

BY KETTLE & FIRE

THE ULTIMATE BONE BROTH GUIDE



*Why bone broth is a nutritional gold mine
and why you should add it to your diet*



TABLE OF CONTENTS



INTRODUCTION

CHAPTER 1: BONE BROTH: A NUTRITIONAL GOLD MINE

CHAPTER 2: 6 NO-BRAINER REASONS TO SIP AND COOK WITH ONE BROTH EVERY DAY

CHAPTER 3: HOW TO DRINK AND DEVELOP A TASTE FOR BONE BROTH

CHAPTER 4: WHY BONE BROTH IS YOUR SKIN'S BEST FRIEND

CHAPTER 5: THE KETO DIET: HOW DOES BONE BROTH FIT IN?

CHAPTER 6: BONE BROTH FOR FERTILITY

1

2-4

5-8

9-11

12-15

16-20

21-23





TABLE OF CONTENTS



CHAPTER 7: WHAT IS THE BONE BROTH DIET AND SHOULD YOU TRY IT?

24-28

CHAPTER 8: HOW TO RESET YOUR DIGESTIVE SYSTEM WITH A BONE BROTH FAST

29-33

CHAPTER 9: YOU GIVE YOUR DOG A BONE, BUT DO YOU GIVE HIM BONE BROTH?

34-35

CHAPTER 10: WHAT LEADING HEALTH EXPERTS SAY ABOUT BONE BROTH

36-40

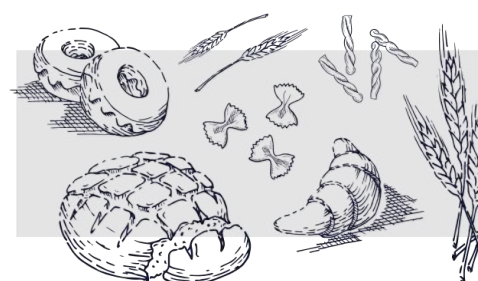
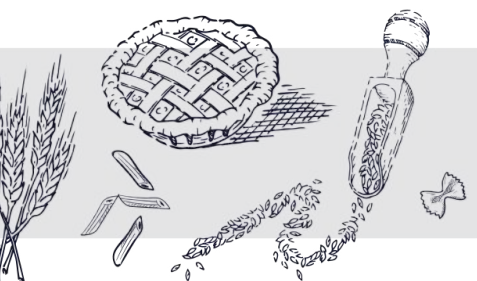
CHAPTER 11: OUR TOP-RATED BONE BROTH RECIPES

41-61

CHAPTER 12: BONE BROTH FAQs

62-64





INTRODUCTION

We're Nick and Justin, two brothers who are passionate about natural health. Our mom likes to say it's all because of the zucchini chocolate cakes (bleh!) she used to make us when we were young.

Our quest for the "perfect" bone broth began when Nick tore his ACL playing soccer a few years ago. (Ouch!) We knew if there was one nutrient that could help speed up Nick's injury recovery time and get him back on the soccer field sooner, it would be the healing protein, collagen.

Given our incredible brotherly bond, we set out to get Nick some bone broth—the richest (and one of the only) dietary sources of Type II collagen. But to our surprise, none of the pre-prepared bone broths we came across met our standards when it came to quality. We could only find frozen (not fresh) bone broth made with bones from conventional cattle (which are treated with hormones and antibiotics—not ideal for a nutritious broth), and shipped in clunky styrofoam containers, which are terrible for the environment.

How could this be?

Being students, we didn't have a ton of extra time to simmer our own bones for 20+ hours, but these factors alone were enough to stop us from buying bone broth. So we set out to create the perfect bone broth recipe according to our own standards. For the next year, our mission was to deliver the amazing health benefits of bone broth to the world by creating a superior recipe from the highest quality bones, the highest quality ingredients, and packaging made from 100% recyclable materials. Fast forward to today, and we can proudly say we've succeeded.

Throughout our quest for the perfect bone broth, even we were a little surprised at how much there is to know about this ancient health elixir. From improving the appearance of skin (who couldn't use a little extra glow?) to improving digestive conditions, joint inflammation, and even helping to manage symptoms of autoimmune conditions, bone broth is a "force of nature" in the nutrition world. And now we're sharing everything we've learned about bone broth in this comprehensive guide, from bone broth history, benefits, uses, and how to enjoy bone broth so much that you can't imagine going a day without it.

If any questions or comments come up along the way, drop us a line at justin@kettleandfire.com or nick@kettleandfire.com. We'd love to chat.

You can also [join our private Facebook community](#) with over 5,000 other bone broth sippers who are passionate about getting mega results with their health. You can get your questions answered right away when you post in the group.

Yours in health,
Nick and Justin Mares



CHAPTER 1:

Bone Broth: A Nutritional Gold Mine

On the surface, bone broth seems like some sort of witches' brew: bones, connective tissue, veggies, water, and a whole lotta simmering time in a big pot (or cauldron..?). But underneath this seemingly simple exterior lies a nutritional gold mine.

Bone Broth History 101

Our hunter-gatherer ancestors started making bone broth out of necessity. In fact, throwing away any part of an animal was unthinkable.

Successful hunts were so rare that every part of the animal (not just the muscle meat most people buy at the grocery store today) was deemed precious.

From hooves and hides to bones and guts, hunter-gatherers mastered the art of making use of every part of the animal. They ate everything they could, and what they couldn't eat (like hides) they used to make shelter, clothing, weapons, and tools. But some animal parts, such as bones, hooves, tails, and knuckles, were too tough to chew and didn't work well for shelter or clothing. So, what did our ancestors do with them? They burned 'em!

It was discovered that heat could break down these tough animal parts and draw out all kinds of beneficial nutrients, such as calcium, magnesium, and the healing protein, collagen. Of course, pots didn't exist at that time, so our ancestors probably dropped hot rocks into the carcasses of animals to heat up the bones and break them down (ouch—there weren't oven mitts back then, either!).

Enter the pot, a real game-changer. Once the pot was invented, our ancestors could toss in the bones, hang it over a fire, and leave it to simmer for a few hours. Then they could add any other foods that were available, like vegetables and tubers, to turn this primitive broth into a full meal. And this is around the time our “modern-day” bone broth (a combination of bones, water, vegetables, an acid, herbs, and spices) began to take shape.

How Bone Broth Was Used in Ancient Medicine Across the Globe

The healing power of the nutrients in bone broth was documented as early as 400 BC, when Hippocrates (known as the “Father of Medicine”) recommended it to people with digestive issues.

Bone broth also crossed international borders. It became a staple of traditional Asian cuisine, and many traditional Chinese meals feature a light soup made from bone broth and veggies to cleanse the palate and help with digestion.

Bone broth was also popular in the Middle East. Maimonides, a Jewish philosopher and physician, often recommended chicken bone broth as a form of medication. This advice got passed down for generations, which explains why chicken soup is sometimes called “Jewish penicillin.”

Bone broth was also popular in South America and was so widely respected for its health benefits that the saying emerged, “Good broth can resurrect the dead.” In the Caribbean, locals ate cow-foot soup made with bone broth (which is still popular to this day, especially as a hangover cure), as a nutritious breakfast and remedy for curing health ailments like colds and flus.

In the Victorian era, people started to take the gelatin from bone broth (which is formed from cooking down collagen, once it’s released from slow-simmered bones) and using it to make all kinds of desserts, from custards to jelly. You could buy gelatin from merchants in the streets, but you had to purify it yourself, which was an extremely time-consuming process. Fast forward to 1845, Peter Cooper, an American industrialist, secured a patent for powdered gelatin. Now far more accessible, gelatin (as well as bone broth) became a staple in cooking and fine dining, not only to make desserts but also soups, stews, sauces, and gravies.

It wasn’t until the Industrial Revolution that homemade bone broth became a hit. But as fuel costs rose, people who used to leave their broth simmering over a fire at home could no longer afford the cost of gas to heat their stoves for such long hours. And as people began to work longer hours and travel more, keeping a watchful eye over a simmering pot for 10-24 hours at a time wasn’t as realistic. So, inventors came up with creative ways to make bone broth more convenient.

People began making and using bone broth powders and “bouillons” (which are simply cubes of broth that have been dehydrated) in an effort to get the health benefits of bone broth without the long hours or fuel costs that were required to make it themselves. This worked well for a while... until MSG came around.

MSG: Bad News for Bone Broth

After a Japanese biochemist invented monosodium glutamate (the infamous “MSG”) to emulate meat flavoring in 1908, more and more food companies began to use it in their products.

Big food manufacturers were impressed by MSG’s ability to trick customers into thinking they were eating meat—even if a product didn’t have any meat in it all. Not only did this make bland food taste far more flavorful, but it also saved a lot of labor and costs involved with using actual animal bones and meat. Instead of boiling bones, now manufacturers could just throw in a cheap chemical. Unfortunately today, most of the bone stock you’ll find at your local grocery store isn’t even made from animal bones at all.

Now, let’s fast forward to bone broth today.

Bone Broth Today

We’re seeing a huge resurgence in the popularity of bone broth. In fact, it’s one of the trendiest health foods around. Known for being the richest dietary source of Type II collagen (a protein needed to help with anti-aging, general skin care, bone, joint, and gut health), many people turn to bone broth to help manage and overcome a wide variety of ailments.

People are starting to reject buying mass-produced, commercially processed “food products” made by large corporations, which offer zilch for nutrition. After all, it’s the long slow simmer time of the bones that make a broth incredibly nutritious in the first place. In recognizing this, more and more people are becoming interested in going back to their roots to improve their health, ditching the cheapest or most convenient options in favor of buying a slow cooker and sourcing their own organic or grass-fed bones from local butchers. And if they’re not making their own bone broth, they’re looking to buy from trusted companies that make broth with only the highest quality ingredients.

Today, many of us have also turned to traditional methods to improve our health, going “back to the basics” and using food as medicine to heal our health conditions—which is why it’s safe to say bone broth is here to stay.

Throughout the United States, you can find it on many restaurant menus, and in some areas (such as New York’s East Village) it’s also become a popular alternative to morning coffee, served in to-go paper cups as if you were picking up your usual morning Starbucks.



CHAPTER 2:

Six No-Brainer Reasons to Sip and Cook with Bone Broth Every Day

In addition to collagen, bones are also loaded with several anti-inflammatory amino acids, minerals, and compounds, such as hyaluronic acid, proline, glycine, and glutamine, that can help speed up your body's natural healing processes from things like [sports injuries](#), arthritis, or [leaky gut](#).

1. Heal Your Gut and Improve Digestion

Bone broth has a rich history of being used as a digestive tonic; it featured in traditional Chinese medicine some 2,500 years ago. Today, it's one of the top recommended foods for improving symptoms of chronic digestive conditions, such as Irritable Bowel Syndrome (IBS), Crohn's disease, and colitis.

The reason why bone broth is so healing for the gut goes back to collagen, which forms gelatin when it's cooked down even further. [Collagen and gelatin](#) are not only rich in amino acids that reduce inflammation in the GI tract—such as glutamine—they also have the unique ability to “seal and heal” holes in the gut lining, which can cause a condition called [leaky gut syndrome](#).

Although research is in the early stages, there's evidence to show that leaky gut is the primary underlying cause of several digestive conditions. It's also a contributor to [autoimmune diseases](#), [depression](#), [brain fog](#), [anxiety](#), allergies, eczema, acne, and [chronic low energy](#). Worst of all, leaky gut can be silent and show no symptoms in the early stages. It's believed to affect over 70% of the population, which is why we've created an [entire meal plan](#) to kickstart your gut-healing journey.

Bone broth is also one of the top recommended foods on special gut-healing diets and protocols, like the GAPS diet, the SCD diet, and the [Low FODMAP diet](#).

Since the gut has proven links to the skin (called the gut-skin axis), and nearly 80% of your immune system cells are found in your gut, bone broth can have a positive, domino-like effect throughout your entire body simply by nourishing your GI tract.

2. Strengthen Your Bones and Joints

Whether it's [an injury](#), arthritis, or sore muscles, there's no better way to nourish your bones and joints than by consuming more of the nutrients already found within them, including hyaluronic acid, glucosamine, chondroitin, calcium, and magnesium.

Bone broth is packed with all these nutrients, plus several amino acids that help reduce joint pain and inflammation, like glycine and proline. It's for these reasons that bone broth is becoming the go-to recovery drink among athletes, and even for those with arthritis (in fact, one of our amazing customer success stories is from Guy Gruters, Prisoner of War, who suffers from severe arthritic pain. You can read his story [here](#)).

The fact that bone broth is loaded with collagen is also a big help when it comes to overcoming injuries or bone and joint pain.

When you hear the word collagen, you may automatically think of skin. And it's true, collagen is an essential nutrient for healthy skin. However, collagen also makes up our bones, tendons, connective tissue, and muscles. That is why it's one of the most important nutrients for maintaining bone and joint health, as well as speeding up recovery time for strains, sprains, and other soft tissue injuries.

Your body naturally produces collagen, but once you hit age 25, your collagen production slowly begins to decline. This means that wound healing and injury recovery time can take longer the older you get—which is bad news!

Collagen also contains the amino acids proline and glycine, which are natural anti-inflammatories and powerful immune system boosters. Immune system cells are the first to respond to any form of injury and stimulate the body's healing process. This is why supporting immunity through your diet is the most important place to begin for healing your bones and joints.

3. Enhance Your Results on the Keto, Paleo and Intermittent Fasting Diets

Bone broth is an excellent source of nutrition on the [paleo diet](#), and it is an excellent drink during periods of [intermittent fasting](#). It also fits in well with macronutrient requirements of the [keto diet](#) and may help reduce symptoms of the [keto flu](#).

The nutrition and healing potential of bone broth is so powerful that an entire diet—[The Bone Broth Diet](#)—has been created around it.

4. Accelerate Weight Loss

Due to its ability to help reduce inflammation and heal the gut lining, bone broth may also encourage the growth of healthy gut bacteria. Studies show that a lack of good bacteria in your GI tract is linked to resistance against weight loss and may encourage weight gain. In contrast, a good supply of healthy bacteria in your system can actually promote weight loss.

The glycine found in bone broth also helps support Phase II liver detoxification, which is the stage of detoxification where your body is getting ready to eliminate toxins through waste. Toxins can contribute to weight gain by getting stored in fat cells—which is why many people turn to various detoxification methods for weight loss.

We don't believe in doing extreme, hardcore detoxes, because your body has the innate ability to detoxify on its own. However, the more nutrients you have in your diet that can support this natural process, the better.

5. Improve the Appearance of Your Skin, Hair, and Nails

Even if you had never heard of bone broth before, you've probably heard of collagen, thanks to the beauty industry.

Many anti-aging skincare lines add collagen to their face creams, moisturizers, and serums (and sell them for a pretty penny). But what many people don't know is that collagen molecules are too big to be absorbed through the skin, which means these creams can't provide much in the way of results.

The good news is that collagen can be absorbed through your digestive system. And because there's a direct link between [the gut and the skin](#), adding bone broth to your diet is going to have a far more powerful and lasting impact on the overall appearance and [health of your skin](#).

Let's not forget about hair and nails, which are made up of proteins like collagen. Collagen helps strengthen nails, and encourages hair to grow in thicker and quicker and take on a healthy shine. (Remember this for the next time you get a bad haircut!)

6. Sleep Better

Deep, [restful sleep](#) is something we could all use a little more of. In fact, stats show the average person gets less than seven hours of sleep per night, so it's important to do everything you can to make those hours count.

Bone broth is rich in glycine, an anti-inflammatory amino acid that works on the Central Nervous System (CNS). When taken before bed as a supplement, studies show glycine can [improve sleep quality](#) and reduce daytime drowsiness. It's even more effective when paired with other sleep-supportive nutrients, like calcium and magnesium.

In other words, bone broth has everything you need in a nightcap.





CHAPTER 3:

How to Drink and Develop a Taste for Bone Broth

For those who are new to drinking this liquid gold, the first taste can come as quite a shock. Most tend to assume that bone broth tastes like soup stock, and when they find that it doesn't, they either give up on the idea or gag it down.

While bone broth is an acquired taste for some, we have good news: You can learn to like it, even if you don't like it right away. Our mouths and brains can be taught to like new flavors, textures and foods, but sometimes we give up on something before we've had the chance to reprogram our taste buds.

If you're new to the concept of consuming bone broth, it can seem overwhelming. "You want me to just drink it ... plain?" people often ask.

How Should You Consume Bone Broth?

Any way that you can get it down. One of our favorite ways to enjoy a warm mug of bone broth is simply seasoned with a dash of salt and pepper and a splash of lemon juice. But making bone broth part of your lifestyle can be much more fun than just guzzling it down.

Aside from drinking it straight out of a mug, bone broth can easily be mixed into all kinds of recipes—from **green smoothies**, **soups**, **stews**, and even **pulled pork tacos** to home-made **collagen gummies**. The taste of our beef bone broth is mild enough that you can pretty much mix it with anything your heart and taste buds desire.

At first, some people struggle to acquire taste for bone broth. Not because it tastes bad per se (it's actually comparable to a cup of tea with mild flavor), but because you may not be used to drinking a savory beverage rather than something a little more sweet.

If you have a hard time drinking plain bone broth at first, or if that simply doesn't sound appealing to you, you can easily get plenty of bone broth in your diet by starting out with a big batch of soup. With the addition of other vegetables, herbs, and aromatics, and perhaps some chicken or gluten-free noodles, you'll hardly even notice that bone broth is in the base of your recipes—and all the while you'll be consuming up to 20 ounces per day.

What Does Bone Broth Taste Like?

Here's the nitty-gritty guide on what bone broth actually tastes like. If you've never had a sip, then drop the notion that it tastes like chicken noodle soup broth or beef soup broth—it does not.

Soup stock is often very flavorful and, in many cases, salty. Bone broth is often more bland, and it does not taste salty. Soup stock is a thin liquid. Bone broth has an oily texture and feels thicker in the mouth.

These two differences are often what make bone broth jarring to the first-time drinker. We've heard people say they couldn't get past the bland taste, while others were unpleasantly surprised by how oily it felt in their mouths. However, we've learned to like it, and it really wasn't that hard. We'll show you how.

How to Make Bone Broth Taste Better When You Don't Love It

So maybe you're like us, and your first taste of bone broth was not exactly pleasant. So should you give up on the fastest-growing wellness trend and ignore the gut-healing benefits and the anti-inflammatory superpowers that it brings? Of course not!

Here's the secret for working bone broth into your diet while teaching your taste buds that it's not a bad thing. Part of learning to like bone broth involves educating your brain that it is not, in fact, soup. The association of soup and broth brings with it the expectation that it will taste like soup when it hits your mouth. It will not, and the brain needs a little help in sidestepping this.

First, add flavors that you're familiar with. You can start by combining bone broth with soup stock. It sounds counterproductive, but trust us, this is a good place to start. You can combine broth with beef or chicken soup stock, and then add an extra dash of salt or pepper and herbs and spices that you love.

Eventually, you can reduce the amount of soup broth and increase the amount of bone broth. After doing this for a while, you can leave out the soup broth altogether and keep adding that extra bit of salt and pepper. Eventually you should decrease the amount of soup broth until you realize that you're good with just the plain bone broth.

The process is a bit like learning to like black coffee after getting used to coffee with cream and sugar. If adding flavors you're familiar with doesn't work, try mixing the broth into something else. This can mean adding bone broth to a soup or stew you've made, making sure to use bone broth for at least 50 percent of the liquid so that you're starting to work that taste in. Add it to mashed potatoes or other mashed vegetables instead of chicken stock (it actually makes them creamier because there is more oil in the bone broth).

If adding and mixing seems like too much work, then all you have to do is start small. Take one sip daily of bone broth for a week. That's it. After the first week, take two sips daily. By the third week, aim to drink half a cup. After those 21 days, your brain will have learned a new habit—that bone broth is its own unique food and that it's really quite good.

What If, After All of This, You're Still Not a Bone Broth Fan?

OK, so maybe you've tried everything we suggested above, and you still just do not like it. Fear not, there are still ways that you can enjoy this wellness superfood without having to actually taste it.

Keep doing the soup/broth routine. The first suggestion above is to combine half soup broth with half bone broth and to jazz it up with your other favorite aromatics. Much like people sip on echinacea tea when they're under the weather, you can view this soup and broth concoction as your daily immune-boosting supplement.

At the very least, plan to drink this mixture any time you are under the weather. On the bright side, with the cold or the flu, your taste buds will be altered, and you'll probably have no trouble getting it down because bland foods become much more appealing.

And hey, if you do find bone broth to be bland, this isn't necessarily a negative characteristic. While it may not be as rich in flavor as soup broth, its slightly oily and bland taste is due to the high concentration of nutrients it contains, which aren't found in any other foods.



CHAPTER 4:

Why Bone Broth Is Your Skin's Best Friend

If you're looking for an inexpensive, natural, and effective way to keep your skin youthful (and make it glow), look no further than your leftover bones from Sunday night's dinner. That's right, bone broth is the ultimate skin superfood, and some even claim it works "better than Botox."

We always say that clear, glowing skin is an inside job. By this, we mean the health of your skin is a reflection of the essential nutrients you're eating, such as healthy fats, vitamins, minerals, and antioxidants—and, more specifically, how well your body is digesting, absorbing, and assimilating these nutrients.

It was previously believed in mainstream medicine that there was no connection between your diet and acne, premature aging, or the overall condition of your skin. However, research has proven there's a clear link between the gut and the skin, which is also known as the "gut-skin axis."

If there were a math equation for healthy skin, it would go something like this:

healthy gut lining + good digestion + proper nutrient absorption = beautiful, glowing skin

We mentioned above that clear, glowing skin is not only a result of the [nutrients you eat](#), but also how well you absorb them. To take it one step further, you can't absorb the nutrients you eat without having a healthy gut lining—which many of us don't, due to many factors in today's modern lifestyle: the frequent use of antibiotics, refined carbohydrates and sugar, and chronic stress, all of which damage and cause inflammation to the gut lining.

So, what does bone broth have to do with any of this?

Remember the two proteins found in bone broth that help "heal and seal" holes in the gut lining: [collagen](#) and gelatin.

You can almost think of these proteins as “intestinal superglue.” Both collagen and gelatin contain the anti-inflammatory amino acids glutamic acid, proline, and glycine, which have also been shown to strengthen and repair the gut lining. As you can see, by supporting the health of your gut lining, bone broth also promotes optimal nutrient absorption, which directly benefits your skin.

If you're still not convinced of how close the relationship between your gut and skin is, it's worth mentioning that one study involving over 13,000 teenagers showed those with acne were more likely to experience bloating, constipation, halitosis (bad breath), and acid reflux. In fact, the study showed that bloating was 37% more likely to be associated with acne.

In a nutshell: improving your skin begins with improving your gut—and bone broth offers the exact nutrients your gut needs to function optimally.

Now that you understand how bone broth improves your skin on a deeper level, let's take a look at four of the benefits you may notice in your skin from drinking bone broth regularly.

1. Bone Broth Promotes Skin Elasticity for Smooth, Firm Skin

Is bone broth really Mother Nature's Botox?

As mentioned above, bone broth is rich in collagen. In fact, it's one of the only foods to contain collagen. Most foods contain antioxidant vitamins and minerals, such as vitamin C and selenium, which stimulate your body to produce collagen—but few foods actually contain collagen themselves.

Collagen is the most important nutrient for skin elasticity. This is because collagen is your skin's primary structural protein and is responsible for the plump, firm, youthful appearance of your skin. When your collagen begins to break down (as it does with age and toxin exposure), signs of premature aging, such as fine lines and wrinkles, begin to appear.

Studies show that our bodies begin to produce less collagen once we hit the age of 25—which is why getting more collagen in your diet from foods like bone broth is important to promote skin elasticity and fight the signs of premature aging.

As a side note, many anti-aging skin care products are also formulated with collagen, but it's unclear if the collagen molecules are small enough to penetrate the skin's surface.

One of the benefits of swapping your anti-aging skin creams with drinking bone broth is that your body is getting a highly absorbable form of collagen, and—broken record alert—beautiful skin truly begins from the inside out.

As a nutrient-rich fluid, bone broth also keeps you hydrated, which is an absolute must for dewy, supple skin.

2. Bone Broth Promotes Fewer Breakouts

The high concentration of essential vitamins and minerals found in bone broth makes it a “drinkable multivitamin” for your skin.

Several essential vitamins and minerals are concentrated in bones, including zinc, which is an important mineral for fighting acne and maintaining clear skin. In fact, studies show that zinc has the ability to reduce the activity of *P. acnes*, which is the bacteria on the skin that can cause breakouts. Zinc deficiency has also been linked to patients suffering from chronic acne.

When making bone broth, the bones must be simmered for long periods of time (between 18 and 24 hours) to allow all the vitamins and minerals to be fully released. The long simmer time also makes these minerals bioavailable, which means they're easier for your body to digest and absorb. (This is especially important if you have a weakened digestive system.)

3. Bone Broth Is Rich in Anti-Aging Nutrients

Hyaluronic acid has become a popular word in the anti-aging skin care industry. Many clinics are offering hyaluronic acid injections as wrinkle fillers to reduce the appearance of lines on the face. But here's where bone broth strikes again.

Bone broth contains glycosaminoglycans, which are molecules found in the skin's dermis along with collagen and elastin. With a gel-like consistency, the role of glycosaminoglycans is to fill the space between collagen and elastin, which helps keep the skin plump and supple.

There are many types of glycosaminoglycans, hyaluronic acid being one of them. This means that by drinking bone broth, you get the exact molecules used in dermal fillers but from whole-food nutrition. When it comes to anti-aging skin benefits, it doesn't get much better than that!

4. Bone Broth Helps Brighten Your Skin

Good circulation is essential for bright, glowing skin, and the alkaline minerals in bone broth encourage better oxygen flow throughout your body. Other trace minerals found in bone broth, such as iron and zinc, also promote wound healing, which can help reduce the likelihood of scarring.

As you can see, the foods you include in your diet are just as important (if not more) to your skin-care routine as creams or cleansers may be. By regularly drinking bone broth and eating other foods that heal your gut, you'll be providing your skin with the nourishment it needs on a deeper level, which beauty products simply cannot.



CHAPTER 5:

The Keto Diet: How Does Bone Broth Fit In?



The idea behind the keto diet is to train your body to burn fat for energy rather than glucose, which allows you to enter the fat-burning state, ketosis. (And if you're new to the keto diet and want to learn more, [start here](#)).

Now, the only way to enter ketosis is by drastically reducing your carb consumption to approximately 5% of your diet and increasing fat consumption to at least 70% of your diet. This way, your body has no choice but to rely on fatty acids for energy, which are its secondary "backup" energy source when glucose isn't readily available.

The standard keto diet looks like this: 75% fat, 20% protein, 5% carbs. Since everyone has a unique body and different lifestyle, you can use the [ketogenic diet calculator](#) to determine your exact macronutrient needs. The keto calculator is an easy way to see how many grams of each macronutrient you need on the keto diet plan to keep your body in a state of ketosis, based on your current weight, height and activity levels.

So, what would keto bone broth need to look like, in order to fit your macronutrient requirements?

When you take a look at the nutrient profile of [Kettle & Fire Bone Broth](#), you'll see how both chicken bone broth and beef bone broth fit in.

[Kettle & Fire Chicken Bone Broth](#)

Fat: 1 gram
Carbs: 0 grams
Protein: 10 grams

[Kettle & Fire Beef Bone Broth](#)

Fat: 0 grams
Carbs: 2 grams
Protein: 6 grams

As you can see, both the chicken and beef bone broth fit nicely into the macronutrient range required to stay in ketosis, so both can be considered keto bone broths.

If you had to choose between the two, chicken would be the preferable option for the keto diet plan because it contains 0 carbs and 1 gram of fat, which is what you're aiming for (fewer carbs and more fat). The 10 grams of protein in chicken bone broth also fits well into the keto diet plan's macronutrient requirements and offers an easy way to meet your daily protein intake if you get tired of protein shakes and chicken breasts.

Note: These bone broth nutrient profiles are specific to Kettle & Fire Bone Broths. If you purchase another brand, or make your own at home, the nutrient content will vary depending on the type of bones used (for example, chicken feet yield more protein), and other ingredients added (such as olive oil, etc.).

Let's take a more specific look at a person's keto diet macronutrient breakdown based on their lifestyle. Imagine a 5'3" 115-lb low-activity woman, for example, who does yoga a few times each week. According to the ketogenic calculator, she'd be aiming for 120 grams of fat, 70 grams of protein and less than 30 grams of carbs each day to stay in ketosis. As you can see, bone broth fits easily into that ratio, accounting for 2 grams of carbs and 6 grams of protein.

Now, let's take a look at the many ways bone broth can support your health when you're following a keto diet plan.

Why Should Bone Broth Be Part of Your Keto Diet?

Bone Broth Helps with Natural Body Detoxification

When switching to the keto diet, chances are you'll be eating more animal fats and proteins than you're used to. While it's true that you'll be receiving plenty of nutrients from these sources, one of the concerns with eating a diet richer in animal protein is over-consuming an amino acid called methionine.

Methionine is found in egg whites, fish, chicken and beef. It acts as an antioxidant and helps us metabolize the food we eat. But you know the saying: "Too much of a good thing is a bad thing..."

Methionine is only good for us in the right amounts. When we consume too much of it, it can build up in our blood and lead to symptoms such as muscle weakness, liver damage, and neurological problems.

But guess what? Bone broth balances the methionine in your body.

Bone broth is an extremely rich source of the amino acid glycine, which has a [direct relationship with methionine](#). You see, glycine has been shown to help the body get rid of excess methionine and prevent methionine build-up in the blood. Regularly consuming bone broth will help to eliminate excess methionine as you increase the amount of animal fats and proteins you're eating.

Bone Broth Helps Reduce “Keto Flu” Symptoms

The keto flu is a result of suddenly removing carbs from your diet, and it includes typical flu-like symptoms, such as nausea, fatigue, headaches, and dizziness. This usually isn't a cause for concern—it's a natural reaction your body has when you make drastic changes to your diet.

To help ease keto flu symptoms, it can help to reintroduce a few extra carbs to make the transition period less intense. Bone broth is a good transition food that offers a few grams of carbs but still fits within the macros of the keto diet plan. Besides, what's more comforting and nourishing than broth when you have the flu?

Drinking bone broth can also be a preventative measure against keto flu in the early stages of the keto diet, thanks to the vitamins, minerals and electrolytes it contains. Which brings us to our next point...

Bone Broth Helps Maintain a Healthy Electrolyte Balance

When you go low-carb, you're cutting out the majority of fruit and starchy vegetables, which are two of the richest sources of electrolytes. While many foods on the [keto diet food list](#) do contain electrolytes, such as avocado, lemon, berries and leafy greens, if you don't plan carefully, it's possible to end up with an electrolyte imbalance.

Bone broth contains all four electrolytes, including calcium, sodium, potassium, and magnesium. Adding 1-2 cups of keto-friendly bone broth to your diet is a good way to keep your electrolytes in line when you're eating a smaller variety of fruit and veggies.

How Much Bone Broth Should You Drink on the Keto Diet?

As we covered above, the amount of bone broth you should drink on the keto diet will depend on your individual macronutrient requirements and the other types of proteins, carbs, and fats you eat in a day. Since bone broth is extremely low-carb, most people should be

able to safely drink a few cups of bone broth per day without the risk of being kicked out of ketosis.

Let's take three cups of [Kettle & Fire Chicken Bone Broth](#). We know that per cup, the chicken bone broth contains 0 grams of carbs, 1 gram of fat, and 10 grams of protein. Therefore, 3 cups would net 0 carbs, 3 grams of fat, and 30 grams of protein.

If you refer back to our 5'3" low-activity female example above, 3 cups of chicken bone broth would easily fit into her requirements of 120 grams of fat, 70 grams of protein, and fewer than 30 grams of carbs needed per day to stay in ketosis.

Ways to Enjoy Keto Bone Broth

1. Make a Keto-Friendly Smoothie

Believe it or not, bone broth makes a great smoothie addition—and you barely know it's there. Leafy greens, berries, avocado, lemon and lime are all permitted on the keto diet plan, so why not blend them up with a cup of bone broth to sip first thing in the morning? Refreshing and therapeutic, bone broth smoothies are a win.

2. Trade Your Morning Coffee for Bone Broth

Forget the aroma of freshly ground coffee beans; the energizing minerals and amino acids in bone broth are what have us convinced that [bone broth is the new coffee](#). Not only do these nutrients provide you with all-day energy (without the crash), but drinking bone broth first thing in the morning on a keto diet plan will also help you stay focused and alert during the initial stage of cutting carbs.

3. Sauté Your Veggies in Bone Broth

There are still plenty of veggies you can have on the keto diet plan, so why not sauté 'em in ½ cup of bone broth for a boost of nutrients and flavor?

4. Fluff Up Your Scrambled Eggs with Bone Broth

The keto diet allows you to have high-fat foods, including dairy products such as milk and cream, which are often used to add a fluffier texture to scrambled eggs. The problem with dairy, however, is that it contains a fatty acid called arachidonic acid, which is known to cause inflammation in the body when consumed in excess. So add bone broth to your eggs to fluff them up instead. You'll still get a fluffy texture and a delicious, savory taste, only with anti-inflammatory nutrients.

As you can see, there are several reasons why bone broth is considered a beneficial and therapeutic food when following the keto diet. However, even if you're not going keto, it's a good idea to include bone broth in your diet on a regular basis. The collagen, gelatin, and plethora of minerals and amino acids in bone broth make it a functional superfood for digestive health, glowing skin, and strong bones and immunity. Reap these rewards any-time—whether or not you're following the keto diet plan.





CHAPTER 6:

Bone Broth for Fertility

According to the [Centers for Disease Control and Prevention](#), over the course of just nine years (2000-2009), deliveries using Assisted Reproductive Technology (ART) methods, such as IVF, have doubled.

Overall, American birth rates have been declining since 2007. And today, 6.7 million women of all ages are experiencing infertility issues and miscarriages. Why has infertility become so common?

Here are a few of the most common contributing factors:

- Chronic stress and anxiety
- Polycystic ovary syndrome (PCOS)
- Gut and digestive issues (like leaky gut)
- The MTHFR genetic mutation
- Hormonal imbalances from birth control and hormonal contraceptives
- Imbalanced blood sugar levels
- Irregular ovulation
- Inefficient hormonal detoxification
- A lack of healthy, monounsaturated fats (for example, from avocados)
- A lack of vitamin D (resulting from inadequate exposure to the sun)
- A lack of lymphatic circulation-boosting, estrogen-metabolizing movement and exercise
- Age

Many news publications show that women are choosing to focus on their education and careers before starting a family, which means that some women are waiting until their early to mid-thirties to conceive. Thus, some people conclude that since women are trying

to conceive later, their age is the main factor that reduces the viability of pregnancies. Yes, egg count and sperm count have their important roles, but as you can see from the list above, there are no fewer than eleven additional contributing factors relating to infertility issues and miscarriages.

Waiting longer isn't necessarily bad. Sure, age can be a contributing factor, but it's certainly not a make-or-break issue—at least, that's what leading health practitioners and fertility experts (like Christa Orecchio and Marc Sklar) are beginning to say.

Whether you're in your 20s, 30s or 40s, you absolutely have the ability to conceive and conceive naturally with some health maintenance. According to Christa Orecchio, author of *How to Conceive Naturally*, "It is crucial to understand that the health of your child is determined before you even conceive. It is also crucial to understand and be empowered by the fact that it is absolutely possible to conceive just as healthfully as you would have in your 20s if you do a little clean-up work and boost your health."

So, how do we increase fertility naturally and "clean up"? Well, the easiest place to start is using strategic food and supplementation. And that's where bone broth comes in.

How to Increase Fertility Naturally with Bone Broth

In case we haven't hammered it into you enough already, how you eat, move, think and live plays a huge role in your ability to conceive.

Just as there are foods that hinder fertility efforts, there are also foods that support your hormones and their fertile flow. We like to call these "fertility foods." Did you know that bone broth is actually one of the most fertility-friendly foods out there? According to Marc Sklar, fertility expert:

"Bone broth, the way my grandmothers used to make it, is full of nutrients that every cell in our body thrives needs. The cells that make up our eggs and sperm are no different. Often, I see patients who are lacking in proper nutrition, and bone broth can help reset their entire foundation. There is nothing more important than providing those cells (the very cells that make up baby-to-be) with the proper nutrients they need in order to create the healthiest and happiest child possible."

At his natural fertility clinic, Marc Sklar has seen his patients succeed, not only with fertility, but also in tremendously improving their intestinal and digestive health, joint pain, hair, skin, nails and even autoimmune issues by drinking as little as one cup of bone broth a day.

Does this sound like a stretch? It's not. We can sum up for you in just one word why bone broth is a powerful fertility food: synergy.

Bone broth is a powerful food for healing your gut, and healing your GI tract doesn't just make for an orgasmic pooping experience—it improves your entire internal environment by reducing systemic inflammation, which prevents your body from being in its healthy, well-balanced, natural state, also known as homeostasis. When your gut is healthy and free of inflammation, you can digest and absorb nutrients needed for fertility far easier.

You can be eating the world's healthiest, most fertility-friendly foods out there, but if those nutrients aren't being absorbed by your body, you'll simply eliminate them. We don't mean to sound like a broken record, but you really are only as healthy as the nutrients you absorb!

Just in case your friends are asking you for justification on how drinking bone broth is going to increase your fertile flow, here are a few bullet points you can use to help explain:

- The collagen (which turns into gelatin when cooked) in bone broth helps to heal serious digestive issues like leaky gut, reducing gut inflammation caused by massive spikes in cortisol (the stress hormone, which can throw hormonal function completely out of whack).
- The collagen in bone broth helps heal the gut lining and reduce inflammation, which promotes better nutrient absorption.
- The primary amino acids found in bone broth are proline, glycine, arginine and glutamine. Each of these amino acids supports our body's detoxification systems by getting rid of excess hormones (such as estrogen) that can lead to infertility when unbalanced.

Drinking Bone Broth While Pregnant

When morning sickness hits, it can be impossible to keep nutritious food down. But bone broth tends to be soothing for nausea and is usually well tolerated. Best of all, bone broth offers several of the nutrients you and your growing baby need, including protein and essential vitamins and minerals. As an added bonus, the slow simmer time of the bones makes the nutrients in bone broth highly bioavailable and easier to absorb than a nutritional supplement.

All of the benefits you reap from bone broth, your growing baby will experience too—including healthy bones, joints, and healthy digestive and immune systems.

Bone broth can make your pregnancy more comfortable by nourishing stiff or painful joints and may also increase calcium levels in breast milk. As an added bonus, the collagen in bone broth may help maintain skin elasticity and prevent stretch marks during pregnancy. (For more on this, read customer Renee's success story: "[Why I Started Drinking Bone Broth While Pregnant.](#)")



CHAPTER 7:

What Is the Bone Broth Diet (and Should You Try It?)

Now that you're a pro when it comes to knowing the invaluable health benefits and body healing powers of bone broth, it's safe to say bone broth is a superfood craze that's here to stay. And this 21-day bone broth diet can help you get the most out of making bone broth a part of your healthy lifestyle.

What Is the Bone Broth Diet?

The bone broth diet (popularized by Dr. Kellyann Petrucci) is a 21-day plan that involves eating Paleo for five days and fasting for two. During the five days of eating Paleo, you drink anywhere from one to three cups of bone broth. On the fasting days, you have three to six cups of bone broth. It's basically the Paleo diet meets intermittent fasting, combined with an increased daily intake of bone broth.

Many people find that following a Paleo diet helps improve symptoms of autoimmune conditions, reduces inflammation, and supports gut health and weight loss. This is because the Paleo diet cuts out the foods that are most problematic—such as grains, refined sugar, and legumes—and replaces them with high-quality animal proteins and vegetables, as well as small amounts of fruits and healthy fats from nuts and seeds. The bone broth diet takes Paleo to the next level by adding two days of intermittent fasting.

[Intermittent fasting](#) is a cornerstone of many popular diets today, such as the keto diet, the 5:2 diet, and the crescendo fasting method. Intermittent fasting has been shown to help burn fat more efficiently, speed up metabolism, increase lean muscle mass, improve energy levels, reduce inflammation, and sharpen mental focus. When you combine bone broth with fasting, you get even more complementary nutrients that support your body's natural healing, repair, and regeneration processes.

It's important to make sure that whichever bone broth you use for the bone broth diet is sourced from bones of grass-fed cattle or organic chickens. The bone broth should use primarily the neck, feet, and femur bones and tissues. These parts are the richest in collagen, and grass-fed or pasture-raised animals are richer in anti-inflammatory nutrients. In other words: the healthier the animal, the more nutritious the broth.

Here's an example of an ideal bone broth diet eating schedule.

SAMPLE SCHEDULE

MEALS	EATING DAY 5 days per week for 15 days in total	BONE BROTH FASTING DAY 2 days per week for 6 days in total
BREAKFAST	<u>Feisty Kale Breakfast Frittata</u>	1 cup bone broth
SNACK	1 cup bone broth	1 cup bone broth
LUNCH	<u>Shrimp, Avocado, Mango and Fennel Salad</u>	1 cup bone broth
SNACK	1 cup bone broth	1 cup bone broth
DINNER	<u>Grilled Pineapple Chicken</u>	1 cup bone broth
SNACK	1 cup bone broth	1 cup bone broth
NOTES:		Drink unlimited liquids throughout the day, such as water and herbal tea

The bone broth diet isn't meant to be complicated or hard to stick to. The basic idea is that you:

- ✓ Eat Paleo for 21 days.
- ✓ Drink one to three cups of bone broth on your eating days.
- ✓ Only drink bone broth two days per week (between three to six cups), as well as plenty of fluids.
- ✓ Substitute snacks for bone broth on eating days.
- ✓ Don't eat any sweets or desserts (even Paleo-friendly ones).

BONE BROTH DIET FAQs

Will I be hungry during the bone broth diet?

Bone broth contains approximately six to 10 grams of protein per cup, which means fasting on the bone broth diet will still provide you with 18 to 32 grams of protein to fill you up. If this is your first time practicing intermittent fasting, there may be a small adjustment period as your body gets used to taking in fewer calories, but you shouldn't feel starved. When you do get hungry, have another cup of bone broth, herbal tea, and/or water.

Do the fasting days have to be consecutive or can they be apart?

You can pick any days you want for your bone broth fasting days. Just be sure to separate your two mini-fasting days with at least one or two non-fasting days.

Is the bone broth diet safe for people who have blood sugar problems?

Intermittent fasting, the Paleo diet, and bone broth are all recommended for improving insulin sensitivity, which means it's generally safe for people who have blood sugar imbalances like Type 2 diabetes. (However, it's always important to check with your doctor before starting a new eating plan.)

Since you'll be taking in anywhere from 18 to 32 grams of protein from bone broth on fasting days, you're less likely to have intense blood sugar fluctuations or to struggle with low energy.

Who can benefit from the bone broth diet?

Nearly everyone can benefit from the bone broth diet. You may find the bone broth diet especially helpful if you:

- Struggle with skin issues, such as acne, eczema, or arthritis
- Have joint pain, or a joint condition, such as osteoarthritis
- Are recovering from a bone or tissue injury
- Suffer from digestive symptoms, IBS, IBD, or leaky gut syndrome
- Have been diagnosed with an autoimmune condition
- Get frequent colds or flus
- Struggle with low energy

Is there anyone who shouldn't follow the bone broth diet?

As with any dietary change, it's important to check with your doctor or licensed healthcare practitioner before jumping into the bone broth diet.

While the bone broth diet is generally safe for most adults over 21, fasting should be avoided if you're pregnant or nursing. In this case, you can still consume bone broth (and even feed it to your children and pets), but it should be consumed as part of a diet that's rich in plenty of whole, unprocessed foods.

Does it matter whether I use chicken or beef bone broth on the Bone broth diet? Can I use both?

Both of them offer the same benefits!

Where can I find healthy paleo and bone broth diet recipes?

Our friends over at [PaleoHacks](#), [Chris Kresser](#), and [Paleo Mom](#) are masters at creating delicious Paleo recipes. We're sure you'll love them too.

Where can I find bone broth diet reviews?

Our team at Kettle & Fire participated in a bone broth detox following Dr. Kellyann's bone broth diet plan. You can read about the nine unexpected things that happened during our experience in this [bone broth detox](#) post.

Are there any recommended bone broth diet books or resources?

You can head over to [Amazon](#) for additional books and resources on the bone broth diet. We are also in the process of creating our own bone broth diet book that we will link to in this article. Sign up for our email list to be notified when we release it!

Where can I learn more about intermittent fasting?

Here's our complete guide to [intermittent fasting for women](#).

Please note that while this guide is geared towards women, the same basic principles also apply to men. However, men are less susceptible to hormonal imbalances that can result within the reproductive system due to fasting, which is why we've created a [general intermittent fasting guide](#) as well.





CHAPTER 8:

How to Reset Your Digestive System with a Bone Broth Fast

A bone broth fast is different from the bone broth diet, because it combines the health benefits of short-term or intermittent fasting with those of drinking bone broth—which can help accelerate both short- and long-term benefits, such as increased energy, better digestion, weight loss, a faster metabolism, clearer and brighter looking skin, and [more restful sleep](#). Sounds pretty good so far, doesn't it?

Similar to a water fast, a bone broth fast involves taking a break from solid foods and consuming liquids throughout the day. But during a bone broth fast, instead of drinking only herbal tea and water, you drink several cups of bone broth throughout the day (anywhere from five to eight cups).

If you already practice [intermittent fasting](#), you can increase your intake of bone broth during your fasting window—which could be anywhere from 12 to 24 hours—and stick to your usual diet during your designated eating window.

One of the key benefits of a bone broth fast (over a dry fast or water fast) is that it allows you to consistently take in plenty of essential nutrients, electrolytes, and protein. This prevents you from becoming dehydrated and helps keep your energy levels up, while the protein from the [collagen and gelatin](#) keeps your appetite satisfied. And you can probably agree that you're most likely to stick to a fast when it doesn't leave you feeling starved, light-headed, or deprived. (In fact, many people report feeling full until lunchtime when they drink bone broth first thing in the morning.)

What's the Point in Fasting?

First, let's talk about the [health benefits of fasting](#). Fasting is a great way to give your system a “reset” and help your body's natural processes work more efficiently—such as energy production, metabolism, and digestive function (see ya later, bloating!). For most people, during the day, you're in the “fed” state. This means your body is working hard to digest, absorb, and assimilate all the nutrients from the foods you eat. But when you enter a fasted state—which simply means you're not taking in any calories—your body can shift gears and use your energy to focus on the functions that are prioritized after digestion, such as burning fat and boosting metabolism.

This is why the “fasted” state is often referred to as the “fat-burning” state. And although you might expect to feel tired or weak without eating, many people experience more energy, less brain fog, and improved focus and concentration when they enter the fasted state.

Fasting also gives your digestive system a break, and when you're not eating inflammatory foods such as refined sugar and carbohydrates, the beneficial bacteria in your digestive system have a chance to rebalance—which is key for avoiding painful digestive symptoms, such as gas, bloating, and irregularity—and more serious GI conditions, such as candida (yeast) overgrowth and gut dysbiosis. This is because sugar and refined carbohydrates feed the bad bacteria in your digestive tract that can wreak havoc on your system when they overpopulate, and there's a lack of good bacteria to keep them in check.

How Bone Broth Can “Supercharge” Your Fast

Bone broth is probably the best “health elixir” you can drink when you fast. It's like filling up your gas tank with premium fuel. This is because bone broth provides a ton of bioavailable nutrition to support your body's natural healing processes without taking you out of a fasted state. In contrast, you take in very few nutrients on a regular water fast.

As you now understand, bone broth is rich in [collagen and gelatin](#), but animal bones also contain several other compounds and anti-inflammatory amino acids that are exceptionally healing, such as glucosamine, chondroitin, hyaluronic acid, proline, and glycine.

Together, these nutrients can help:

- Improve poor digestion, reduce intestinal inflammation, and improve symptoms of chronic digestive issues, such as [gut dysbiosis](#), Crohn's and ulcerative colitis
- Reduce joint pain and inflammation
- Reduce food intolerances, sensitivities, and allergies
- Improve skin conditions such as acne, eczema, and psoriasis
- Boost immunity
- Strengthen bones and joints, and heal cartilage and tissue
- Promote healthier skin, hair, and nails
- Improve sleep quality
- May improve the appearance of cellulite and stretch marks
- Support the nervous system
- Promote blood sugar balance and improve insulin sensitivity

Of course, drinking bone broth at any time (not just when fasting) will offer these health benefits. However, when you're fasting and consuming only bone broth, your body may be able to digest and absorb these nutrients even more efficiently, allowing them to go where they're needed that much quicker.

How to Do a Bone Broth Fast

To do a bone broth fast, all you need to do is consume five to eight cups of bone broth (in addition to herbal tea and water) during a fasting period of 24 hours. This 24-hour period is long enough to give your digestive system time to reset.

For example, if you're 150 pounds, you'll need to drink about six cups of bone broth to meet your daily protein needs. But if you want to drink more than eight cups, that's okay too.

If you want to continue your bone broth fast beyond 24 hours, we recommend drinking four to six cups of bone broth per day, and eating one [Paleo-friendly](#) meal that contains protein and veggies (for example, grilled salmon and asparagus, or a salad with a grilled chicken breast). You can do this for up to two more days, and then go back to your regular eating routine.

Once you've completed a bone broth fast, we recommend making bone broth a regular part of your routine by drinking at least one cup per day (and using bone broth in your recipes wherever possible) for ongoing digestive system support.

How to Get the Best Results from a Bone Broth Fast

1. If you're new to fasting, do a mini-fast first.

Slow and steady wins the race! If you're new to fasting, it's best to start slowly and work your way up to a 24-hour fasting time. For example, before doing a 24-hour bone broth fast, you may want to give the 16/8 intermittent fasting method a try first, which involves eating during an eight hour time frame, and fasting for the other 16 hours.

For example, you could eat between 9:00 a.m. and 5:00 p.m., and begin your bone broth fast from 5:00 p.m. until the next morning, breaking your fast at 9:00 a.m.

In any case, it's important to always listen to your body. If you begin to feel light-headed, dizzy, or faint at any point, don't push yourself to continue fasting. It's perfectly normal to feel a bit tired, but you should never feel like you are straining yourself. Some people do really well with fasting right away, and for others, it can take some time to find the fasting "sweet spot"—and that's perfectly okay.

2. Avoid intense exercise during fasting.

Stick to light cardio and gentle yoga.

3. Drink bone broth that's made with quality bones and connective tissue, such as grass-fed beef bones or organic chicken bones.

Your broth can only be as healthy and nutrient-rich as the bones of the animal it came from. For this reason, we recommend only using grass-fed, grass-finished beef bones or organic chicken bones to make your broth, and avoiding bones from factory farmed animals that have been treated with hormones and antibiotics. This will maximize the healing potential of the broth.

You can source bones from local farmers and butchers, and most health food stores sell organic and grass-fed, grass-finished bones. If you don't have time to make your own broth at home or have trouble sourcing quality ingredients, [you can always buy some](#).

We've taken care of sourcing the highest quality ingredients and simmering the bones for up to 20+ hours to bring you the most nutrient-rich bone broth possible.

4. Follow a nutrient-rich diet prior to doing a bone broth fast.

Fasting isn't a replacement for following a healthy diet. In fact, if you have processed foods, such as refined sugar and carbohydrates in your diet, you may be better off making dietary changes before jumping into fasting.

Refined carbs and sugar can cause blood sugar fluctuations and imbalances, and this may leave you more prone to experiencing unpleasant symptoms during fasting, such as light-headedness and irritability, if you already have a high sugar diet.

In this case, the bone broth diet may be a better starting point for you. It involves eating plenty of whole, nutrient-dense foods, while also increasing your bone broth intake.

According to Dr. KellyAnn Petrucci, [the bone broth diet](#) is safe for most people and still provides incredible health benefits: increased energy, sustainable weight loss, healthier bones and joints, improved digestion, and glowing skin.

If you're interested in learning more, a few of our team members wrote about their personal experiences of following the 21-Day Bone Broth Diet in this blog post [right here](#).





CHAPTER 9:

You Give Your Dog a Bone, But Do You Give Him Bone Broth?

There's no question that the nutrients in bone broth make it a great healing food for us humans. What we overlook is how bone broth can be a powerful [healing food](#) for dogs too. Let's take a look at the ways bone broth can improve your dog's health.

Dogs Can Have Leaky Gut Too

When it comes to your dog's health, leaky gut can turn into a huge problem. Chronic inflammation of the gut has been shown to play a role in the onset of several illnesses and diseases, such as rheumatoid arthritis and heart disease.

Frequent antibiotic use and processed foods are two reasons why digestive issues have become more common in today's society. While antibiotics are commonly given to dogs to heal infections, commercial brands of dog food are made from ingredients that worsen digestive health. Many commercial brands of dog food are made from inflammatory foods such as corn and grains that contain gluten— a protein that's been linked to intestinal inflammation and the development of leaky gut syndrome.

Even if your dog doesn't have digestive issues, it never hurts to increase the nutrients in his diet that will improve intestinal health. The gut is where nutrient absorption takes place, which is why having a healthy gut improves your dog's health on all levels.

Since bone broth is easily absorbed, it's an excellent source of essential nutrients for older dogs and those with compromised digestive systems. The gut-healing properties of bone broth may also reduce digestive problems in dogs such as constipation or diarrhea.

How to Make Bone Broth for Dogs

Making homemade bone broth for your dog is pretty straightforward, but does require some time and patience.

One thing to keep in mind when making bone broth for your pet is to leave out ingredients such as onions and garlic, which are toxic to dogs. If your dog has favorite vegetables, such as carrots or broccoli, adding those to your bone broth recipe will ensure your pup gobbles it down.

Once the bone broth has simmered, strain out all of the bones and allow the broth to cool in the refrigerator. After the bones are cooled, your broth may have a layer of fat on top—this is a good thing! It means the bones you've used are from healthy animals. Once you've removed this layer of fat, your broth should have a jelly-like texture. This is the gelatin, where many of the healing nutrients of bone broth are concentrated. You can serve the gelatin and the bone broth to your dog straight out of the refrigerator.

It's best to start off with feeding your dog small portions of bone broth and increase the portion sizes gradually based on your dog's dietary needs.

Interestingly, not long ago one of our customers wrote to us about her 15-year-old pup, Nellie. Nellie had become very ill and was given one night to live. But she was nursed back to health only with Kettle & Fire Bone Broth, and she is thriving today. You can read Nellie's story [here](#).

Please note, the mushroom chicken and chicken bone broth recipes do contain certain ingredients that can be harmful to dogs. If you do choose to buy bone broth instead of making it yourself, it's best to play it safe and stick to the Kettle & Fire Beef Bone Broth because there are only small amounts of garlic, onions and black pepper in our beef bone broth recipe, not enough to be a concern to their health and well-being.

Most importantly, always check with your vet before introducing any new food to your pup's diet.

CHAPTER 10:

What Leading Health Experts Say About Bone Broth

Amy Myers, MD

Leader in Functional Medicine and New York Times bestselling author of The Autoimmune Solution and The Thyroid Connection

As I always say, the gut is the gateway to health. In my new book *The Thyroid Connection*, I explain that the gelatin in bone broth protects and heals the mucosal lining of the digestive tract that aids in the absorption of nutrients.

Most patients with thyroid or autoimmune diseases are nutrient-deficient, so by drinking bone broth, they will gradually reverse nutrient deficiencies. Bone broth is also a rich source of amino acids, including tyrosine, which is one of the two building blocks of thyroid hormone. Because of the gelatin content for healing the gut lining, and the nutrient profile, I recommend bone broth to all of my patients.

Sara Gottfried, MD

Harvard-trained MD with 20+ years of experience, and author of the New York Times best-selling books, The Hormone Cure, The Hormone Reset Diet, and Younger.

I prescribe bone broth to heal leaky gut, which is the underlying cause of every autoimmune disease. Leaky gut overstimulates the immune system, leading to systemic inflammation and, ultimately, autoimmune conditions. Bone broth can be used as part of a comprehensive protocol that includes removing trigger foods and environmental toxins, reversing inflammation, repairing, healing and sealing your leaky gut, and maintaining healthy gut flora to help correct autoimmune diseases.

As a doctor practicing functional medicine, I don't just treat symptoms. I think it's better to go upstream and manage the control system by addressing the root cause. Specifically, bone broth benefits autoimmunity because it contains gelatin, which heals the lining of the gastrointestinal tract. For my tribe, making bone broth is the most convenient way to get gelatin into the food plan.

Consuming bone broth is one of the best ways to replenish collagen and minerals in your body so that your hair regains luster; your nails, joints and teeth strengthen; and your gut seals over the leaky junctions between cells. Sip broth like tea. Enjoy a cup while you meditate in the morning, between meals or in the evening as an alternative to a glass of wine.

David Borenstein, MD

Founder of Manhattan Integrative Medicine and the New York Stem Cell Treatment Center

I love bone broth for many different reasons. Bone broth is an excellent treatment for leaky gut, along with a gluten-free diet. Bone broth also improves sleep and adrenal health, which directly influence thyroid health. More and more patients are asking me about bone broth, including those who have MS, Crohn's disease, and all forms of autoimmunity. It's a great tool for improving gut health.

Jolene Brighten, ND

Functional Medicine Naturopathic Doctor, a best-selling author, speaker, and the founder of Rubus Health

Bone broth can be a therapeutic food for gut healing because of the many minerals, vitamins, and easily assimilated amino acids that are leached from the vegetables, herbs and the bones of healthy, pastured animals. Leaky gut and systemic inflammation are closely associated with autoimmune conditions across the board. And it's well known that protein deficiency suppresses the immune response and increases susceptibility to infection. So, there are a couple of reasons your natural or functional health practitioner might recommend a high-quality bone broth. High levels of dietary glycine may help with modulating the immune system and reducing inflammation, which helps you to heal from infection and/or disease. Amino acids in bone broth are very easily assimilated by the body, making them perfect for those who may be on a journey of healing their gut. Drinking bone broth counts toward your daily liquid consumption and helps you stay hydrated, which is essential for kidney health and helps keep digestion regular.

Aimee McNew, MNT

Certified Nutritionist

Bone broth nourishes the body at the cellular level. It's rich in nutrients like glycine and glucosamine, which fortify the lining of the stomach, improve production of digestive juices and repair the barrier function of the small intestine, helping to reverse and prevent leaky gut. Bone broth was the superfood of our grandparents' generation, which they learned from the generation before them, and so on. Our modern world has lost touch with old-fashioned nutritional wisdom because we are too focused on quick, convenient and sweet-tasting foods.

Bone broth may be an acquired taste, but it's the taste of pure nourishment. Unlike refined carbohydrates, which may satisfy sugar cravings temporarily but leave us craving more, bone broth answers the call of our cells to be energized, nourished and healed. I have personally used bone broth to reverse my leaky gut, to support my body during pregnancy and postpartum, and to boost my immune system when fighting viral infections. It's a food that is versatile and relevant for every stage of life and wellness.

Craig Fear, NTP

Nutritional Therapy Practitioner

Because 70 percent of our immune system is located in our gut, many autoimmune issues are rooted in a compromised gut wall, whereby various pro-inflammatory foods (gluten, casein, etc.) can damage the gut lining, thereby setting up immune reactions. Bone broth is rich in amino acids, such as proline and glycine, as well as many minerals that help restore the gut lining and quell inflammation. Furthermore, bone broth can be used in countless soup and stew recipes, which are highly nourishing and easily digestible. It fits beautifully with many nutritional protocols that require strict avoidance of foods like simple sugars, grains, and processed foods.

Alaena Haber, MS, OTR

Author of The Healing Kitchen

Autoimmunity and gut health are mutually inclusive health concerns. Bone broth is a time-tested home remedy for both acute and chronic gut distress. Considering one of the main keys to a balanced immune system is gut health, bone broth is the perfect supplement for anyone looking to manage the symptoms and inflammation caused by Hashimoto's and other autoimmune diseases. I recommend including it in your diet at least five times a week. My favorite way to do this is through homemade soups, especially a bowl of my anti-inflammatory, omega 3-rich triple seafood chowder!

Sally Johnson, RDN, LD

Registered and Licensed Dietitian

Bone broth, an ancient elixir, has passed the test of time and proves true the tale that soup is medicine. We know today that slow-simmered and cooked for up to a day or longer, broth made from bones of any animal is full of collagen and gelatin, supportive nutrients, minerals and amino acids, including glycine, that are central to digestive health, proper immune functioning, and wound healing. For those with thyroid disease or any active autoimmunity, consuming bone broth can help heal leaky tight junctions of the small intestine and assist anti-inflammatory processes to relieve symptoms. As a part of your regular diet, sip bone broth from a cup or use it in soups, stews, or any other recipe that calls for liquid.

Sara Peternell, MNT

Board Certified Holistic Nutritionist

Bone broth, home-prepared from the large bones of a pasture-raised animal, is one of the most nourishing foods I can think of. I encourage my clients to make this easy recipe and drink it regularly. For the majority of my clients who have autoimmune disease, especially Hashimoto's thyroiditis, bone broth is an essential food for healing the digestive system and hitting the reset button on the immune system. Bone broth is a rich source of minerals and amino acids like glutamine. These nutrients are necessary as a foundation for one's health. Often our food plans lack the necessary minerals to keep our endocrine system, immune system, and digestive system running beautifully. Glutamine is the essential amino acid for repairing the epithelial tissue of the small bowel. You don't have to just drink the broth; I encourage you to try mixing it into soups and stews, cooking rice with it, cooking your vegetables in it, and using it in baking, as well.

Kinsey Jackson, MS, CNS

Clinical Nutritionist

As a clinical nutritionist, I've witnessed hundreds of folks reverse autoimmune conditions by healing their gut lining, and a major ingredient in this equation is (you guessed it!) gut-restorative bone broth. It's no wonder that a leaky gut precedes most (if not all) autoimmune disorders, considering the gut wall is only one cell layer thick, and up to 80 percent of our immune system is located in and around it. Autoimmune disease is characterized by an overactive immune system, and it's not hard to imagine how the immune system goes haywire when foreign particles from our intestines sneak past the gut wall into our bloodstream. The body expends a lot of energy replacing the intestinal lining every few days, and the amino acids, fats, and trace minerals found in bone broth are essential components of this process.

Laura Bruner, CNC

Certified Nutrition Consultant and Certified CrossFit Trainer

Bone broth is an incredibly healing traditional food that, until recently, had seemingly been forgotten in the average diet. With its revival in fridges, in stores, and homes comes incredible healing for those suffering from autoimmune and/or thyroid diseases, as well as preventative and reparative benefits for those without. Bone broth provides the minerals, including calcium, magnesium, glucosamine and a host of others, for the body and digestive system to heal. The glycine in bone broth reduces inflammation and regulates acid in the gut. The amino acids in bone broth are easily utilized by the body, making healing and nutrient absorption easier. The nourishing fats aid in repairing the cells of the body, providing essential vitamins that are just not found in a standard American diet. I recommend that my clients and readers use bone broth in a myriad of recipes in order to get it into their diets on a daily basis (or as often as possible)—from chilis, soups and stews to slow-cooked meats and even the liquid when cooking rice. And because I always like to practice what I preach, I do the same at home for my family. There are lots of gimmicky “superfoods” on the market, but there are few foods as super as bone broth.



CHAPTER 11:

Our Top-Rated Bone Broth Recipes





BONE BROTH HUMMUS

Prep time: 5 mins | Cook time: 15 mins | Total time: 20 mins | Servings: 2

With hints of garlic and lemon, this hummus recipe is full of Mediterranean flavor, and it's also high in several essential nutrients, such as healthy fats, calcium, and vitamin C. The addition of bone broth also adds type II collagen, a beneficial protein found only in bones and connective tissue, which is known for improving gut, skin, and joint health.

INGREDIENTS:

- 1/2 cup Kettle & Fire beef bone broth
- 1 can garbanzo beans
- 1/4 cup tahini
- 1 garlic clove, minced
- 1/4 cup lemon juice, freshly squeezed
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/4 cup olive oil



INSTRUCTIONS:

1. In a medium pot over medium heat, add beef bone broth and garbanzo beans.
2. Bring to a boil and let simmer until garbanzo beans have soaked up almost all of the broth, about 10 minutes.
3. Using a food processor, add garbanzo beans, remaining broth from the pot and the rest of the ingredients excluding the olive oil.
4. Process until smooth, adding olive oil slowly while processing.
5. Serve with olive oil, paprika, and roasted garbanzo beans to garnish.

Gluten Free



SIBO-FRIENDLY BEEF RAGU WITH SPAGHETTI SQUASH

Prep time: 10 mins | Cook time: 40 mins | Total time: 50 mins | Servings: 4

This SIBO-friendly dish harkens back to the old country with traditional Italian herbs, a rich tomato base, and grass-fed ground beef. Sink your teeth into our pasta substitute, a sweet and savory spaghetti squash that you can twirl on your fork just like the real thing.

INGREDIENTS:

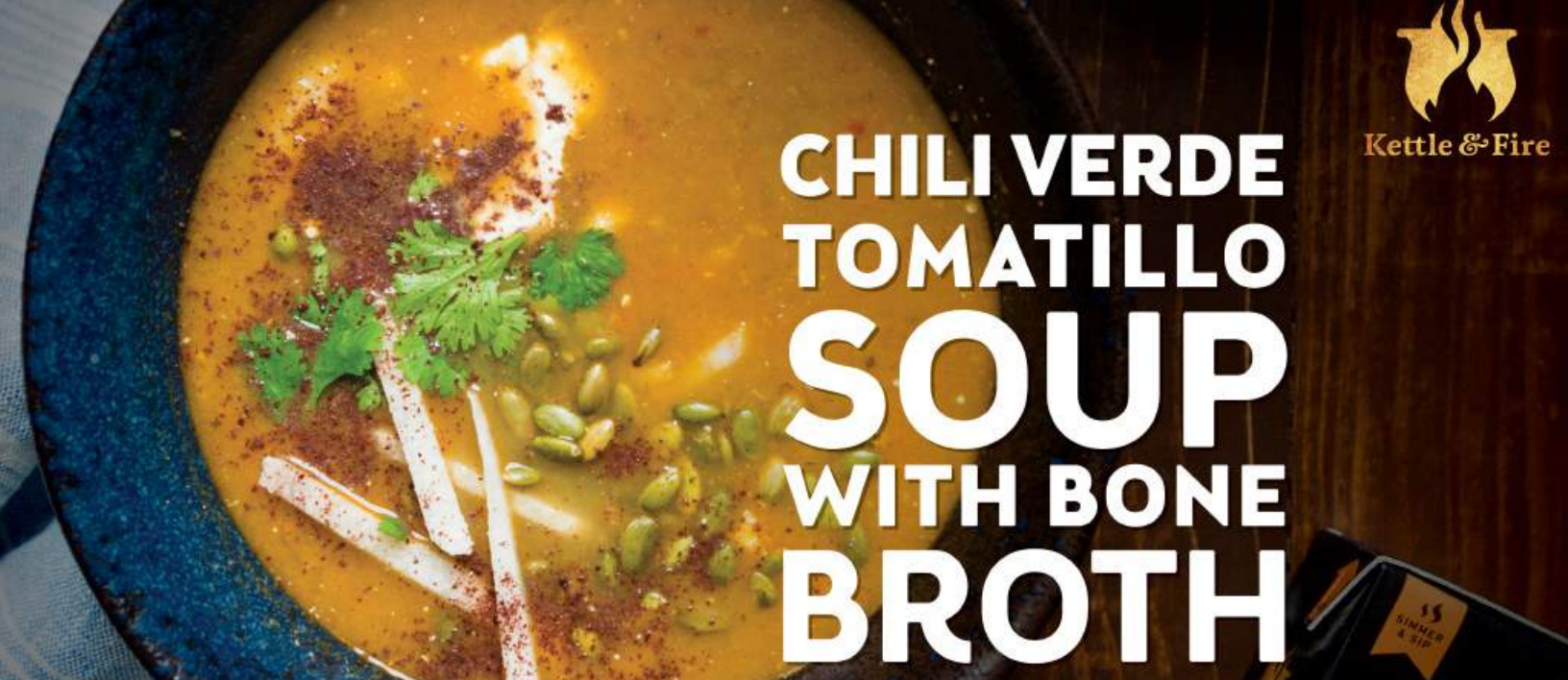
- 1 medium spaghetti squash
- 2 tablespoons ghee
- 1 pound grass- fed ground beef
- 1 leek, chopped from root to tip
- 2 teaspoons extra virgin olive oil
- 2 sprigs rosemary leaves, minced
- 2 sprigs parsley leaves, minced
- 2 sprigs oregano leaves, minced
- 2 sprigs sage leaves, minced
- ½ cup Kettle & Fire Beef Bone Broth
- 3 cups strained canned tomatoes
- 1 teaspoon raw apple cider vinegar
- Salt and pepper
- 2 tablespoons parmesan cheese optional



INSTRUCTIONS:

1. Set the oven to broil and place the whole spaghetti squash on a baking pan. Transfer to the oven, and broil for 15 minutes on one side. Then turn over and broil for another 15 minutes. You'll know it's done when it gives a bit to pressure. Remove the spaghetti squash from the oven and cut in half, taking care that the steam doesn't burn your hands.
2. While the squash is cooking, make the sauce. In a large sauce pan over medium heat, warm 1 tablespoon of ghee. Add ground beef and cook until just brown. Remove meat from pan and set aside.
3. Add 2 teaspoons extra virgin olive oil and the chopped leek to the pan and cook, stirring, until tender, about 3 minutes.
4. Add the meat back to the pan. Stir in half the herbs, bone broth, and strained tomatoes. Turn the heat to a simmer and cook for another 15 minutes. Then add apple cider vinegar and a generous pinch of salt and pepper to the sauce and stir to combine. Remove from the heat.
5. When the squash is cool enough to handle, remove the seeds and sprinkle a pinch of salt into each half. Fluff with a fork to remove the stringy part of the squash. Divide evenly into four large dinner bowls to create the "spaghetti."
6. Top each bowl of squash with about 1 cup of sauce and the remaining fresh herbs. Finish with cheese, if using.

Gluten Free | Paleo | Whole30 | SIBO Friendly



CHILI VERDE TOMATILLO SOUP WITH BONE BROTH

Prep time: 10 mins | Cook time: 25 mins | Total time: 35 mins | Servings: 2

Tangy tomatillos, mild green chili, and chicken cooked into a mushroom-infused bone broth.

INGREDIENTS:

- 1 pound tomatillos, husked
- 2 tablespoons olive oil
- Kosher salt
- 1 yellow onion
- 1 teaspoon sweet paprika
- 1 teaspoon ground garlic
- 1 teaspoon ground cumin
- ½ teaspoon dried Mexican oregano
- 1 jalapeno pepper, minced
- 2 cups Kettle & Fire Mushroom Chicken Bone Broth
- 2 cooked chicken breasts, shredded
- Freshly ground black pepper
- 1 lime
- 2 tablespoons shelled pumpkin seeds, toasted
- 4 sprigs fresh cilantro chopped
- 1 small jicama sliced into thin strips (optional)



INSTRUCTIONS:

1. Heat the oven to 400°F. Place the tomatillos on a sheet pan and drizzles with 1 tablespoon of the oil and a sprinkle of salt. Transfer to the oven and cook until tomatillos are soft and slightly roasted, 8 to 10 minutes.
2. Remove from the heat and let cool slightly. Then finely chop and set aside.
3. In a medium sauce pot over high heat, warm the remaining olive oil. Add the onion and a pinch of salt and cook until starting to soften, 4 to 6 minutes. Stir in the spices and jalapeno and cook until fragrant, 1 to 2 minutes.
4. Add the broth, chopped tomatillos and 1 cup of water. Bring to a boil, then reduce to a simmer. Cook, stirring occasionally, until slightly thickened, 3 to 4 minutes.
5. Stir in the shredded chicken and continue simmering until the sauce is the consistency of a thick stew, 6 to 8 minutes. Slice the lime in half. Juice one half and cut the other half into wedges.
6. Remove the stew from the heat, stir in the lime juice and season to taste with salt and pepper.
7. Serve in bowls. Garnish with the pumpkin seeds, cilantro, and jicama, if using.

Paleo | Gluten Free



CHICKEN TORTILLA SOUP

Prep time: 10 mins | Cook time: 25 mins | Total time: 35 mins | Servings: 2

Here's our twist on the classic Mexican tortilla soup recipe, which is rich in nutrients and collagen, thanks to the addition of Kettle & Fire Chicken Bone Broth.

INGREDIENTS:

- 1 teaspoon olive oil
- 1 small onion, chopped
- 1 garlic clove, minced
- ½ jalapeno pepper, chopped
- 1 cup fresh corn
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon cayenne powder
- 5 cups Kettle & Fire Chicken Bone Broth
- 1 medium tomato, chopped
- ¾ cup organic canned tomato sauce
- 1 cup cooked chicken breast, shredded
- 1 avocado
- 1 corn tortilla, sliced into thin strips
- ½ tablespoon cilantro, roughly chopped



INSTRUCTIONS:

1. In a large stock pot over medium heat, warm the olive oil. Add the onion, garlic and jalapeno, and cook until onions are translucent, about 5 minutes.
2. Add the remaining ingredients, minus the avocado, tortilla and cilantro. Turn the heat down to a simmer and cook, stirring occasionally, for 20 minutes.
3. While the soup cooks, crisp the tortilla. On a medium non-stick pan over high heat, add the tortilla strips and cook, stirring, until golden brown on both sides.
4. Pour the soup into large bowls and garnish with avocado, tortilla strips and cilantro.

Gluten Free



KETO BRUSSELS SPROUTS GRATIN

Prep time: 10 mins | Cook time: 25 mins | Total time: 35 mins | Servings: 4

This keto Brussels sprouts gratin recipe is full of healthy fats to help you meet your macros, satisfy your appetite, and stay in ketosis over the holidays.

INGREDIENTS:

- 2 tablespoons olive oil
- 1 large shallot, minced
- 2 garlic cloves, minced
- ½ pound Brussels sprouts, finely shredded or quartered
- 1 cup Kettle & Fire Mushroom Chicken Bone Broth
- 1 cup organic heavy cream
- 1 cup organic mozzarella cheese, shredded
- Kosher salt
- 1 pinch nutmeg
- ¼ cup pine nuts, finely chopped
- 4 sprigs thyme leaves, finely chopped
- 2 tablespoons grated parmesan cheese



INSTRUCTIONS:

1. In a large sauce pot over medium heat, warm the olive oil. Add the shallots and garlic and cook, stirring, until just soft, 2 to 3 minutes. Add the Brussels sprouts and stir to combine.
2. Add the bone broth to the pot and stir to combine. Cook until the Brussels sprouts are just soft, 3 to 5 minutes. Then stir in the heavy cream and cheese. Add the nutmeg and a couple generous pinches of salt. Cook until cheese is completely melted, 1 to 2 minutes.
3. Meanwhile, in a small bowl, combine the pine nuts, thyme and parmesan cheese. Add a pinch of salt and toss gently to combine.
4. Carefully divide the Brussels sprouts and cream mixture evenly between the four ramekins and top with the pine nut mixture.
5. Place ramekins on a sheet pan and transfer to the oven. Cook until the gratin is bubbly and the pine nut crust is golden brown, 10 to 12 minutes. Remove from the oven, let cool slightly and serve.

Keto | Gluten Free



THE EASIEST BEEF PHO RECIPE

Prep time: 5 mins | Cook time: 30 mins | Total time: 35 mins | Servings: 2

This classic vietnamese soup is already rich in antioxidants, vitamins, and minerals, and with the addition of beef bone broth, you get even more health benefits thanks to the beneficial protein, collagen.

INGREDIENTS:

- 4 cups Kettle & Fire Beef Bone Broth
- 1 inch-piece ginger, thinly sliced
- 1 onion, cut into quarters
- 2 cinnamon sticks
- 2 star anise pods
- 1 garlic clove, thinly sliced
- ¼ cup fish sauce
- 5 ounces rice noodles
- 7 ounces beef tenderloin, sliced paper thin
- ¼ cup fresh mint leaves
- ½ lime
- 1 green onion, chopped



INSTRUCTIONS:

1. In a large pot over medium heat, add beef bone broth, ginger, onion, cinnamon, star anise, garlic and fish sauce. Bring to a boil, lower heat and let simmer for 20 minutes.
2. Strain the broth to remove and discard all ingredients, and return strained broth to the pot.
3. Over medium heat, bring the broth to a boil and add the noodles. Cook until the noodles are soft and translucent, about 10 minutes. Immediately remove from the heat and split the noodles and broth evenly between two bowls.
4. Place raw beef fillet slices into the pho. It should cook immediately. Garnish with fresh mint, lime and green onion.

Gluten Free



VEGGIE CURRY OVER QUINOA

Prep time: 10 mins | Cook time: 45 mins | Total time: 55 mins | Servings: 2

A nourishing, aromatic curry full of anti-inflammatory veggies, herbs, and spices is one of the easiest (and most delicious) ways to support your health.

INGREDIENTS:

- 1 tablespoon coconut oil
- 1 garlic clove, minced
- 1- inch piece ginger
- 1 green onion, finely chopped
- ¼ cup Kettle & Fire Beef Bone Broth
- 2 medium zucchini, chopped
- 2 small sweet potatoes, peeled and cubed
- 1 400 ml can light coconut milk
- 2 tablespoons garam masala
- 1 pinch sea salt
- 1 pinch freshly ground black pepper
- 2 tablespoons chopped parsley
- ¾ cup cooked quinoa



INSTRUCTIONS:

1. In a saucepan over medium heat, melt coconut oil. Add garlic, ginger and green onion and cook until onion is soft and translucent, about 5 minutes.
2. Add bone broth, zucchini, and sweet potato to the pot with the onions. Cook, stirring occasionally, until the vegetables are tender, about 25 minutes.
3. Meanwhile, in a separate small saucepan over low heat, warm coconut milk and garam masala, salt, and pepper. Cook, stirring frequently, until fragrant, about 15 minutes.
4. Add the spiced coconut milk to the pot with the vegetables. Add parsley, and stir to combine.
5. Turn the heat to low, cover, and simmer for about 10 minutes longer. Remove from heat and discard the piece of ginger.
6. Place quinoa on a plate and top with curry. Garnish with extra parsley or cilantro and enjoy!

Gluten Free | Gut Friendly



HEARTY BONE BROTH CHICKEN NOODLE SOUP

Prep time: 10 mins | Cook time: 20 mins | Total time: 30 mins | Servings: 4

We've upgraded the nutritional value of this hearty chicken noodle soup by using collagen-rich bone broth instead of regular stock or broth.

INGREDIENTS:

- 2 tablespoons ghee
- 1/3 cup chopped onions
- 1/3 cup chopped celery
- 2/3 cup chopped carrots
- Kosher salt to taste
- 4 cups Kettle and Fire Chicken Bone Broth
- 5 ounces cooked chicken breast, chopped
- 5 ounces egg noodles
- 1/4 teaspoon dried oregano
- 2 fresh basil leaves



INSTRUCTIONS:

1. In a large pot over medium heat, melt ghee.
2. Add onions, celery and carrots and a pinch of salt to the pot and let cook until tender, about 5 minutes.
3. When the vegetables are tender, add chicken bone broth, chicken breast, egg noodles, oregano and basil leaves.
4. Bring soup to a boil, then reduce the heat and let simmer until all the flavors have melded, about 20 minutes. Season with salt, to taste.
5. Serve on a cozy day at home.



PUMPKIN COCONUT SOUP W/ BONE BROTH

Prep time: 5 mins | Cook time: 10 mins | Total time: 15 mins | Servings: 2

Curling up with a bowl of this comforting, creamy, spiced pumpkin soup makes heading into the colder months much easier.

INGREDIENTS:

- 1 cup Kettle and Fire Chicken Bone Broth
- ½ cup coconut milk
- 1 can pure pumpkin
- ½ teaspoon ground ginger
- ½ teaspoon paprika
- ½ teaspoon ground nutmeg
- ½ teaspoon garlic powder
- ½ teaspoon cinnamon
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon sour cream, optional
- 1 tablespoon pumpkin seeds roasted (optional)



INSTRUCTIONS:

1. In a large pot over medium heat, add chicken bone broth, coconut milk, pumpkin and spices.
2. Bring to a boil, then reduce the heat and let simmer for 10 minutes, stirring occasionally.
3. Serve in small bowls. Garnish with sour cream and pumpkin seeds.

Paleo | Keto | Gluten Free



Kettle & Fire

CREAMY MUSHROOM CHICKEN RISOTTO

Prep time: 15 mins | Cook time: 45 mins | Total time: 1 hour | Servings: 4

The flavor and nutritional value of this risotto has reached the next level with the addition of Mushroom Chicken Bone Broth, made with slowly simmered bones, portobella mushrooms, and the powerful medicinal herb, lion's mane mushroom.

INGREDIENTS:

- 4 cups Kettle & Fire Mushroom Chicken Bone Broth
- 1 tablespoon olive oil
- ½ onion, finely chopped
- 1 tablespoon grass-fed butter
- 2 sprigs thyme, leaves removed
- 1 fresh bay leaf
- ½ pound crimini mushrooms
- 1 cup Arborio rice
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup parmesan, freshly grated
- ½ cup frozen peas, thawed
- 1 tablespoon parsley, roughly chopped



INSTRUCTIONS:

1. In a medium pot over high heat, bring the bone broth to a boil. Once the bone broth is boiling, lower the heat to a simmer.
2. In a separate large pot, warm the olive oil over medium heat. Once the oil is shimmering, add the onion to the pot. Cook, stirring occasionally, for 5 minutes, or until the onions are translucent.
3. Add ½ tablespoon of the butter, thyme, bay leaf and mushrooms. Cook for 5 more minutes, or until mushrooms are soft. Transfer the ingredients from the pot to a bowl and set aside.
4. Using the same pot, melt the remaining butter over medium heat and add the arborio rice. Stir until the rice is fully coated in the butter. Then add salt and pepper.
5. Using a measuring cup, pour 1 cup of the heated mushroom chicken bone broth into the pot with the rice. Cook until the rice has absorbed the broth, and repeat with the remaining broth, 1 cup at a time, after the broth has been absorbed or the rice is al dente, about 25-30 minutes.
6. Add the mushroom mixture into the pot with the rice and broth, and stir in the parmesan and peas. Garnish with parsley.

Gluten Free



CHAPTER 12:

Bone Broth General FAQs

Is there a difference between bone broth and regular broth or stock?

Yes, there is a difference.

On the simplest level, regular broth isn't simmered with bones for an extended period of time, so it won't contain the collagen and gelatin that gives bone broth such incredible health benefits. To clear up the confusion, we've created an entire post on the blog that explains all of the [differences between bone broth and regular broth or stock](#).

Most importantly, you must use true bone broth sourced from grass-fed or pasture-raised animals on the bone broth diet.

How much bone broth can you drink per day?

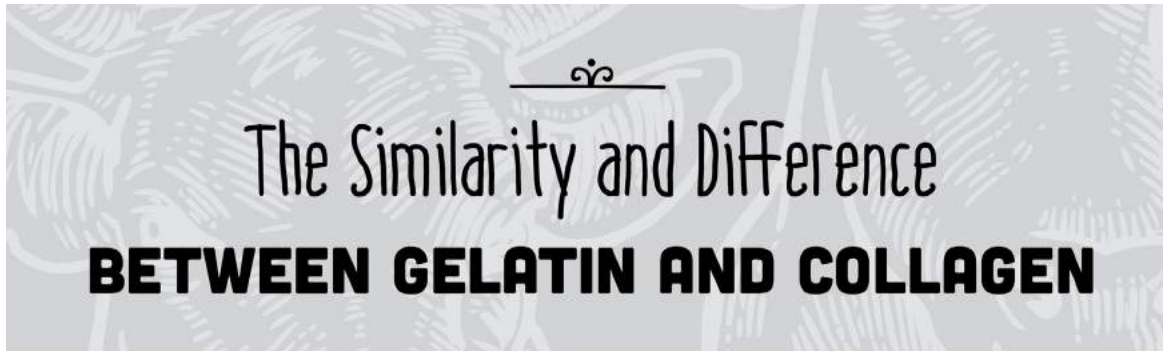
1-1 ½ cups of bone broth per day is an ideal serving for the average healthy individual. If you're drinking bone broth for therapeutic reasons (for example, to help with joint pain and inflammation) then we recommend consulting with a qualified healthcare practitioner to find out the appropriate recommendation for your unique needs.

Do you have to use grass-fed or organic bones to make bone broth?

We always say "killer bones = killer broth." In other words, your broth can only be as nutritious as the bones it's made from. Choosing organic chicken bones or grass-fed beef bones that aren't treated with hormones or antibiotics maximizes the healing potential of your broth and may also yield more collagen.

What's the difference between collagen and gelatin?

Gelatin is simply the cooked form of collagen. Both collagen and gelatin come from the same source (bones and connective tissue), have an identical nutrient profile, and are extremely good for you. But there are a few key differences between the two.



	GELATIN	COLLAGEN PEPTIDES (HYDROLYZED COLLAGEN)
Amino Acid Profile	Identical (18 amino acids, 8 out of 9 are essential)	
Sourced From	Skin, Bones, Connective Tissue	
How it's Processed	Step 1: Made by breaking down full length collagen molecules Step 2: Bones are boiled, then turned into a powder using partial hydrolysis	Step 1: Made by breaking down full length collagen molecules Step 2: Gelatin is processed more aggressively using hydrolysis to form short chain peptides
Composition	Long chain of amino acids	Short chain collagen peptides
Texture	Brittle when dry, hot water soluble, gels when mixed with liquid	Similar to a fine protein powder, mixes easily with hot or cold liquids, does not gel
Taste	Flavourless	
Uses	As a thickener in recipes (ex.: homemade jello, soups, gravy, gummy bears, custards)	Can be mixed with anything



[We've also answered this question in-depth on our blog.](#)

How often should you eat or drink bone broth to experience the health benefits?

Assuming the only change you're making to your diet is adding bone broth, consuming 1 to 1 ½ cups per day is ideal for the average healthy individual to experience more sustained energy, improved sleep quality, and fewer snack cravings.

A great way to add bone broth to your routine is by having $\frac{3}{4}$ of a cup in the morning (which promotes longer-lasting energy) and another $\frac{3}{4}$ of a cup as a "nightcap" to help with sleep and nighttime cravings.

Some people notice an improvement in their symptoms within a few days (for example, less joint pain and fewer digestive symptoms), while others who already have a generally healthy diet and aren't experiencing any particular health symptoms may take longer to experience the benefits (anywhere from one to six weeks).



For questions specifically regarding Kettle & Fire Bone Broth, [visit our FAQ's page on our website.](#)



OUR PRODUCTS



**BEEF
BONE BROTH**

**CHICKEN
BONE BROTH**

**MUSHROOM CHICKEN
BONE BROTH**

**HEALTHY
MISO SOUP**

**HEALTHY BUTTERNUT
SQUASH SOUP**

**HEALTHY
TOMATO SOUP**



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