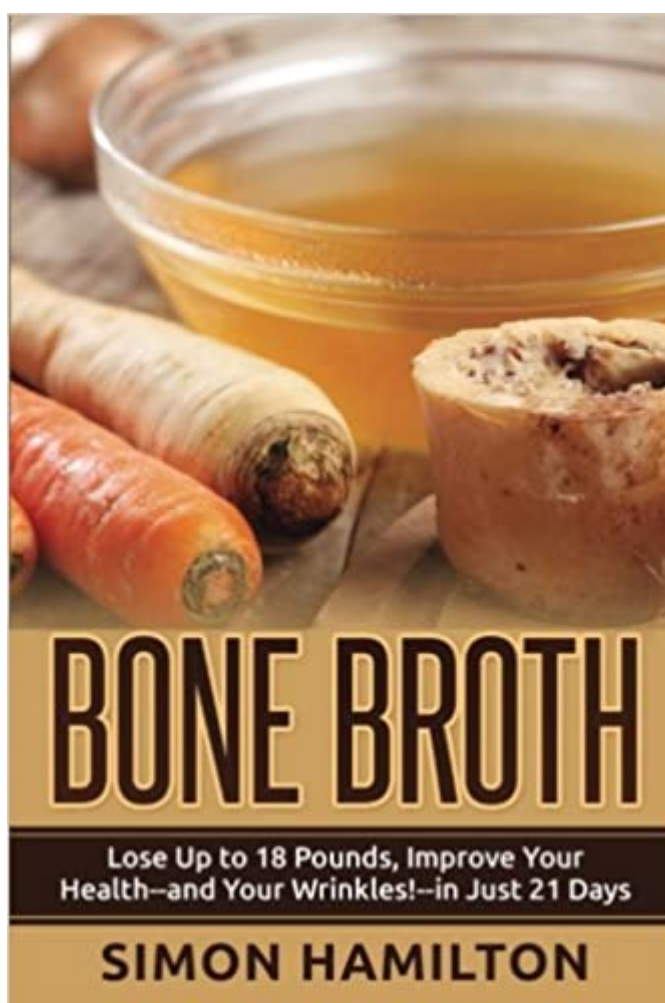


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Bone Broth: Lose Up To 18 Pounds, Reverse Wrinkles And Improve Your Health In Just 3 Weeks



Synopsis

Ever wondered what the benefits of Bone Broth are? Do you want to know why you could be eating harmful foods? Did you know that compared to many other developed countries, the diet of most Americans isn't just less healthy, it is practically deadly. Your current American Diet is slowly killing you! Nutritionists say it includes too many saturated fats, more than a healthy amount of fats from animals! As such nutritionists have determined that the Standard American Diet leads to an increased risk of cancer, heart disease and stroke. To put this in comparison let's use your car. If you put bad fuel into your car, and don't maintain it, will your car function well for years? Probably not. Your car will start to rust from the inside. The same will happen to your body. Your body needs healthy food. The type of fuel you consume will determine your efficiency. If you're eating cheap processed food you will start to feel it over time. Bone Broth is one of the easiest solutions to the problem you're facing. If it was good enough for our ancestors, it's good enough for you. Bone Broth is packed with many nutrients and long-term benefits for your well being. After being on the diet for only 3 weeks you will: Start losing weight and boost energy Get rid of sugar or junk food cravings Lower your blood sugar and stabilize your insulin level Detox your body from years of eating processed foods Lower your blood pressure and your cholesterol Increase your stamina and libido

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Customer Reviews

This is an interesting book to read! This book shares great information about bone broth as an alternative of our usual American diet. It contains proven steps and strategies on how to use the paleo diet, and one of its key components bone broth, to get in shape and to look and feel younger than you have in years. Bone broth is made by simmering animal bones (usually chicken, turkey or beef) for a long time in order to extract maximum flavor and goodness. Bone broth contains considerable health benefits over typical stock or broth. Bone broth is easy to make, but you need to give it time to extract all the benefits out of the bones. There are recipes too, including making soup in your slow cooker for those days when you just don't have enough time or want to come home to that wonderful aroma. The recipes are simple, so even a beginner can master them quickly, and set you on the way to improving health and even looking years younger.

Simon Hamilton reinvented the way I think about standard American diets. Usually I would go with a "typical diet", being strictly fruits and veggies. No sugar, no bread, etc. Simon explains very explicitly the do's and the don't's of a healthy diet. What to look for, and what to avoid. He goes in depth about the paleo diet and benefits of it as well as the history behind it. Its truly fascinating and incredibly helpful. In my past experience with diets, such as vegetarian and vegan, it helped me lose weight but only for a short time and I would feel drained and exhausted. Finally, I found a book to help me understand the paleo diet and the benefits of beef broth!

This is a real diet. All those take a pill to get thin supplements are NOT diets. The typical American diet is a devastating diet. I used to manage an electronics store in the '90s, and working at the mall all day forced me to eat at the food court. To stay awake, I chugged 2 liter sodas for the caffeine boost, and the chocolate pretzels didn't help. It was very easy to buy junk food in the mall. This is the correct way to eat. It shouldn't be called a diet. It should be a intake of food switch. Stop the typical red meat, processed meals, and milk. That form of food is a silent crippler. I used to have diabetes type 2. My pancreas transplant stopped the disease, but the surgery was traumatic. If I knew enough to eat right, I would have never had to go through that purgatory. This Bone Broth Diet with a paleo change helps you with your health, leaky gut and all.

Bone broth has been part of the Paleo diet which has been successful in the past in losing weight. The guide includes discussions on the Paleo diet, nutrient guidelines, benefits of eating bone broth in helping you lose weight and some bone broth recipes including the basic, beef bone broth, chicken bone broth, etc and following the diet outline with other recipes such as Pesto Chicken

Salad and Sweet Potato casserole. Some benefits include immune system boost, increases energy, improving your sleep and strengthens your bones.

That's a very helpful that will gives to make healthy and look younger. With the cup of bone broth , nice gives a lot of results. Now a days we need some healthy foods . That will give us strong body and mind. I really love it, Loose my weight in just a week or month, I will start it now .Very interesting, it's a challenged to me to have a beautiful body.

This guide takes the mystery out of making bone broth and makes it easy for the home cook. The book offers useful information on choosing, preserving, and storing your bones for your broths. It's definitely got me interested in trying this and the recipes in how to do this look really easy to follow.

This book has a lot of info on how to eat healthy and live a healthy lifestyle. It also shows that you don't have to waist tons of money on trying to look younger you can easily eat healthy and it will benefit you with not just looking younger but being more energized. Plus a lot cheaper then other cosmetic methods of looking younger. Overall great read.

Hamilton clearly explained why the Standard American Diet stinks and I totally agree with him. I also made a note of the foods he listed which we are supposed to avoid. Bone broth is unheard of and I was surprised to know that it was part of the Paleo diet. Well, the bone broth recipes here might also be good to try on cold weather.

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