From Hollywood to New York City, bone broth is the hottest new craze. But while people know it’s trendy, here’s the real secret: It’s also powerful medicine. In fact, bone broth is the most crucial element in a weight-loss and anti-aging program.

Inside:
- The Facts About Bone Broth
- Dr. Kellyann’s Original Bone Broth Recipe
- Bonus Bone Broth Recipes
- Shopping Tips
- Taking the Power of Bone Broth to the Next Level

For additional recipes, tips, and resources, visit: drkellyann.com

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THE FACTS ABOUT BONE BROTH

It’s packed with collagen. Collagen is a protein that helps your body burn fat and form lean muscle mass, shaping your arms, legs, and core. In addition, collagen strengthens your skin, erasing wrinkles.

It detoxifies your body. Bone broth contains the amino acids glycine and proline, which your liver needs to remove toxins from your body. When you detoxify your cells, they go from sluggish to supercharged.

It heals your gut. If you’re battling extra pounds, you probably also have digestive problems—constipation, diarrhea, gas, or even all three. That’s because weight gain and digestive problems often stem from a common source: a sick gut. The gelatin and other nutrients in bone broth help to heal your gut, curing digestive problems while they speed weight loss.

It supplies you with essential fat-burning minerals. Bone broth provides you with calcium, which helps keep your endocrine hormones in balance—and balanced hormones are a big key to weight loss. It also provides phosphorus, which plays a critical role in energizing your cells. It’s loaded with magnesium, which you need for good digestion. And fish broth contains iodine, which helps regulate your thyroid gland, protecting you against hypothyroidism. What’s more, bone broth is an exceptional “vehicle” for fat-burning minerals, allowing your body to absorb them more easily.

It aids digestion. Bone broth is hydrophilic—that is, it attracts and holds liquids, like digestive juices. That’s another reason why it helps you digest food more efficiently.

It heals your joints. As people get older, their joints develop wear and tear, and it gets harder to move. So they exercise less, they sit more, and they gain weight. Bone broth gives you a generous supply of glucosamine, chondroitin, and other glycosaminoglycans (GAGs) that help heal your joints. GAGs also help your body lay down collagen where it’s needed.

It’s anti-inflammatory. One of the most important scientific findings of the century is that inflammation underlies everything from diabetes to autoimmune diseases to obesity. When you heal inflammation with nutrients like those concentrated in bone broth, your weight starts to fall off.

It fills you up—without adding pounds. Bone broth is rich, complex, hearty, and soul-satisfying. Sipping thick, gelatin-packed bone broth is like eating a T-bone steak or Thanksgiving turkey. It warms you up, from head to toe. And it has virtually zero carbs and very few calories, so it’s sin-free and you can indulge in as much as you want. Translation: No hunger, even as the pounds melt away!

All of this makes bone broth a potent weight-blasting tool. And while it’s slimming you down, it’s also making you look younger by filling in wrinkles and fine lines. In fact, it’s better for your skin than Botox, because it lasts. And finally, bone broth has extraordinary health benefits, from reducing inflammation to healing your gut—which is why it’s not just a modern craze, but also one of the world’s oldest healing and anti-aging foods.

It’s easy to make your own bone broth! See the next page for the simple recipe.
BONE BROTH

Prep time: 10 min • Cook time: 10 hr • Yield: 12 servings

2 unpeeled carrots, scrubbed and roughly chopped
2 stalks celery, including leafy part, roughly chopped
1 medium onion, roughly chopped
7 cloves garlic, peeled and smashed
3½ pounds grass-fed beef (or chicken) bones (preferably joints and knuckles)
2 dried bay leaves
2 teaspoons kosher salt
2 tablespoons apple cider vinegar

Directions:
Place all the vegetables and the garlic, bones, and bay leaves into a slow cooker. Sprinkle on the salt, drizzle with vinegar, and add enough water to cover everything by 1 inch (about 13 cups).

Cook for 8 to 10 hours on low.

Use a shallow spoon to carefully skim the film off the top of the broth. Pour the broth through a fine strainer and discard the solids. Taste the broth and add more salt as needed.

The broth will keep for three days in the fridge and three months in your freezer.

Substitute: Feel free to substitute chicken, fish, or pork bones or to combine them all.

Tip! Adding dried mushrooms or using 2 tablespoons fish sauce in place of salt (add it in Step 1) dramatically boosts the flavor of the broth.
**ITALIAN BEEF BONE BROTH**  
Prep Time: 5 minutes • Cook Time: 5–10 minutes  
Yield: Makes four 8-ounce cups (1 quart)  

4 cups (1 quart) Beef Bone Broth (see previous page)  
1 small clove garlic, smashed  
¼ cup tomato sauce, sugar-free  
¼ teaspoon Italian seasoning  
Celtic or pink Himalayan salt  
Ground black pepper  
6 fresh basil leaves, cut into fine chiffonade ribbons  

Directions:  
Heat the broth in a saucepan over medium heat. Add the garlic, tomato sauce, and Italian seasoning. Reduce the heat to medium-low or low so the broth barely simmers for 5 to 10 minutes. Remove and discard the garlic. Season with salt and pepper and serve topped with basil.

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**ASIAN CHICKEN BONE BROTH**  
Prep Time: 5 minutes • Cook Time: 5–10 minutes  
Yield: Makes four 8-ounce cups (1 quart)  

4 cups (1 quart) Chicken Bone Broth (see previous page)  
3″ length of lemongrass, cut into 1″ pieces  
1 small clove garlic, smashed  
One handful of shitake mushrooms, sliced  
2 scallions, white and green parts, cut into 1/2″ pieces  
Celtic or pink Himalayan salt  
Ground black pepper  
2 tablespoons coarsely chopped cilantro leaves  

Directions:  
Heat the broth in a saucepan over medium heat. Add the lemongrass, garlic, mushrooms, and scallions. Reduce the heat to medium-low or low so the broth barely simmers for 5 to 10 minutes. Remove and discard the garlic. Season with salt and pepper. Top with the cilantro.
BONE BROTH Shopping Tips

Become BFFs with your butcher. The biggest key to making great bone broth is to become BFFs with your butcher! He or she can get you the very best bones, and can order bones if they’re not in stock. So don’t be shy about getting to know the butchers at your favorite stores.

In addition to making friends with your local butchers, you can find great bones by searching online for ranchers who sell them. Type in grassfed bones, and you’re likely to find some great resources nearby.

Choose quality bones. When you’re choosing bones, quality makes a difference. So if you can afford it, get bones from organic or pastured/grassfed animals, which are the best nutritionally.

However, if you can’t afford pastured or organic meat or poultry, you can still make great bone broth! Just remove the skin from non-organic chicken and any fat from non-organic meat bones.

Choose the best bones. If you’re making beef bone broth, the best bones are knuckles, joints, feet, and marrow bones. That’s because these have the most cartilage, which is rich in the collagen you want. If your butcher doesn’t carry these bones, simply special-order them. But any bones will do (including leftover bones from your meals).

To add more flavor to your beef broth, get some meaty bones like oxtails, shanks, and short ribs. And to make any broth more flavorful, add a pig’s foot.

For fish bone broth, buy high-quality, wild-caught fish. Avoid oily fish like salmon and mackerel. Instead, pick non-oily fish like sole, snapper, halibut, turbot, tilapia, cod, or rockfish. Often, fish markets clean their own fish and throw away the bones, so ask if they’d be willing to save them for you.

Too busy to make bone broth?

IF YOU’RE LIKE ME, YOU DON’T ALWAYS HAVE TIME TO SPEND A DAY OR MORE SIMMERING A POT OF BONE BROTH. That’s why I’m offering my own line of high-quality, ready-to-use bone broths.

These broths are great for:
• Drinking straight from a mug on a cold morning.
• Adding to soups and stews for incredible flavor AND amazing health benefits.
• Using as a substitute for water or wine in recipes. Add flavor and health-boosting benefits to sauces, dressings, and your favorite homemade meals!

Pure organic. Pure health.
When it comes to food, I’m a fanatic about quality and purity. These broths contain only the finest organic ingredients and pure filtered water, and they’re packed in 24-ounce BPA-free pouches.

Delivered right to your door
My bone broth ships directly to your door, packed in dry ice to keep it frozen. Just heat and enjoy—it’s that simple to get bone-deep nutrition!
TAKE THE POWER OF BONE BROTH
To the Next Level!

In her new book, Dr. Kellyann couples delicious bone broth with powerful fat-burning foods and a groundbreaking “mini-fasting” plan that empowers you to achieve spectacular weight loss and more youthful-looking skin in just 21 days.

With more than 100 recipes—as well as state-of-the-art fitness and lifestyle tips—this book is the ideal tool for taking off your extra pounds and staying slim, sexy, and healthy forever.

WHAT PEOPLE ARE SAYING ABOUT DR. KELLYANN’S BONE BROTH DIET

Bessie Lucy: I’ve just done Dr. Kellyann’s Bone Broth Diet, and it was wonderful… I found out I lost 14.2 pounds, and I said, “This is it, I’m going all the way.” I’m so happy. Everybody was telling me about my skin and saying, “Your skin is so radiant! What’s that glow on your face? What’s that glow?” And I’m saying, “Yes! Bone broth!”

Sara Katzman: I feel like I’ve really changed my life. I was very sick before I started this, and I knew I needed to do something that drastically would change me… Today, I went to the endocrinologist, and he completely took me off insulin and one of my diabetes meds. It’s healed me so much and it’s given me so much energy I’m having trouble sleeping, I’m so wired! I would recommend to anyone to at least give it a try. I’ve tried all kinds of things, and this is what works for me. And I don’t go round hungry, and that’s the most amazing thing. And I can actually go without eating some meals—that’s how full I feel.

Stephanie Miley: I initially started this diet because I was having frequent breakouts of shingles… I’m not big on meds, so I tried to find other alternatives to resolve the issue. And this worked for me. Within the first 21 days, I haven’t had any breakouts, and I also lost the weight. The other day I actually paid attention—I’m like, “Oh, my skin, I really kind of have a glow,” like I did when I was pregnant. I lost 14 pounds and I think it was six inches around my waist.

Denise Townsend-Gamblin: This diet taught me a better way to eat and manage my approach to food. I enjoyed doing this with my daughter… preparing meals, finding and testing recipes together, shopping for good food together… we loved this program.

Nadine Leonardi: This is something that can be part of a life change. I was pleased to see a drop in weight (11 pounds) as nothing else has worked in the past three years. Well worth the effort! Try it—you have nothing to lose but inches and weight.