searching for a co-packer, we vetted over 300+ co-packers in order to find someone who valued product over profit and only worked with the finest ingredients. We needed someone who was committed to make bone broth the right way, which means a willingness to work with 24+ hours cook times. After a six month long search, we found the perfect co-packer.

Our USDA approved co-packer uses a state of the art facility second to none. By using proprietary technology and the finest ingredients, we have been able to create the best and healthiest shelf stable broth on the market.

The Best Bones

You can't make authentic bone broth if you don't use the proper bones. We have a saying here at Bone Broths Co - **killer bones = killer bone broth**. This is why we only use bones from grass fed, pasture raised cattle that are hormone and antibiotic free. We are also very selective when it comes to the types of bones we use. Not all bones are created equal, which is why we only use knuckle, patella, femur, and feet bones. These bones have been shown to contain the highest levels of collagen, which is one of the major benefits of drinking bone broth.

The Best Ingredients

In addition to using the best bones, we also use the best

ingredients. We add organic vegetables, organic herbs, and sea salt to give our bone broth a delicious and homemade taste. Our combination of grass fed bones, organic vegetables, and 24+ hour cook times really brings you the best and healthiest shelf stable bone broth on the market.

The Best Packaging

Our packaging is where we really differentiate ourselves from other bone broth companies. Most companies aren't USDA approved and require their bone broth to be frozen. This creates a mess for shipping (super expensive) and storage. I know my freezer isn't big enough to store a lot of bone broth!

With our mission of getting bone broth into as many peoples hands as possible, we knew that expensive shipping prices and frozen product could cause people to turn away from purchasing bone broth. This is why we knew we had to go a different route. After many months of working with food scientists, chefs, and our co-packer, we were able to create a shelf stable bone broth that has all the same benefits of a frozen or homemade bone broth.

Our Packaging is Environmentally Friendly

Not only do we want to make and sell the best bone broth, but we want to do so in a way that is environmentally friendly. Our packaging is recyclable and made mainly of wood fibre - a natural and renewable raw material. The FSCTM label on our packaging is a guarantee that it is sourced from responsible forest management and other controlled sources, and it is supported by global environmental organizations like WWF and Greenpeace.

Other bone broth companies packaging isn't green and ship their products in styrofoam containers which are super harmful to the environment. Styrofoam is:

-Non-sustainable (made with non sustainable resources)-Non-

biodegradable (lasts forever)-The manufacturing of styrofoam causes heavy pollution and 57 chemical by-products are released during the creation of styrofoam

We were committed to find a way to get you bone broth without harming the environment...and we couldn't be happier with what we've done.

Even though we may operate on a large scale, at heart we are still a small company. No matter how big we grow, we are always going to put product first and profits second. We give you our promise that as long as you're drink Bone Broths Co., you'll be drinking the healthiest and most delicious grass fed bone broth ever.