

Almond

I make a lot of venison bone broth every year. I believe it is higher in nutrients than domestic meat because wild animals have good instincts if they are allowed to browse. It is a fact that the meats are usually higher in minerals. (That does not say much for commercial feed.) I think most wild animals are also healthier and hardier than feedlot animals. I use the bone broth as a bouillon substitute when making soup. I also use miso as a base for some soups. The secret to making good soup is to first balance the salty and sweet flavors.

I esp. like to include a generous splash of wine and also loveage in my soups. I often save pan drippings for making soup, esp. if I cook a roast in a crock pot--which means adding equal amounts of water and wine to at least cover the roast halfway up the sides. Sprinkle heavily with black pepper and more lightly with mustard powder and garlic. Top with sliced onion and cook as usual. Heart is esp. good this way. Slice leftovers thinly for cold sandwiches the next day.

Posted On 04/08/2024

Guillermou

It must be delicious!!!, Almond. Many critics claim that one of the places where there is the most varied and complete gastronomy in the world is in the Basque Country. Innovation and excellence in the Basque Country also extends to haute cuisine, where there is the highest concentration of Michelin stars per capita in the world. Bone broth from the famous chef Arguiano is also a perfect option. With its intense flavor and full of nutrients, this broth is ideal for fighting the cold and taking care of your health. Discover how renowned chef Karlos Arguiano has created a unique recipe full of flavors that will make you want to repeat again and again. Get ready to enjoy a traditional dish with a modern touch that will leave you completely satisfied.

Don't miss this opportunity to taste Arguiano's incredible bone broth!----- Ingredients for Arguiano Bone Broth: -----2 kg of beef bones -----1 large onion -----2 carrots -----2 leeks -----2 sticks of celery ---- -1 tomato -----4 cloves of garlic -----1 bay leaf -----Salt to taste ---- Black pepper to taste -----Water--- FAMOUS RECIPES OF SPANISH CUISINE www.larecettedujour.org/.../spanish

Posted On 04/08/2024

dpm39560

I had never heard of "loveage" before. So I had to go look it up. Here's what I found: Loveage (*Levisticum officinale*) is a perennial herb that belongs to the celery family Apiaceae. It has the following characteristics: Appearance: Tall plant with thick stems, bright green feathery leaves, and small yellow-green flowers. Flavor: It has a distinct flavor that is celery-like but more intense, with curry or mustardy notes. Use: The leaves, stems and seeds are all edible and have culinary uses. Common in European, Middle Eastern and Indian cuisines. Often used to flavor soups, stews, meat dishes, pickles, and even some beverages. Dried loveage leaves can be used as an herb seasoning. Provides a warm, slightly bitter flavor when used fresh or dried.

Posted On 04/08/2024

Krofter

I agree Almond. Wild is best. Home pastured is second best. This winter I've had bones from native mule deer, from my own pastured pigs, from local public land, range grown cattle and from legally hunted mountain lion. At times I've had bones from all four in my stock pot at the same time. I like to use Bay leaf in my stock. I use a large, very heavy, enameled cast iron, French stock pots. I recommend it.

Posted On 04/08/2024

Almond

dpm and all... Loveage can be substituted for celery--it is much sweeter, more aromatic and more flavorful. I chop the leaves to add to recipes--there are a lot of leaves. 1/8 c. of chopped loveage leaf can be substituted for 1 c. of sliced celery. Also, good mixed with lettuce for salads. I save the tough stalks for simmering in soup stocks. I don't remember all the properties, but recall it is esp. helpful for post-menopausal women and older men. Supportive of hormones and cardiovascular. Like rhubarb, it takes about 3 years to go into production, but is a perennial. It will die back and get buggy by late July--this is normal--so layer some between waxed paper and freeze it for winter. (Dried is not as good.) Grab only what you need from the freezer as it thaws and wilts quickly.

Frozen loveage is only good in cooking. Dried and crumbled leaf could be added to salad dressing, instead of salad greens, in winter... assuming you have a greenhouse or window box. I have never used it as a tea, but imagine it would be good with cucumber and lemon, iced. You can find images online. I grow mine in partial shade, although I understand it likes sun. Once you try it, you will never want to be without it. Sometimes, I will put stalks in a vase over the kitchen sink just for the aroma. If I could have only one culinary herb, this would be it. (Other than garlic.) Thyme is another favorite as it goes well with game meat.

Posted On 04/08/2024

Almond

Krofter... I have never eaten mountain lion. What can you tell me about flavor and cooking it? Is it good meat? Do you need to take it off the stove before fully-cooked, like venison? I have never checked the laws about hunting them, but could maybe get a permit for destruction as a landowner. I understand they eat mostly fawns--and a lot of them. I found the skeleton of a fawn yesterday. I am protective of my deer herd, so might consider hunting cougars. I'd just as soon not have them on my land at all, though, as they creep me out. They are so silent and can be on you so fast.

I recall one year when I was out hunting and turned around to head home because of a blizzard moving in. One minute behind me, there were grizzly tracks in the snow and 3 minutes behind him, cougar tracks. Some of the cougars I did see looked exactly like a circus lion, about 6' long. I never returned to that area. It did not help that the narrow mountain road had no guard rails. back in those days, we did not even have decent outdoor clothing. We wore wool long johns (and several layers of clothing) under insulated carhart coveralls that we sprayed with silicon to keep out the wet snow.

And greased our regular work boots heavily. We were a lot younger and tougher back then, too. Also, a much better shot, even though I am not a bad shot now. There were evenings when we would hear a cougar screech down by the creek and know a cougar had found his dinner. I would never hunt cougar alone. I've also been nose-to-nose with a griz. each of us was as startled as the other. Neither of us moved for the longest time. It was the 3 longest bowel-loosening moments of my life. At least he was smaller and well-fed, so I did not turn out to be his next meal.

Posted On 04/08/2024

Krofter

In a word mountain lion meat is gamey. So is bobcat meat (which have taken many of my chickens over the decades.) As one might think, it's also quite tough. So I tend to cook it down quite a bit to get it tender enough to chew and digest. I had a close encounter with a lion maybe 20 years ago. I had just gone to bed and was just dozing off when I heard my alpacas make a ruckus like I'd never heard them make before. I immediately jumped out of bed and ran the 50 yards up to the alpaca night pen. Mind you, I was naked and barefoot. I got up to the gate of their night pen and noticed in the waning light that they were all crowded up in the north side of the pen.

I looked to the south side and noticed a mountain lion standing about 15 feet away from me - on the other side of the fence. We looked at each other for what seemed like an eternity. Then the lion turned and wandered off up the hill. I never saw it again. Some months later I saw tracks of a jaguar in the mud on my dirt driveway. I have Tom Brown's tracking book so I was able to determine it was jaguar, not mountain lion.

Posted On 04/09/2024

Almond

Krofter... Sounds like an excellent meat for canning (burger, stew meat) or sausage. I'll try it if I get some. I see notes about cooking it thoroughly.

Posted On 04/09/2024

stoneharbor

As we often discuss longevity, possibly college is the primary nourishment to focus on for a more pain free long life. There is probably not a week that goes by that I don't meet one of my fellow seniors who states they are scheduled for some kind of joint replacement or repair. If I know them somewhat, I take this as a cue to suggest bone broth, but of course, I am making my suggestion too late for their particular case to save them the surgery. It's just amazing what a huge amount of money spent on surgery could be saved if people just began making bone broth immediately no matter what age they are.

On another angle, not many people have any complaint about a lack of collagen in their fascia, the less heralded form of connective tissue in the body, but fascia is heavily dependent on collagen as well as sufficient hydration for good functionality: wellnessspecialty.com/fascia-and-nutrition-these-foods-strengthen-the-.. One can also look at fascia as a "flow" augmentation media: fasciaguide.com/.../fascia-as-a-flow

Posted On 04/08/2024

stoneharbor

Another complaint I hear people mention often as they get older is "Arthritis". To me, this just is another way of saying they are short on collagen in their diet. In my case, I started feeling lower back pain every morning when I got out of bed and that was 20 years ago, so I started taking glucosamine for the back pain and also knee pain from playing a lot of tennis. But once I discovered what a great relief from joint pain I got from making bone broth about 15 years ago, I just quit the glucosamine supplement and relied on the bone broth which totally removed my lower back pain that I would have now been suffering with for 20 years. And of course the bone broth almost totally removes my joint pain unless I really over exert at Tennis.

Posted On 04/08/2024

Guillermou

Bone is a mixture of mineral crystals held in an organic collagen matrix. Without collagen, bones would be extremely brittle and break easily. As we get old, keeping healthy and flexible bones is extremely important, as the risk of bone fracture doubles every ten years. Collagen intake is perceived by bone cells as if the body was losing its own collagen triggering production. The result is higher synthesis of collagenous bone matrix. In a clinical study 180 participants with reduced bone mass were given either collagen peptides or a placebo for 12 months. Mass density in the spine and femoral neck were measured. When the study concluded, subjects in the experimental group showed a pronounced increase in bone mineral density compared to the placebo group.

Collagen peptides are a relatively new product in the market. As more clinical studies are conducted, it is becoming more evident the crucial role of collagen in the body and its importance in healthy aging. Drinking collagen peptides is proving to be so good for the body, that as more people discover the benefits, it will most likely become a staple to any healthy diet. The benefits of collagen peptides in joints have been proven in a plethora of studies. In fact, the medical journal of arthritis gathered all studies on that specific topic and concluded that collagen intake reduces pain and increases physical mobility in patients suffering from joint disease.

Posted On 04/08/2024

Guillermou

New studies have shifted their focus to athletes, as they are more prone to joint injuries. At Penn State University, 147 athletes were divided into two groups. One group received a specific type of collagen peptide, while the rest had a placebo. Athletes drinking collagen peptides for 24 weeks had a statistically significant increase in mobility and pain reduction. A different study done by McAlindon in conjunction with Harvard University, actually took cartilage tissue scans and concluded that collagen intake increases cartilage mass. Collagen consumption is beneficial for joints, though it is important to not forget the role of exercise.

Joint cartilage degenerates with age, and exercise is key to keep joints supplied with liquids and nutrients. [beshainc.com/blogs/news/what-are-the-benefits-of-collagen-peptides?gad..](https://www.beshainc.com/blogs/news/what-are-the-benefits-of-collagen-peptides?gad..) ..-----

----- Osteoarthritis (OA) is becoming one of the most common joint conditions due to the increase in life expectancy, representing today an important socioeconomic and public health problem. OA is characterized by the progressive inflammation and destruction of articular cartilage, affecting any joint, although it is more common in the knee, hip, spine and interphalangeal joints, causing pain, functional limitations and reduced quality of life.

Gelatin is probably the most common form on the market, but no biological function for joint health has been described. However, it has excellent physical and mechanical properties such as low solubility and proper handling, mainly because it is composed of a mixture of peptides with different molecular weights. Therefore, gelatin is widely used in the manufacturing of different food systems, such as capsules and films.

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Guillermou

Hydrolyzed collagens are composed of amino acids and peptides of variable length (including dipeptides and tripeptides) that resist the intracellular hydrolysis process, preventing their degradation by peptidases and systemic hydrolytic enzymes. Thus, hydrolyzed collagen peptides have a high bioavailability that allows them to reach the bloodstream, accumulating in the cartilage tissue and inducing the synthesis of cartilage ECM, stimulating chondrocytes. The differences in the mechanisms of action described for native and hydrolyzed collagens could even theoretically justify a possible combination of both types of collagens to explore complementary effects.

Type II collagen (the major protein in articular cartilage) has been shown to be a potential source of autoantigens in OA. Consequently, oral tolerance to type II collagen could theoretically have a positive impact on the control of inflammation in OA. Indeed, the efficacy of oral administration of low doses of native collagen type II has been demonstrated in animal models of OA, such as the rat model of monoiodoacetate (MIA)-induced OA. In this model, oral administration of native chicken type II collagen (1 to 10 mg/kg) reduced joint pain, decreased plasma concentration of inflammatory cytokines (TNF α , IL-1 β), and reduced cartilage degradation, as demonstrates a reduction in the plasma concentration of inflammatory cytokines (TNF α , IL-1 β).

C2C levels. Hydrolyzed collagen has been shown to contain biologically active peptides that can reach joint tissues and exert chondroprotective effects. There are preclinical and clinical studies that demonstrate the safety and effectiveness of ingredients containing native type II collagen or hydrolyzed collagen. However, available research suggests a clear link between the chemical composition/structure of collagen ingredients and the mechanism of action/efficacy.

www.mdpi.com/.../1332 (2023).--

Posted On 04/08/2024

Guillermou

Green Lipped Mussel Extract is a food supplement based on mussels in the form of a pure extract, very effective in having flexible joints, improving mobility, supporting inflammatory conditions and relieving joint pain. The green-lipped mussel, known as Green-Lipped Mussel in English, has an enormous wealth of glycosaminoglycans, a type of biomolecules with a structural function present mainly in the connective, epithelial and bone tissue, as well as in the intercellular medium. These include, among other things, glucosamine, chondroitin-4, and chondroitin-6 sulfate. These natural building blocks support the construction and repair of damaged cartilage. Likewise, the green lip mussel offers a broad spectrum of omega-3 fatty acids: EPA, DHA, ALA, SDA, DPA and ETA.

Green-lipped mussel may assist in processes related to inflammation, thereby supporting joint well-being and flexibility and providing nutrients for cartilage. Green-lipped mussel significantly improved knee joint pain, stiffness, and mobility. We reported for the first time that GLM extract administration also significantly improved gastrointestinal symptoms by 49% in patients with OA.

journals.plos.org/plosone/article?id=10.1371/journal.pone.0280601 (2023).---

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www.sciencedirect.com/science/article/abs/pii/S1096495907001522 (2007)

Posted On 04/08/2024

Guillermou

An effective combination for joints: Glucosamine + Chondroitin + MSM and standardized plant extracts: Turmeric, Boswellia serrata and Black Pepper and magnesium. As Dr. Mercola has reported, sulfur is necessary for proteins to maintain their shape, and these bonds determine the biological activity of proteins. Sulfur is also necessary for the proper structure and biological activity of enzymes. Excellent sources of sulfur include homemade bone broth, organic free-range eggs, grass-fed meat, seafood, cruciferous vegetables, and vegetables from the allium family, such as onion and garlic. Sulfur can also be obtained through MSM supplementation or taking Epsom salt baths.

MSM is widely used in the treatment of pain, especially pain related to arthritic conditions. Research has shown that it can significantly reduce pain and improve physical function in patients with knee osteoarthritis. Methylsulfonylmethane (MSM) is known as a sulfur donor, providing about 34% elemental sulfur by weight. Many of the benefits of MSM supplements are related to its ability to reduce inflammation, regulate the balance of reactive oxygen species and antioxidant enzymes, and modulate your immune response. As a supplement, MSM is widely used in the treatment of pain, especially pain relat

Posted On 04/08/2024

juststeve

Once again, so simple a thing affords a form, foundation of Real Wealth - this case Health, and doesn't feed Dis-ease and Profit\$.

Posted On 04/08/2024

juststeve

Just the gut speaking but heal the gut & keep it healthy along with Biodynamic Organic sourced food. Even those finding themselves stuck with Processed Fare, one would expect doing so would likely reduce the offenders of CAFO, and Syn - Sin - Farmed Fare from doing as much damage as they could be capable of. Heal the Gut and find your personal Goldilocks Zone for food combinations and their timing.

Posted On 04/08/2024

stoneharbor

Thanks Just. I had always thought of bone broth as beneficial for joints, connective tissue and skin. But never realized that it is also a benefit to our gut. You and Doctor Mercola bring this to mind and I become excited since there's nothing I wouldn't do to help my gut since it is such an important part of a happy end disease-free Condition. I must read more on the benefits of collagen to our digestive system.

Posted On 04/08/2024

Guillermou

In this sense of promoting the entry of collagen and its formation, fish, especially its skin and scales, are an excellent source of collagen. Collagen derived from fish, known as marine collagen, has high bioavailability. Marine collagen is primarily composed of type I collagen, which promotes the health and elasticity of skin, bones, tendons, and other tissues. For those following a Pescatarian or semi-vegetarian diet, fish offers a viable option for obtaining collagen naturally, providing a good alternative to beef or chicken. Oysters, although less common in collagen discussions, play a vital role in collagen production. It contains a lot of zinc which is a fundamental component in the creation and repair of collagen, promoting skin health and healing.

Additionally, oysters are rich in amino acids such as glycine and proline, the main components of collagen proteins. Also consider broccoli and berries rich in vitamin C blueberries, raspberries, strawberries or blackberries. They are all a great way to add vitamin C to your diet, a nutrient that helps your body produce collagen. It does not need to be consumed at the same time as collagen-rich foods or collagen supplement. Including both in your diet throughout the day is enough. Low doses of aloe increased collagen content in the dermis layer of the skin (the middle layer).

One study claims that a daily oral intake of 40 micrograms of aloe helped increase skin barrier function, moisture and elasticity. Garlic does not contain collagen itself, but it contributes to collagen production in the body. Garlic is rich in sulfur, which may play a role in collagen production and prevent its breakdown in the body. Garlic also contains taurine and lipid acid, compounds that help rebuild damaged collagen fibers. BEST FOODS TO EAT FOR A COLLAGEN BOOST

www.eatingwell.com/article/7896640/best-foods-to-eat-for-a-collagen-bo.. .--

www.health.com/foods-high-in-collagen-7972020 .--

Posted On 04/08/2024

Guillermou

Collagen promotes heart health by providing structure to arteries, the vessels that carry blood from the heart throughout the body. Without adequate structural support, arteries become weak, stiff, and inflexible, which is linked to an increased risk of cardiovascular disease, heart attacks, and strokes. Some research suggests that collagen may keep arteries healthy and strong. In a small study, people who took a collagen supplement with breakfast and dinner (for a total of 16 grams per day) showed a significant reduction in arterial stiffness.

Another study found that 2.5 grams of collagen per day had similar effects in reducing arterial stiffness. Several indicators of premature atherosclerosis have been described. The ratio between low-density lipoprotein cholesterol (LDL-C) and high-density lipoprotein cholesterol (HDL-C) (LDL-C/HDL-C ratio) indicates the balance between the two types of cholesterol associated with events cardiovascular. The LDL-C/HDL-C ratio is reported to have utility as a predictor of carotid intima-media thickness (IMT). Furthermore, plaque area increases rapidly when the LDL-C/HDL-C ratio becomes >2.5.

In healthy people, correlations have been observed between the LDL-C/HDL-C ratio and risk factors for atherosclerosis. Collagen provides structure to arteries, which keeps blood flowing to and from the heart. The results of the present study indicate that the collagen tripeptide CTP contributes to the prevention and treatment of atherosclerosis in healthy humans. www.yahoo.com/lifestyle/heart-boosting-benefits-collagen-may-201246995.. (2022).----- www.ncbi.nlm.nih.gov/.../PMC5429168 (2017).--

Posted On 04/08/2024

5 BENEFITS OF COLLAGEN FOR LEAKY GUT SYNDROME.----- 5 benefits of collagen for leaky gut syndrome.----- 1. Collagen can repair the stomach and intestinal lining One of the biggest draws of collagen supplements is the amino acid content. Certain amino acids, such as glycine and proline, have the ability to strengthen and even heal tissues in our bodies. These two amino acids are also two of the main amino acids that make up collagen. This is one of the reasons why collagen is used in the medical field for post-operative healing. ----2. Collagen could prevent intestinal inflammation Similar to its repair capacity, collagen's complex array of amino acid contents may also help prevent intestinal inflammation.

Glutamine is the star amino acid in collagen's ability to combat the inflammation that causes leaky gut. It targets inflammation associated with the opening of tight junctions due to oxidative stress in the intestine. ----3. Collagen provides structure and support to your gastrointestinal system Collagen is an essential supplement for the support, structure and regulation of the production of body tissues. This includes organs in our digestive system. Collagen can help heal leaky gut symptoms, but it can also provide necessary nutrients. It supports everything our digestive system needs when it's in trouble. Extra support gives our bodies the time and resources we need to fix things and get back on track.

Posted On 04/08/2024

Guillermou

---4. Collagen may improve nutrient absorption One problem with leaky gut syndrome is trying to compensate for nutrient loss. Since our tight junctions are opening, we allow toxins and food particles to escape, but we also allow valuable nutrients to escape through our intestinal lining. Collagen is a hydrophilic molecule. This means that it has an attraction to water and acid molecules. So when we eat collagen, it will bind to water and stomach acid. By surrounding itself with these molecules, collagen helps break down the food we eat. By moving through our gastrointestinal tract and retaining water, the contents can move more smoothly and at a faster rate. The result of this process is more efficient digestion.

And, when we can digest our food more effectively, fewer particles will be lost as they move through our intestines. When fewer particles are lost, there is less chance of them leaking into the bloodstream. ---5. Collagen can increase amino acid production Collagen protein has an impressive amino acid profile of 19 different types. With the introduction of more amino acids into our body, our digestive system becomes much healthier. The healthier our body is, the better it will start to function. All of this means that as we improve our health with collagen, our bodies will begin to regain their natural production of amino acids to keep us healthy.

Posted On 04/08/2024

juststeve

Thank you Stoneharbor and Gui. How can our best efforts work their magic if our guts are allowing offenders our gut if not disrupted is designed to keep offenders from entering the body? Even properly, if possible pristine food sources if particles get out and into the wrong side of the gut? Also, how can the best sources of food be processed properly either?

Posted On 04/08/2024

forbiddenhealing

Collagen has become the latest rage in supplements, yet few understand that embryonic connective tissues comprise skin, bone, tendons, ligaments and importantly linings of blood vessels and the intestinal tract...or that large doses of Vitamin C is a critical co-factor in the formation and maintenance of these tissues...or that the erosion of connective tissues sources many chronic conditions! Beef bone broths are not even my favorite source. I prefer more "bio-identical" pig feet/tails/neck bones, or mineral-rich fish heads and game carcasses. These release their goodies in under two hours at a slow boil. Vinegar should be added along with garlic and sea salt. These "peasant" stocks keep hard working peasants healthy. Europeans, Old timers and Southern blacks love pig feet/gelatin, neck bones and rice, and stock-based sauces, stews, gravies and gumbos otherwise reserved for 5-Star eateries and top chefs. Pressure cooking may be quick, but high temps also destroy nutrients!

Posted On 04/08/2024

Antisandman

Captain you are a true forager. I was surprised that Dr. M. did not mention adding vinegar since the acid draws out the minerals of which almost all are deficient. Have you ever tried citrus or other acidic fruit in place of vinegar? I assume you at times harvest a fresh road kill. I do to make jerky or pemmican and broth. People and especially MDs do not realize the necessity of vitamin C to properly maintain collagen. Scurvy is a lack of C and results in tissue deterioration all over the body resulting in death. Ebola, a possible next jab mandate, is simply rapid scurvy because the virus destroys C and causes hemorrhage.

Posted On 04/08/2024

rrealrose

Yup, always want to include vinegar. Several years ago, got a "special" knuckle bone from my fav farm stand. Stared it for a while, my pressure cooker was no match in size for this beef bone. My largest Chinese cleaver has a broken handle. Finally dug out my largest pot and went at it using low heat. Still entire joint would not fit, waited til it cooked down enough that bones sort of fit the pot. High heat also not desirable, end up boiling off liquids too fast in an open pot. My understanding is you want to put this on a low boil, extending cooking time, unless cooking under pressure.

Posted On 04/08/2024

howarya

Just a special thank you to Dr. Mercola. I have been reading your articles for decades?? ...and no other Dr. has "ever" provided me with such helpful, useful and important information on how to "take control" of health and optimizing it. Bloodwork does not lie, and when my husband (and myself) saw remarkable changes in our bloodwork -well, that speaks volumes... Also, when you were forced to move your content to a paid Substack I happily signed up. I paid a year in advance for your content and still have several months left. However, I could not in good conscience even consider requesting a refund for the remaining months. You deserve that and so much more. Speaking for myself, my husband and probably millions of other people: you are an Angel on earth Dr. Mercola. Someday, your reward will be plenty. Thank you and may God Bless you always.

Posted On 04/08/2024

Warwickian

Great article. I have been making bone broth for years, and was thrilled when a new supermarket opened by me that sells steer feet. These seem to have more collagen than any other cut. One thing that I cannot agree with though is how much money you will save by using this instead of supplements. Pasture raised beef is not cheap, and even the bones are going for at least \$5 a pound. One would have to eat a tremendous amount of T-bone steaks or beef ribs to save enough bones for a pot of broth. I make a batch every week, but it only lasts a few days. So I think supplements would come out a lot cheaper, but of course they could never be as good. I would be interested in how much bone broth Dr. Mercola suggests to take and how often.

Posted On 04/08/2024

tanya_marquette

Yes, I agree about the cost. Charge for real free range, organically raised chicken feet goes for up to \$8.00/lb and that is not cheap. Around Thanksgiving you might be able to get the turkey feet but even that is hard to come by as turkeys are sent out for killing and processing and the farmers don't reclaim the feet but they sure do make delicious broth. One would really need to raise their own birds but that is a whole other life style change that many cannot make.

Posted On 04/08/2024

spookybear

Hi Warwickian, I can't even find bones in supermarkets anymore, wonder what's happening to them. We used to be able to find them already packaged and weighed for cheap. I would like to find a source so I can make broth. I've seen products in store that claim it's organic beef broth, has anyone tried it?

Posted On 04/09/2024

ekirwan

Although I read Dr. Mercola and the comments (Thank you Guillerrou for your wonderful contributions) every single day, this is my first time commenting although it won't be my last! When opening this article this morning I laughed because I have two instant pots brewing with beef bones! I do a slow cook overnight and then add veggies (onion, celery, carrot, garlic, and ginger) and pressure cook it for two hours. I've found that if the veggies are in too long, it gets an off taste. I freeze some in large ice cube trays so I can grab 2 or 4 oz for cooking when I need them. There's my 2 cents!

Posted On 04/08/2024

jennifermetz

After making a pot of bone broth I like to freeze some in ice cube trays. This way I always have it on hand and can use as much or as little as I need.

Posted On 04/08/2024

Back2EdenGardener

Is the instant pot safe for making bone broth? I read this article from someone in the "natural" community I respect and now feel quite unsure... www.thehealthyhomeeconomist.com/instant-pot-broth

Posted On 04/09/2024

bpm4539

What is relatively safe and affordable? I don't know. I trust Dr M more than any other. I don't have a Instapot, but have a regular stainless steel pressure cooker. When I have enough bones, I plan to make my first broth in it, with 2 to 4 hrs cooking, will probably go for 3 hrs as a compromise. I will not try to be perfect, just good enough. At least I am not using aluminum.

Posted On 04/09/2024

luccim

All my other pots are stainless steel as well. Better than cooking in aluminum or non stick Teflon. Insta pot is safer because you can program the cooking time and it will shut off after that time.

Posted On 04/14/2024

HeySeuss

I make bone broth overnight in a crockpot. Super easy.

Posted On 04/08/2024

mjgill1

Kefir, yogurt and fermented foods. That all sounds good. Any other suggestions? Any idea how long it takes to rebuild? Are we talking about a couple of meals, or a couple of weeks of nothing but? It's a big deal to have a colonoscopy,, and I know doc Mercola does not approve of them. That makes me even more nervous, but I figure this will be the last one. Just want to do it as well as can be done this time.

Posted On 04/08/2024

njnelson828gmail.com

I worked for a couple of years at a farm store - we sold everything we raised (beef, chicken, turkey, pork, eggs), as well as products from other local farms and producers (pickles, honey, cheese, etc). We made our own bone broth; we simmered it for 48 hours and when it was done and chilled, you could slice it with a knife.

Posted On 04/08/2024

Antisandman

Here in Ecuador sopa de pata made from the lower leg of a cow including the hoof is a regular staple. Since lunch is the major meal of the day and almost always includes soup, collagen rich bone broth soup is available everywhere cheaply. A full lunch including fresh fruit juice and more than I can eat usually costs \$2.50. Like chicken soup in certain neighborhoods in the US, sopa de pata is brought to homes by neighbors to nurture the sick. While in a waiting room before surgery a little old Quechua lady advised me to eat lots of sopa de pata.

Thankfully eating pata soup here does not require vetting. There is always fresh grass so there are no CAFOs and cattle are not vaccinated or fed any other pharmaceuticals. All the cattle are grass fed. Not so for chickens or pigs so I grow my own or make sure that they are fed well. Since dairy is a major industry here and is done many times by small farmers, I can find delicious, juicy pork that has been fed mainly whey which is a by product of cheese making. I am surprised Dr. M did not mention adding vinegar to the bones. The acid draws out more minerals and the flavor disappears in cooking.

Fish heads also make a rich broth. If it is wild caught sea fish, you can be sure it has a full complement of minerals. It will likely also contain some thyroid hormone. The head is where fish thyroid resides. Your local fish monger will probably be able to supply fish heads cheaply. I do not think there is the demand for them like there is for bones. Ask the fish monger if there are any great family recipes. The amount of info received may surprise and delight you and your family.

Posted On 04/08/2024

ianmac

Just one tiny correction - Dr Mercola is of course right that cooked chicken bones splinter and are dangerous. But when they have been pressure-cooked for four hours with four tablespoons of vinegar all the collagen that gives them strength has been removed, and you can even eat them yourself. They crumble instead of splintering. I fill my little instant pot pressure cooker to the mark, add vinegar and ginger, and cook for four hours. Then I pour off the rich broth into jars, and put all the chicken legs on top of my Alsatian's boring dog biscuits. She scoffs the lot as soon as they are cool enough and even empties out the biscuits underneath.

Posted On 04/08/2024

LSquare

Following one of Dr M's previous articles, perhaps the one he referenced today, I bought grass-fed beef gelatin. I imagine that it doesn't possess the same micronutrients as bone broth, but it does have the proper amino acid profile, and I find it much easier to incorporate into my daily life (think: adding beef bone broth to your vanilla protein shake). And, it may be more cost effective than trying to source pricey, grass-fed bones near me. Though, I may make it come fall, when the weather is more amenable to drinking hot, savory beverages. But, I wish I'd known about needing to balance those amino acids earlier, as I was one of those who thought that a chunk of beef was all that I needed, protein-wise.

Posted On 04/08/2024

Catryna

I have always made bone broth in a crock pot. I usually use chicken thighs/legs and cook on low for 12 hours. I add garlic cloves, too. If I am just using chicken/beef bones, I add garlic and some apple cider vinegar and cook for 24 hours. After 24 hours, I run the mixture through a sieve. The chicken bones have almost become gelatinous and I feed them to our chickens. Our chickens have nice hard shells, but then they also get the shells from the eggs that we eat, too.

Posted On 04/08/2024

pwallen183gmail.com

how about chicken bone broth? is it good too?

Posted On 04/08/2024

Dr. Mercola

As long as there is virtually no fat. Careful to skim ALL the fat off as it is loaded with LA and very dangerous to your health. There is virtually no LA in the collagen though.

Posted On 04/08/2024

bpm4539

In a comment on another article a few days ago, I had asked Dr M to do an article on how to make a bone broth. Now here it is. I really wanted to try if it is not complicated. I had heard that you have to simmer for 24 to 48 hrs, which is not practical to do at home. As per this article, it is a max 4 hr effort on pressure cooker. Awesome. I already started collecting bones when we eat meat. Thanks doctor. Awesome.

Posted On 04/08/2024

mmztcass

For those who are looking to buy beef bones in the US, I searched online for grassfed/grass finished beef bones and found a place several hours north of me in my home state. I ordered the beef bones and it gets shipped to me very quickly within 48 hours in ice packs. I have been drinking beef bone broth since almost a year ago to help heal my Leaky Gut issues.

Posted On 04/10/2024

AntoniaG

@Gui. I take l-carnosine daily. This is a combination of beta alanine and histidine. Histidine apparently negatively influences longevity. Do you know if carnosine does the same? Thank you

Posted On 04/08/2024

kaj85140

Sadly, I can't do beef bone broth. I have alpha gal! An allergy that would cause me to have an anaphylactic episode if I eat mammal meat. Very little is said about this and nutrition is a constant battle. I would love Dr. Mercola's input on the allergy and the nutrition substitutes. Thanks!

Posted On 04/08/2024

ianmac

Can you eat chicken broth? It's not mammalian. Chicken feet have lots of cartilage in them in all the little joints. Just stick to organic, to avoid concentrating the poisons for four hours.

Posted On 04/08/2024

rob2137

I have been making bone broth in my Instant Pot for years but I always thought you needed to start with cooked bones. This article doesn't specify cooked or raw. Does it matter? Does the answer to raw/cooked change if the bones are CAFO? I would really like the answer. Thank you.

Posted On 04/08/2024

depadoo

My nephew makes his own. He git his bones from the butcher. He said it's harder to get them. There was a time they were free because they would be thrown away. Now he pays a crazy amount. Their first daughter went from breast milk to bone broth. Never had formula. Still a healthy kid except for covid

Posted On 04/08/2024

ianmac

I use raw chicken feet. Cooking for normal recipes doesn't extract much of the good stuff from the bones so it shouldn't matter if your bones are cooked. If you don't want to use pressure cooking, simmer the bones for forty-eight hours. You'll agree that normal cooking goes nowhere near that length.

Posted On 04/08/2024

Dr. Mercola

Pre-cooking bones is not required at all and is unnecessary.

Posted On 04/08/2024

gwmartinsbcglobal.net

I take your bone broth supplement pills. I find them fantastic and felt a difference within two weeks of taking them. Would it be beneficial for me to start including my own bone broth into my diet?

Posted On 04/08/2024
