

# Homemade Bone Broth

[http://articles.mercola.com/sites/articles/archive/2014/12/01/5-healthiest-affordable-foods.aspx?e\\_cid=2014120122\\_DNL\\_art\\_1&utm\\_source=dnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=2014120122&et\\_cid=DM61590&et\\_rid=747777242](http://articles.mercola.com/sites/articles/archive/2014/12/01/5-healthiest-affordable-foods.aspx?e_cid=2014120122_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=2014120122&et_cid=DM61590&et_rid=747777242)

Homemade bone broth is a true staple that can go a long way toward improving your diet and health. It's excellent for speeding healing and recuperation from illness, and it contains many valuable vitamins, minerals, and other nutrients that support your immune function.

These include calcium, magnesium, phosphorus, silicon, sulfur, trace minerals, and compounds like chondroitin sulphates and glucosamine, which are sold as expensive supplements for arthritis and joint pain. Other health benefits of good-old-fashioned bone broth include:

<p><b>Helps heal and seal your gut, and promotes healthy digestion:</b> <i>The gelatin found in bone broth is a hydrophilic colloid. It attracts and holds liquids, including digestive juices, thereby supporting proper digestion</i></p>	<p><b>Inhibits infection</b> <i>caused by cold and flu viruses, etc.: A study published over a decade ago found that chicken soup indeed has medicinal qualities, significantly mitigating infection</i></p>
<p><b>Reduces joint pain and inflammation,</b> <i>courtesy of chondroitin sulphates, glucosamine, and other compounds extracted from the boiled down cartilage</i></p>	<p><b>Fights inflammation:</b> <i>Amino acids such as glycine, proline, and arginine all have anti-inflammatory effects. Arginine, for example, has been found to be particularly beneficial for the treatment of sepsis (whole-body inflammation).</i></p> <p><i>Glycine also has calming effects, which may help you sleep better</i></p>
<p><b>Promotes strong, healthy bones:</b> <i>As mentioned above, bone broth contains high amounts of calcium, magnesium, and other nutrients that play an important role in healthy bone formation</i></p>	<p><b>Promotes healthy hair and nail growth,</b> <i>thanks to the gelatin in the broth</i></p>

Making your own bone broth is extremely cost effective, as you can make use of leftover carcass bones that would otherwise be thrown away. And while the thought of making your own broth may seem intimidating at first, it's actually quite easy.