



Bone Broth Kitchen:: A Beginners Guide to Gaining Total Health, Fight Aging and Lose 15 Pounds in 21Days.

Olivia Perez

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Remember, bones are perfect example of why you should never judge a book by its cover. Locked away inside that hard shell is a wealth of essential nutrients ranging from gut-healing, proteins, healthy fats, anti-inflammatory and a wealth of minerals just waiting to be put to good use.

Bone broth is scientifically proven to contain valuable minerals in a form your body can easily absorb and use, including phosphorus, silicon, calcium, magnesium, sulfur chondroitin, glucosamine, and a variety of trace minerals. On the other hand, the gelatin found in bone broth is a hydrophilic colloid that attracts and holds liquids, including digestive juices, thereby supporting proper digestion

This cookbook has been design to meet all you expectations, as well as a beginner's guide to the bone broth diets. This book contains all recommended recipes as described in Dr. Kellyann's Bone Broth Diet, which will make you feel really transform. I personally assure you that you will feel your best (healthier, happier, and lose weight) eating bone broth diet. I have recommended this type of diet to my patients and many have testified that the feel brighter, healthier, happier and have lost weight, without feeling hungry or unsatisfied.

Finally, making your own bone broth is very cost effective, as you can make use of left over carcass bones that would otherwise be thrown away. And with the help of this cookbook you will find it easier than you taught.

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