



NSIPM & Sano Wellness Center

Best Way to Heal Your Gut – Bone Broth

Because 80% of our immune system is in our gut it is very important to keep your intestinal track healthy.

Leaky gut syndrome is a rapidly growing condition that more and more people are struggling with every day. This condition may be the cause of your allergies, low energy, joint pain, autoimmune conditions, and weight gain.

There are 4 main causes of leaky gut:

Poor diet, Chronic Stress, Toxin overload and Bacterial Imbalance

Leaky gut leads to inflammation throughout your system and can cause symptoms, such as: Bloating, Food Sensitivities, Thyroid conditions, Fatigue, Joint Pain, Headaches, Skin issues like rosacea and acne, digestive problems, and weight gain.

Bone Broth Is Mineral Rich

Broth made from organic chicken or beef bones will be rich in a dynamic array of minerals. Bone is highly mineralized. A well-made bone broth will give your body calcium, phosphorous, magnesium, sodium, potassium, sulfate, and fluoride. All delivered in a form that your body understands. In order to pull these precious minerals from the bone during cooking, add an acid, like apple cider vinegar, to the water before cooking.

How the Collagen in Bone Broth Heals the Gut

Bones, marrow, skin, tendons, ligaments, and the cartilage that sometimes accompanies a bone are all made of a protein molecule called collagen. Collagen contains two very special amino acids: proline and glycine.

Collagen has been found to help heal the lining of the gastrointestinal tract, which includes the stomach and the intestines. This means that heartburn or GERD (gastroesophageal reflux disease) and many of the conditions associated with intestinal inflammation can be helped with bone broth.

- Collagen and gelatin have been shown to benefit gastric ulcers.
- Proline is necessary for the formation of collagen.
- Glycine improves digestion by increasing gastric acid secretion.
- Glutamine, also found in bone broth, is important metabolic fuel for cells in the small intestine.