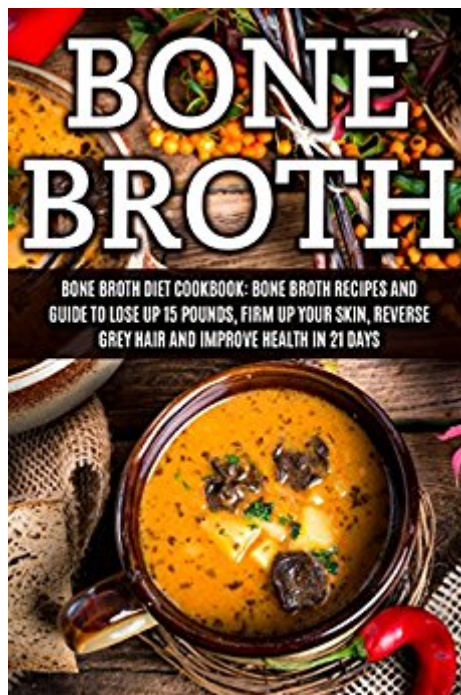


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# **Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes And Guide To Lose Up 15 Pounds, Firm Up Your Skin, Reverse Grey Hair And Improve Health In 21 ... Broth, Bone Broth Diet, Bone Broth Recipes)**



## Synopsis

Looking for a simple, low cost, and low-calorie way to get proper nutrition? Discover the essential techniques to prepare healthful bone broths with Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up to 15 Pounds, Firm Up Your Skin, Reverse Grey Hair and Improve Health In 21 Days. This short guide is more than a diet plan. It covers everything you need to know to unlock the amazing health benefits of bone broth. You also get: A brief guide to cooking and storing bone broths A three-week meal plan including breakfast, lunch, dinner and snacks Basic bone broth recipes that can be customized to suit any taste Instructions for making energy and health-boosting broths A wide selection of delicious main courses Remedies for everyday maladies including allergies, coughs, fevers and more Expert tricks for finding the right ingredients Cooking tips for getting the best flavor and texture A guide to using bone broth to detoxify, protect joints, boost your immune system and more Discover an easy and low-cost way to improve your health today with Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up to 15 Pounds, Firm Up Your Skin, Reverse Grey Hair and Improve Health In 21 Days. Scroll up to get your copy now.

## Book Information

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## Customer Reviews

I was so afraid to make this, thinking it would be a long drawn out process. But it's not! Obviously I lost my common sense for a minute. It's the same as making the chicken broth I've made all my life. My grandmother taught me to make my own because "everyone has chicken"! This is a great starting place for a newbie. Especially for someone who's never known how to even make chicken broth. Very easy recipes. And they taste awesome! I've made at least four soups and ALL the broths except the fish. That just doesn't appeal to me. So if you're a beginner, get this.

I keep looking for different recipes (as you can see from my reviews.) My 11yo has a rough time with food and a very weak immune system. I have been looking for broths that might help her digest and swallow food in a way that won't make her ill. Most Americans don't use chicken feet, necks, and/or backs. However, so many other countries use these products. When I was in the grocery store, the checkout counter person asked, "Oh is the bone marrow for your dog?" SMH! I said "no, it is for soup to feed my kids." I would definitely recommend reading this book and trying some of the recipes, even if it is out of your comfort zone. There is a lot of nutrients in bone broth and is a great, inexpensive way to feed your family.

For someone wanting to lose their weight, it is hard to find a good book or resource which would guide them step by step to achieve their weight loss goals. This book is able to guide for weight loss with a diet most have not heard of; it's weight loss through bone broth diet. It has information about the diet, and basically everything you need to know about it. Nice book.

I'm very happy w this book. After reading it, I feel I can make my own bone broth w confidence! Who knew you could use head and feet parts and fish bones? Not like I'm going to run out and get these parts any time soon.. several methods are discussed.. stock pot over stove, pressure cooker, crockpot; how to choose bones, how to tell if broth is high quality, how to store, how to use, etc.. something else I learned new - that you brown bones in own juices before making broth. Lots of recipes and meal suggestions. The pricey bone broth powder I just purchased, I understand, is not even organic! This book is a must have if you are thinking of the bone broth diet.

This book has given so much about the Bone Broth diet that I am finally seeing the bigger picture

about it. I've been hearing a lot about this diet and it seems to be effective to a lot of people already. And this book has been generous in giving away recipes too. And discovering the many perks of the bone broth have been overwhelming too.

I wasn't aware of nutritional properties bone broth had for health and weight loss!; a friend of mine recommended my wife this book and when i started reading it i realized that it contains a great quantity of recipes that my wife can prepare for my family!; if you really want to give your family nutritious meals you really need to have this book!

I love bone broth. Tried one recipe from this cookbook, loved it so I had to try another one. The second try was also a thumbs-up. Been following the 21-day bone broth diet and so far, I have no complaints. The recipes are really good.

This book doesn't tell you the dangers of this diet. I was on it for 3 days when I ended up in the hospital and almost died due to an intestinal blockage. I had no symptoms until the 3rd day of this diet. My doctor told me that I'm fortunate to be alive. Afterwards I investigated this diet more thoroughly and found out all sorts of unhealthy things about it. Shame on the author!

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