

BROTHS

Consuming a nutrient dense diet is important for good health. It is particularly important with digestion and absorption problems where every nutrient counts. Stocks and broths are a simple way to boost nutrients in the diet.

Mineral-rich Stocks and Broths

Bone stocks and vegetable broths are great ways to increase the consumption of highly absorbable nutrients. Using root vegetables, potato skins, carrots, celery, parsley and seaweed, you can make a very nutrient-dense vegetable broth (or add these vegetables to a bone stock) that you can use to prepare soup, to cook rice, or even drink as a tea.

Bone stocks/broths are traditionally used by most native cultures as a way to nourish the sick, elderly and mothers after childbirth. Grandma's old remedy of chicken soup when you're sick was based on a great deal of truth. The bones (of chicken, beef, lamb and other meats) add calcium, magnesium and potassium into the broth. The natural gelatin is wonderfully rejuvenating for digestion. The gelatin contains high levels of arginine and glycine (two important amino acids) and, according to Sally Fallon, "acts as a 'protein sparer', allowing the body to more fully utilize the complete proteins that are taken in" from other sources. This is important and advantageous for children who do not eat much protein. The addition of vegetables to these stocks adds electrolytes.

Minerals are absorbed in ionic form. If they are not in ionic form when consumed, they are ionized in the gut as salts, dissolving into their two components or chelates, releasing their key elements. Mineral-rich bone broths have all of the macro minerals – sodium, chloride, calcium, magnesium, phosphorus, potassium and sulfur - available in ready-to-use ionized form as a true electrolyte solution.

Salt

When choosing salt, use an unrefined salt such as a Celtic brand sea salt or crystal salt (such as the Original Himalayan crystal salt). Unrefined salt is minimally processed, has dozens of trace minerals, and does not contain the additives and anti-caking agents that refined salt often has. Additionally, when unrefined salt is added to water or broth it supplies these minerals in ionic form which are easily absorbed.

Always remember to get additional iodine from food or supplementation. While unrefined salt has some iodine, it may not be enough to meet nutritional needs alone. Kelp and multivitamin/mineral formulas are sources of iodine.



Macquarie Natural Health

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RECIPES

BROTHS

Chicken Stock

GFCF/SCD/GAPS/Paleo/LOD/BED/FG, Egg-Free/Nut-Free

To make LOD or to simplify, eliminate vegetables and make a simple bone broth, or use LOD vegetables.

Ingredients

- 1 whole pastured chicken
- Gizzards, head and feet from one chicken (optional)
- 4 litres cold filtered water
- 2 tablespoons apple cider vinegar
- Add any vegetables desired

Method

1. Cut whole chicken. Place into a large stainless steel pot with water and vinegar. Let stand for 30-45 minutes.
2. Add vegetables. Gently bring to the boil. Skim any scum that rises to the top. Reduce heat, cover and simmer for 6 to 24 hours.
3. 1.5-2 hours in, remove chicken that easily falls off the bone and use in chicken soup or a chicken dish.
4. Add the greens 30 minutes before the stock is complete.
5. Strain the stock and cool in your refrigerator. Once the fat has congealed and hardened on the top, scoop it off and save it for cooking.
6. Store broth in refrigerator or freezer depending on length of storage.



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BROTHS

Veggie Stock

GFCF/SCD/GAPS/Paleo/LOD/BED/FG/FS, Egg-Free/Nut-Free

Can be made FG and FS with diet-compliant vegetables. Avoid the potatoes, sweet potatoes and seaweed on SCD/GAPS and the potato on Paleo.

Try:

- Carrots
- The skins of potatoes
- Sweet potato
- Kale
- Parsley
- Nettles (be careful – fresh nettles sting until boiled, dried nettles do not)
- Seaweed (kombu, wakame, dulce, etc.)

Method

1. Simmer the chopped vegetables in a pot for 30-45 minutes. Strain vegetables and discard.

This recipe can be made GFCF, SCD/GAPS, BED or LOD depending on the vegetables used. Seaweed is not SCD/GAPS compliant.



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