

Bone Broth Recipe

Use 1-1.5lb of Chicken backs and necks, beef bones and joints or lamb bones.

****See below for specific indications of each bone****

- Put bones in slow cooker and fill with water until 1-2 inches above the bones.
- Add 1TB apple cinder vinegar to help leach out marrow
- Add any of the following herbs and spices to enhance flavor and therapeutic benefit:
 - Fresh Ginger
 - Oregano
 - Rosemary
 - Parsley
 - Mint
 - Thyme
- Slow cook for 24 hours.
- Strain broth from bones and spices. Retain broth, discard bones. You can either use this as a base for soup or drink a mug of broth daily.

Western benefits to bone broth:

1. Reduces inflammation and soothes the gut lining
2. Increase collagen, reduces appearance of wrinkles
3. Promotes good gut bacteria balance and growth
4. Helps with autoimmune disorders, food sensitivities and allergies
5. Boosts immune system
6. Improves joint health

Chinese Medicine benefits to bone broth:

Chicken

1. Strengthens Qi
2. Strengthens Blood
3. Strengthens Jing (Essence, deep reserves)

Affected meridians and organs

- Stomach
- Kidney
- Liver
- Spleen

Beef

1. Strengthens Qi
2. Strengthens Blood

Affected meridians and organs

- Spleen
- Stomach

Lamb

1. Strengthens Spleen Yang (Digestive fire)
2. Strengthens Kidney Yang (Overall body warmth)

Affected meridians and organs

- Kidney
- Spleen/Stomach

