HEALTHY TIPS

Bone Broth: Restores the Bones, Tendons, & Joints, Heals the Gut, & Stops Pain

By bestfolkmedicine · 19/07/2018 · 2 min read



Unfortunately, weight gain, tiredness, and wrinkles are often associated with aging. This being said, we often reach for various meds or store-bought products to minimize the visible signs of aging. However, not all of these efforts bring positive results so it is good to know that there is one simple, yet potent homemade meal that will not fail you and it will help you look younger than your actual age!

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The Anti-Aging Effects of Bone Broth

Did you know that bone broth is one of the most nutritious foods ever as it is packed with different health benefits? This broth is made from animal bones and when you consume it regularly, it will

rejuvenate your whole body from the inside and outside. Make sure you check out the following 6 reasons why you need to include bone broth to your daily diet.

- **Reduces pain in the joints**

Bone broth is rich in natural collagen, a protein present in vertebrae animals. As we age, the joints are more and more prone to tearing and wearing and reduction in flexibility. This results in the cartilage being attacked by antibodies. While the broth simmers, the collagen from the animal parts is released and it is absorbable for the restoration of the cartilage. Opt for a cup of the broth on a daily basis for optimal effect.

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- **Good for the hair, skin, and nails**

Collagen is also pivotal for a healthy skin, nails, and hair and when you consume it regularly, you will avert health issues associated with these body parts.

- **Soothes the gut**

People who suffer from leaky gut syndrome or some other digestive issue caused by intestinal inflammation should know that the gelatin from bone broth can heal the gut.

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- **Cleanses the liver**

Since it is the major organ for the removal of toxins, the liver requires a proper externally-induced cleanse and the best way to achieve this is to make bone broth a part of your diet.

- **Lowers dependency on meat**

If you want to reduce your dependency on meat, drink bone broth regularly because it will provide the important nutrients for the body, such as gelatin, that you otherwise get from other meat products.

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- **Enhances the digestion**

One cup of this delicious broth per day will help you put an end to constipation, diarrhea, food allergies, and other digestive problems.

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