



Bone Broth

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Introducing Bone Broth

- Time Restricted Eating is the perfect time to introduce Bone Broth.
- If you have already begun to consume it, good for you... but if not, you will find it will do some amazing things for you as it's a powerful health tonic.
- If your gut needs healing, there's nothing better than bone broth to do the job. As I have already previously explained, you must make sure you are receiving sufficient fibre to keep your system in tip-top shape, but hot on it's heels is the benefits of bone broth.

Bone Broth

It's wonderful for:

- Improving digestion
- Allergies
- Brain health
- Immune health

As it improves connective tissue it can:

- Reduce cellulite
- Increase your hair growth and strength and
- Remineralise your teeth! As I said... it's good!





Collagen in Bone Broth

One of the most popular reasons for drinking bone broth is because it contains collagen which can help to keep you looking younger.

This is because it gives the skin its elasticity and strength.

Be cautious...

As you are not eating in the mornings, it's the perfect time to drink, or should I say, sip your way through a cup of bone broth or two. You can easily make it yourself at home or purchase one ready-made.

I have to say that I would be extremely cautious about buying the ready-made versions because if it's been derived from animals from farm-lots, you would be receiving an awful lot more than you bargain for.





Nutrition in... Toxins out!

- This is what Kellyann Petrucci, Nutritionist, uses as her mantra!
- She introduced Bone Broth to the world for its numerous benefits.
- Of-course, Bone Broth has been around for countless centuries, but she brought it to the forefront of nutrition.
- As we follow the system of TRE and Bone Broth, it is driving out toxins from our system, while all the while, feeding us with nutrition that our body craves.

In her fifties and still looking great!



Start Making Bone Broth Today!

There are many recipes online... or copy my version on [Mouthful Matters.com](http://MouthfulMatters.com)