



Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity

Louise Hay, Heather Dane

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When a forgotten, time-honored traditional food is rediscovered for its health and beauty benefits, we all pay attention. In this one-of-a-kind culinary adventure, internationally renowned self-help pioneer **Louise Hay** and “21st-century medicine woman” **Heather Dane** join together to explore a fresh and fun take on the art of cooking with bone broth, as well as the science behind its impressive curative applications.

Chock-full of research, how-tos, and tips, this inventive cookbook offers a practical, playful, and delicious approach to improving your digestion, energy, and moods. With over 100 gut-healing recipes for broths, elixirs, main dishes, breads, desserts—and even beauty remedies and cocktails—Louise and Heather will show you how to add a dose of nourishment into every aspect of your diet. You’ll also get entertaining stories along the way that remind you to add joy back onto your plate and into your life. Plus, you’ll find out how Louise not only starts her day with bone broth, but uses it as an ingredient in many of her meals as well—discovering why it is one of her secrets to vibrant wellness and longevity.

“Wherever I go, I’m asked, ‘How do you stay so healthy and young?’ Or I’m complimented on how beautiful my skin, hair, and nails look. I always say that the key is positive thoughts and healthy food. For many years, the staple of my diet has been bone broth. My doctors keep pointing out that my blood tests and other health-test results are better than people half my age. I tell them, ‘I’m a big, strong, healthy girl!’ Then I talk about bone broth. I want everyone to know about it because I believe it is an integral part of my health, energy, and vitality.”

— Louise Hay

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From reader reviews:

Janice Smith:

In this 21st one hundred year, people become competitive in most way. By being competitive now, people have do something to make these people survives, being in the middle of often the crowded place and notice by means of surrounding. One thing that sometimes many people have underestimated it for a while is reading. Yes, by reading a publication your ability to survive enhance then having chance to stand than other is high. To suit your needs who want to start reading a book, we give you this particular Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity book as beginning and daily reading publication. Why, because this book is more than just a book.

Harold Felix:

Information is provisions for anyone to get better life, information presently can get by anyone from everywhere. The information can be a understanding or any news even a problem. What people must be consider any time those information which is inside former life are hard to be find than now could be taking seriously which one is appropriate to believe or which one the resource are convinced. If you find the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not happen in you if you take Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity as your daily resource information.

Marilyn Calhoun:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their leisure time with their family, or their particular friends. Usually they undertaking activity like watching television, gonna beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could be reading a book might be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the book untitled Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity can be great book to read. May be it can be best activity to you.

Brooke Fisher:

As we know that book is significant thing to add our knowledge for everything. By a guide we can know everything we would like. A book is a set of written, printed, illustrated or maybe blank sheet. Every year was exactly added. This publication Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity was filled about science. Spend your free time to add your knowledge about your research competence. Some people has various feel when they reading a new book. If you know how big benefit of a book, you can sense enjoy to read a book. In the modern era like today, many ways to get book you wanted.

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