

## **CHICKEN FEET**

### *Bone Broth Benefits*

Heals leaky gut related conditions and lessens inflammation the mucosal lining

Helps to heal autoimmune conditions by healing the gut

Aids in detoxification by supporting the liver

Aids digestion by regulating the synthesis of bile salts and the secretion of gastric acid

Improves nervous system function and keeps our minds and moods in good working order

Boosts antioxidant activity in the body thus decreasing oxidative damage

Balances blood sugar, helps maintain muscle and regulates human growth hormones( for all you gym goers out there)

Helps to prevent heart disease by reducing atherosclerotic plaque build up

Reduces cellulite, stretch marks and wrinkles from the collagen content

Improves hair and nail

Re-mineralizes teeth

## **CHICKEN CARTILAGE FOR ARTHRITIS**

Chicken feet consist of bones, skin and tendons but no muscles. These are packed with protein, calcium, collagen and cartilage that are essential nutrients required for good joint movement and help to minimize arthritis and joint pain.

## **\BENEFITS OF COLLAGEN**

Collagen is a protein that acts as glue that holds our body together. The benefits are not only for the skin but also for the heart and can improve athletic performance. Other benefits of taking collagen are .

Healthier and younger looking skin

Rich in Calcium and protein without the carbs

**Improves blood supply and strengthens the blood vessels**

**Assists the body to metabolize fat, hence good for weight loss**

**Slows the effects of arthritis**

### **BONE BROTH 101:**

**NEVER LET IT BOIL.** A rolling boil will destroy the natural gelatin found in the connective tissue.

**1 crock pot or pot**

**Chicken feet or carcass and feet**

**Filtered water**

**¼ cup apple cider vinegar**

**1 Tlbs Sea Salt**

**Optional vegetable peels and or herbs**

**Place bones and apple cider vinegar in cool water and let stand for 30 min. This will jump start the minerals leaching out of the bones.**

**Turn on med heat and watch carefully not to boil**

**Low simmer 6-24 hrs or longer is even better**

**Strain**

**Put in glass jars in frig or freeze**

**Reheat and drink or use as broth or just take a spoonful each morning for great health benefits.**

**For further reading check out Nourshing Traditions by Sally Fallon**