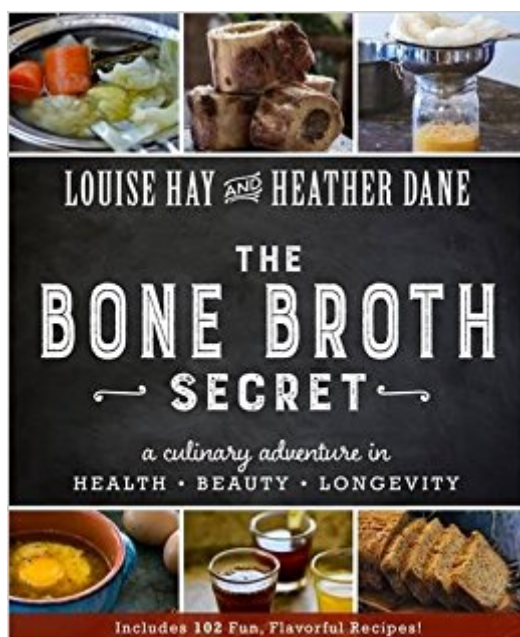


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# Bone Broth Secret: A Culinary Adventure In Health, Beauty, And Longevity



## Synopsis

When a forgotten, time-honored traditional food is rediscovered for its health and beauty benefits, we all pay attention. In this one-of-a-kind culinary adventure, internationally renowned self-help pioneer Louise Hay and 21st-century medicine woman Heather Dane join together to explore a fresh and fun take on the art of cooking with bone broth, as well as the science behind its impressive curative applications. Chock-full of research, how-tos, and tips, this inventive cookbook offers a practical, playful, and delicious approach to improving your digestion, energy, and moods. With over 100 gut-healing recipes for broths, elixirs, main dishes, breads, desserts and even beauty remedies and cocktails Louise and Heather will show you how to add a dose of nourishment into every aspect of your diet. You'll also get entertaining stories along the way that remind you to add joy back onto your plate and into your life. Plus, you'll find out how Louise not only starts her day with bone broth, but uses it as an ingredient in many of her meals as well discovering why it is one of her secrets to vibrant wellness and longevity. "Wherever I go, I'm asked, 'How do you stay so healthy and young?' Or I'm complimented on how beautiful my skin, hair, and nails look. I always say that the key is positive thoughts and healthy food. For many years, the staple of my diet has been bone broth. My doctors keep pointing out that my blood tests and other health-test results are better than people half my age. I tell them, 'I'm a big, strong, healthy girl!' Then I talk about bone broth. I want everyone to know about it because I believe it is an integral part of my health, energy, and vitality." Louise Hay

## Book Information

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## Customer Reviews

Louise Hay, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical

lecturer and teacher with more than 50 million books sold worldwide. For more than 30 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. Visit [www.LouiseHay.com](http://www.LouiseHay.com) Heather Dane is a certified health coach specializing in applying functional medicine and nutrigenomics protocols to resolve chronic conditions. She has worked with many of the great minds in medicine, natural health, nutrition, and energy healing, and designs delicious recipes to nourish body and soul. Visit [www.HeatherDane.com](http://www.HeatherDane.com)

This book is everything you will need to know about bone broth. It is 350 pages of encouragement, inspiration, guidance, and love. SO many recipes not just for broth, but also for things you can make with the broth when it's finished. The pictures are very nice, and I am really looking forward to getting started with these authors as my guide. A must have for anyone who is thinking of trying bone broth for any reason!

Review To say that authors Louise Hay and Heather Dane are strong proponents of the health giving benefits of bone broth is very much an understatement. Making bone broth has long gone out of fashion, after all, who has the time? However, anyone caught up in the resurgence of this health sustaining super-food and is wanting to give it a go, then they would do well to read this book. Apart from the recipes, the authors teach us how the use of modern equipment makes this task far more feasible, even for busy people. This is good news considering some of these broths take days to make. The book is laid out quite well beginning with the history and the science behind bone broth. What it is, and why it is considered such a restorative. They provide healing affirmations specific to particular health conditions. I do not find affirmations particularly inspiring myself, but I know that many people do. Next comes equipment, refreshingly basic, nothing fancy required and nothing too expensive other than, perhaps, a large slow cooker/crockpot. Next we learn about the different types of broth and how to choose the bones. Then comes a "getting started" section which pretty much repeats much of what has been written, but in more detail. Part Two repeats a bit more, then we get to what to actually do with your broth. There are some really surprising recipes here, that is for a bone broth book, but you will find out the hows and whys. There are desserts, drinks, cocktails and some really sumptuous but rather complicated (for me) fine dining style recipes. If you want to make your own beauty products these are included too, but don't worry, you won't have to use the gelatine hard won from the bones, the packet stuff is fine. Using collagen to improve hair, skin and nails is all the go these days, the authors explain how it

works and, better still how to make your own What I did not like so much: I found the book a little difficult to navigate due mostly to similar information being disseminated. The text is clunky and it doesn't flow and this spoiled the reading experience. Rigorous editing would polish up this book beautifully. Source: Review copy provided by Hay House via NetGalley

This is a fabulous guide to the latest anti-aging and health secret, bone broth. There is a brief explanation of its benefits and tools needed to make it. Then there are a number of recipes. It is a beautiful book, very visually appealing and inspiring. This book would make a great gift.

I waited a long time to get this one because of the expense, so glad I have it now. I found it beautiful and made making bone broth so easy and hey gotta love Louise Hay... Just love that lady!

I would like to thank Hay House for a free ARC of this book via Netgalley in exchange for an open and honest review. For those who follow my blogs and reviews, you will know I am indeed the sort who loves reconnecting to the older styles of healthier, wholefood cooking. This book does this with bone broth while also bringing this useful and healthy ingredient into modern, everyday food prep. I really asked to read this book as I am really interested in both bone and how to make it just right. For now I am more your stock sort of person, I am working my way up to trying some of the bone broth recipes shown. Before I read it, I thought it was just bones and marrow slowly cooked down over a few days turned into a yummy broth that was all wobbly when cold. Oh heck no! Bone broth is so much more! And NEUTRAL broth! I'd never heard of such a broth before and now want to try them to put in nearly everything! Can you tell this book has me inspired and wanting to get carried away in the kitchen? The beauty of Bone Broth Secrets is that it's not just a book on how to make broth, it's not just a cook book on how to incorporate bone broth into almost every meal it is a book on healing through wholesome foods and positive mindsets and this makes it a well-balanced book for any home seeking healing and inner strength through what they eat. The affirmations from Louise (mostly at the beginning of the book) help set a positive attitude throughout. This is followed through by introductions to nearly every recipe (who makes them, the story behind them, etc) and at the end of the book there are also stories of healing, a better introduction to the creators of the recipes, a fantastic which herbs and spices to use and conversion tables I mean wow! It covers it all. This is not just a cook book; this is a book on life and healing through eating better and thinking positive. Although I wasn't totally happy with the format and layout of the recipes, I feel this is more due to the

fact I was reading an electronic version on my laptop. I feel the formatting would make far more sense in a paper version of the book. The recipes and instructions are also clear and easy to follow. Some are a little too "flowery" for my liking but work well with the overall feel of the book. I just happen to prefer "short, sharp and shiny" in my cook books. This is not a major issue though! Another thing to note about the recipes is they are not all for food and drink. Bone broth beauty products are seriously worth looking into for those who want to help nourish their outsides as well as their insides and use homemade products free of all those nasty chemicals added to a lot of shop sold beauty products. I will say that the reason I can't give the full five stars is down to my usual personal and family food intolerances and allergies. Yes, there are just a few recipes that I can't use or would have to heavily modify before I could use them. This isn't the fault of the book though; this is just what life is like for me, the reader. I am used to cook books being hit and miss and the only way I'd ever get a book entirely filled with hits is if I made one myself not going to happen! ;-)

Would I recommend this book to others? Yes I would. It is a great book that covers pretty much everything you need to know on bone broths (plus vegan versions of broths and stock) and how to use them in daily cooking to improve your health. Would I buy this book for myself? Possibly. This is a tough one as I'd really like to have a run through some of the recipes first before I would commit. I can, however, see myself getting an eBook version (if there is such a thing) to start with and if satisfied, then branch out and invest in a paper version. You see, as much as I love a good eBook, I am still very old style with my cookery books and prefer them in paper form. And buying a paper copy of "Bone Broth Secrets" truly would be an investment: in health, well-being and vitality. In summary: a very good holistic approach to bone broth and how to use it in every day (and nearly every meal) to help improve our health through better nutrients and essential minerals. If you want to learn more about both broths, this is the book for you.

I love this book! It's packed with excellent tips and lots of delicious recipes plus unique ways to use nourishing bone broth for better health and wellness. I highly recommend you buy a copy so you can discover all the benefits of bone broth!

Very informative excellent new way of cooking and having the many benefits that go with it... Love it

Its a very nice book for recipes not a lot of detail about what bone both does for you but a beautiful book for starting on the bone broth way of life I would buy it for anyone interested in wonderful bone

both

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