

# Bone BROTH BENEFITS

## TOP 8 REASONS TO TRY BONE BROTH

Full article can be read at: <http://www.shape.com/healthy-eating/cooking-ideas/8-reasons-try-bone-broth>

### 1. STRONGER BONES

Phosphorus, magnesium, and calcium in bone broth are essential building blocks for healthy bones.

**2. IMMUNE SUPPORT** Bone broth is called a “superfood” thanks to the high concentration of minerals that can help strengthen your immune system. (Something that won’t surprise your grandma who always made you her famous chicken soup when you got sick!).

**3. BENEFITS RESEARCH** on bone broth is still emerging with exciting results.

**4. SLEEP BETTER AND FEEL BETTER** The glycine in bone broth has been shown in several studies to help people sleep better and improve memory.

### 5. PROTECT YOUR JOINTS

Bone broth has glucosamine and includes a host of other goodies that help keep your joints happy, healthy, and pain-free. The chondroitin sulfate in bone broth has also been shown to help prevent osteoarthritis.

**6. LOOK YOUNGER** Bone broth is a rich source of collagen that can make your skin, hair, and nails look just as radiant.

**7. HEAL AND SEAL YOUR GUT** Bone broth works miracles for leaky gut syndrome but it’s also good for protecting non-leaky guts. The gelatin in the bone broth helps seal up holes in intestines.

**8. MORE ENERGY** Accounts of bone broth include an energy boost.