Want Better Gut Health, Radiant Skin & Strong Joints? Unlock the Power of Bone Broth! Transcript

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Introduction to Bone Broth

It's been highly studied in the gut, but anything that helps the gut typically is also going to help the blood brain barrier. So super, super great. Another amino acid that you can find in bone broth is glycine.

And glycine is very, important as a calming amino acid. It really calms the nervous system. So bone broth is very beneficial for people to sip on before bedtime.

It really enhances sleep. It's a great sleep strategy that I tell my patients about a lot. It's shown to strengthen the immune system. And of course, this is one of those sort of ancient remedies that I can remember as a child at Granny and Bars, because if somebody was sick, then granny would would boil a chicken and we would drink the bone broth from that chicken.

It supports liver detox, which is very important. And it also, you know, helps people stay hydrated. And if they don't feel good. Welcome to Doctor Talks, the podcast where every episode leads to a healthier you.

Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease. In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors.

What Bone Broth Is and Why It Matters

If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place. Get ready to unlock the secrets of lifelong health and vitality.

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Welcome to Vitality Made Simple. This is the podcast that equips you to feel better and look better, and to enjoy better relationships.

Now life is all about relationships. That's what sustains us. That's what, can make us. Our break is actually. So today, I want to talk about something that's going to help your relationships and is also delicious.

I want to talk about bone broth, but I'm also going to tell you the difference in bone broth and carcass broth. So I'll be saying bone broth. But you'll know that as this progresses you'll want carcass broth.

Now, it's always so important to me for life to be delicious. And I like things to be simple. I'm very much, a simple a scientist, but but I things have to make sense.

They have to fit with our design. And I think, bone broth is a perfect example of that, because for millennia, people have been enjoying this warm, nourishing drink that is loaded with goodness as well as deliciousness.

So let's talk about bone broth now. Even though it's it's been around for millennia, it's finally getting this well-deserved resurgence. And people are talking about it a lot.

And there's all kinds of commercial brands of bone broth that you can buy. Those are great. I'm all for that. But I'm always first for what's simple, sustainable and, in food and food and it doesn't cost as much.

So we're going to talk about at the end, I'm going to tell you exactly how I make it super simple and it's just great. So, you know, you hear bone broth described as as liquid gold, the miracle elixir, a nutritional powerhouse.

And that is with good reason. Lots of scientific articles have researched bone broth. And, again, it it just really makes sense. So I'm going to share with you, some of the health benefits of bone broth and, and actually, you know what it is because I think a lot of people think that it you have to buy it, but it's simple.

Simple to make. Now it's a nutrient dense liquid that's made by simply boiling animal carcasses. Whenever you hear a bone broth, you think of just bones.

Health Benefits of Bone Broth

I always use a whole chicken, a whole chunk of meat with a bone in it. And it's different than, just making stock because with with bone broth, you boil it for 12 to 24 hours.

And I'm always kind of on that, that 24 hour cycle, a little bit longer that really extracts a lot of nutrients out of the, that animal. So, it's quite a unique combination.

It's more, you know, than just a comforting beverage with 1 or 2 things in it. It's very deeply nourishing and, is very complex in terms of what it contains.

Now, bone broth is rich in collagen. We hear a lot in the anti-aging world about collagen, because collagen helps maintain skin elasticity. And as we get a little older, I mean, starting at young ages, we start losing that skin elasticity.

So we want to put it back in natural ways. And bone broth is one of those ways. Collagen is also good for joint health. So I that's important to know because you want to keep moving.

And if it hurts to move, you know, a lot of people will just sit down and I can understand why. So not only is collagen a key building block for skin, hair and nails, and also good for joints.

It also contains, glucosamine and can draw it in and you hear a lot of that those two things in supplements. But it's naturally occurring in carcass broth now.

Bone broth. Carcass broth is also rich in amino acids. Things like, glycine, proline, amino acids that are essential for build building back structures of your body.

It's rich in many minerals. Bone broth is also rich in minerals. It contains calcium, magnesium, phosphorus is, potassium, as well as many other minerals in small amounts.

Now, the good thing about this is that our body recognizes these mineral minerals. They're very easily absorbed when they come from this natural source.

It's there's no problem with it, you know, getting to where it needs to be. All of these good things in collagen build the gut barrier. We talk a lot about leaky gut on Vitality Made Simple because we know that health starts in the gut.

We know that the gut starts in the mouth and it everything affects everything. It's never just one thing. So when you can incorporate collagen into your routine, then it's going to enhance every, every barrier in your body.

Really. It's been highly studied in the gut, but anything that helps the gut typically is also going to help the blood brain barrier. So super, super great.

Another amino acid that you can find in bone broth is glycine.

Simple Bone Broth Recipe and Storage Tips

And glycine is very, important as a calming amino acid. It really comes the nervous system. So bone broth is very beneficial for people to sip on, before bedtime.

It really enhances sleep. It's a great sleep strategy that I tell my patients about a lot. It's shown to strengthen the immune system. And, of course, this is one of those sort of ancient remedies that I can remember as a child at Granny and PAP because, if somebody was sick, then granny would, would boil a chicken and we would drink the bone broth from that chicken.

It supports liver detox, which is very important. And, it also, you know, helps people stay hydrated if they don't feel good. So super simple to make.

I want to tell you my recipe, I use I typically, you know, of course, use a whole chicken and if, if it has the, organ meats with it, I throw those into and I put it in the crock pot, I add water.

I typically put an onion, celery, some carrots, some herbs. I might throw some herbs de Provence in there, might throw some Italian seasoning. If I have fresh basil, I'll throw that in there.

Just, just whatever you have, you can really, just tickle your own taste buds with bone broth, and then you're going to let it just cook in the crock pot.

I usually turn it up high first, get it, get it cooking, and then I turn it down to the lower setting and cook it for about 24 hours. The, the aroma is wonderful.

You're going to if you put it in before you go to bed, you're going to wake up and you're going to smell that, that wonderful nourishing broth cooking.

And it's just, that's part of life, too, you know, it's if you have to get it from a bottle that you have to get it from a bottle. But if you can make it, it's going to be a lot less expensive.

And really a lot more enjoyable. Now, when you make bone broth, you want to store it like in a quart jar. If you put it in the jar, hot, it will a lot of times.

Self seal I always date that, put it in, put it in the fridge. If it's going to be in there for more than a couple of weeks, a lot of times I'll I'll freeze the bone broth in ice tray.

So it's it's really easy to have bone broth chunks in the freezer to use whenever you want to use it. You can use it to, cook with for other, you know, stock for other soups.

It's really better than regular stock. Use it if you're boiling something like last night. I made some, edamame pasta and used bone broth to boil the pasta, so it gives it a little bit of extra flavor, and then it's just always good to get a, you know, warm cup.

Now, why do I say use the full carcass? Like the full piece of beef, the full piece of pork, the full piece of, the full chicken? Because you want those ligaments and tendons and everything else in there.

That all adds to the nutrient dense density of that soup. It also adds to the flavor. There is potentially a problem when you just boil bones. Some people have found in research backs this up that when you just boil bones, especially if you add vinegar to the water, which I used to do, then you can extract some heavy metals from those bones, including lid.

So I learned that from Doctor William Davis. So I no longer boil the bones. I would cook the whole chicken, and then I would get the meat off the chicken, and then I would re boil the bones.

I don't do that anymore. I just do the whole chicken, the whole piece of meat and call it good.

Choosing the Right Ingredients and Final Thoughts

So, because I don't want to take a chance of any heavy metal, contamination in our world. Now, some people do

have a little bit of a histamine response from, carcass brought that.

That's, you know, of course you do. What makes you feel best, you know, if it's if it feels nourishing to your body, it's something that in our family, we really do enjoy.

And I want to just emphasize how simple it is. And actually you can use you can use, you know, chicken parts if you buy some wings or something that's inexpensive.

I try to buy, pasture raised meat when at all possible just to minimize any of the contaminants. So I hope this has helped you. The goal of Vitality Made Simple is to give you good information in lots of different areas.

Information that is sustainable to help you enjoy your life. Remember, this is life. It's all about relationships. We are we are passing through. We're not going to be here forever, but we want to take care of these bodies as well as possible, and we want to enjoy the ride.

Thanks for joining me today. If this will help anybody in your world, please pass it on. Please subscribe, comment, let me know what you want want me to be talking about.

I got a lot of good interviews coming up and I so appreciate that you join me today. Blessings and till next time, thank you for tuning in to Doctor Talks.

We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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