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**BONE BROTH**

I start by buying organic chicken back and neck bones or grass-fed beef knuckle and marrow bones. Most butchers will cut them up for you. The Chicken is definitely cheaper and you can buy whole chicken and use the carcass after cooking and removing meat. Sometimes I just save mine in the freezer. However, the knuckles made a wonderful broth and Gunter loves them afterward. I use a large crockpot and fill it to the top with bones and filtered water. More important is to add and couples Tablespoons of fresh lemon juice or apple cider vinegar. The lemon juice or ACV is an acid that along with veggies will assist in leeching the minerals out of the bones. At this point you can add garlic and sea salt if you choose as well.

Initially, turn the crock-pot up to high to bring to a boil, and then down to low to simmer at a rolling boil for at LEAST 24 hours. You can cook up to three days. Remember to keep adding water every 8 hours or so.

This is important, when done cooking, let COOL to room temperature and then put it mason jars. Be very careful to put jars in refrigerator before freezing. You need to cool the bone broth slowly or you WILL crack the jars in the freezer. Once frozen you can pull one jar out every few days so you can always have fresh broth.

I use it as a base or stock for soups stews and just drink as a healing exlixir. I suggest you try and get at least 16 ounces in your diet a day.

You are getting the amazing minerals and gelatin, vitamins, fatty acids, proteins, etc. from the most available source in the world. Bone broth heals the gut, gets rid of cellulite and is one of the most nourishing foods on the planet. It is truly the missing link in most healthy diets.