

Why Bone Broth

The Benefits of Bone Broth Explained

"Let food be thy medicine and medicine be thy food"

Hippocrates, the father of medicine

The simple goodness of the bone broth

In essence, bone broth is simply a savoury liquid made from brewed bones and connective tissue, typically from beef or chicken. The highly nutritious elements of the bone, such as amino acids, gelatin, glucosamine and minerals, are infused into a hearty and tasty liquid that's easy to digest.

Bone broth, like stocks, can be used as a flavourful and nutrient-rich addition to many recipes, soups, sauces and gravies, or as a healthy and easy-to-prepare liquid snack.

Good for everybody

Bone broth contains important nutrients, particularly vitamins and minerals such as calcium, magnesium and phosphorus, which make it a beneficial dietary supplement for anybody. Think of it as a natural vitamin and mineral pill in liquid form.

High-quality natural bone broths are particularly powerful in nourishing the body to help fight illness and build up the immune system. The high protein content in combination with other essential nutrients helps repair the body, so it's a great dietary addition for bodybuilders and athletes.

Good for the body, good for the mind

Some of the common health benefits attributed to bone broth include:

Bone and joint strengthening – Bone broth is a source of gelatin that breaks down into collagen in the body. This is particularly important for protecting your joints from stress or damage. The compounds found in bone broth can also help suffers from osteoarthritis.

Muscle building and repair – Bone broth is an excellent source of essential protein for muscle repair and building.

Weight loss and metabolism management – Bone broth may help people lose weight. With its high protein content, it helps the body feel fuller for longer and supports calorie restriction.

Anti-inflammatory and healing properties – evidence suggests anti-inflammatory amino acids present in bone broth, such as glutamine. May also be helpful in aiding digestion and may help people suffering from inflammatory bowel disease or leaky gut syndrome.

Immunity enhancement – The high vitamin and mineral content of bone broth makes it an ideal daily health tonic. If your immunity is low or you are battling the onslaught illnesses such as cold or flu.

Gut health – Gut health is one of the health topics of the moment, and for good reason. There's good evidence to suggest that the gut has a direct link to the brain. Your gut health can have a direct effect on your mood as well as your general health.

Improved sleep and relaxation – Studies have shown that the amino acid glycine. Which is present in bone broth is a safe therapeutic option for improving sleep and reducing fatigue during the day.

The building blocks of good health

Here are some of the important nutrients you'll find in a good quality bone broth and how they help promote good health.

Collagen – The cooking process turns collagen into gelatin that provides the body with amino acids – the building blocks of proteins. Collagen holds the body together, plumps skin, lubricates joints and builds muscle barriers to protect the body from pathogens.

Proline – An anti-inflammatory amino acid that builds healthy cartilage.

Glycine – An anti-inflammatory amino acid that is vital for wound healing. The liver also requires it to produce the antioxidant glutathione.

Glutamine and Arginine – These amino acids keep the gut lining healthy and well equipped to heal in the face of constant challenge. They are known to relieve colitis and benefit brain health.

Threonine – This is biogenic amine vital for keeping the gut lining in good health.

Glycosaminoglycans – Known as GAGs for short (including hyaluronic acid, chondroitin, glucosamine, chondroitin and keratan sulphate), these are hydrophilic (water-attracting) proteins. They lubricate, cushion and protect cartilage and joints, support collagen and elastin production, benefit skin, hair and nails, as well as the intestinal lining, and make up joint fluid – the body's shock absorber.

Bone Marrow – This is the nutrient-dense component of bone that generates stem and blood cells.

Minerals – The essential minerals found in bone broth include calcium, phosphorus, magnesium, sulphur, sodium and potassium.

- **Calcium** – Is essential for growth and development of children and adolescents, as it maintains strong bones and teeth, while also assisting in muscle contractions, nerve stimulation's and regulating blood pressure.

- **Phosphorus** – It works with calcium to help build bones. You need the right amount of both calcium and phosphorus for bone health. Phosphorus also plays an important structural role in nucleic acids and cell membranes. And it's involved in the body's energy production.

- **Magnesium** – This is required for the proper growth and maintenance of bones. Magnesium is also required for the proper function of nerves, muscles, and many other parts of the body.

- **Sulphur** – Of the 20 amino acids present in foods, only two contain sulphur. Neither are stored in your body, so ingesting foods containing sulphur is the way to keep your system balanced.

- **Sodium** – This is one of the body's electrolytes, which are minerals that the body needs in relatively large amounts. Most of the body's sodium is in blood and in the fluid around cells. Sodium helps the body keep fluids in a normal balance.

- **Potassium** – This is one of the most important minerals in the body. It helps regulate fluid balance, muscle contractions and nerve signals.

The better the preparation, the better the benefits

How the bone broth is prepared and packaged is crucial for maintaining the greatest nutritional benefits. You can find out more about how we prepare and package Australian Bone Broth to seal in the goodness,

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