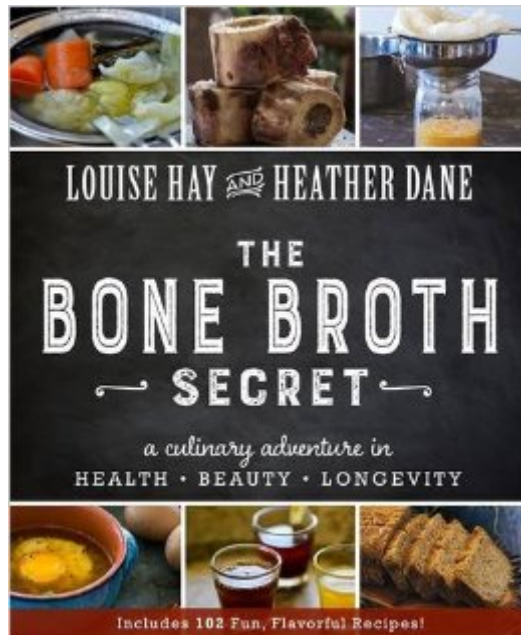


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Bone Broth Secret: A Culinary Adventure In Health, Beauty, And Longevity



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

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Customer Reviews

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!

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 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.

This is now my favorite book about bone broth! I have several others. Bone broth has made a big difference in my family's health, so it's helpful to have recipes to change things up a bit and keep it interesting. I didn't realize this book would have such great information on healing leaky gut, leaky brain and other health problems. I also like the stories. I am a major Louise Hay fan and I loved reading stories I hadn't heard about her before. It made me feel like I was stepping into her kitchen like an old friend. The recipes are delicious. I have tried several of them. My husband and I even tried the cocktails and loved them! I've made one of the grain free breads and three of the desserts and all have been a hit with my family. My kids love the meatloaf cupcakes with kabocha squash topping (like frosting) and have already asked for them again. I think my favorite thing about this book is the sense of joy and love that I get when reading it. That part is quintessential Louise Hay. The pictures are beautiful and I just feel so nourished when I read it. Thank you Louise Hay and Heather Dane!

I love this book! It has a lot of information. Not only the history of Bone Broth but all the health benefits as well. Making the broth is the easy part using it sometimes or for me anyway it a bit

tougher so this book is full of great recipes! Highly recommend.

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.

Great information and so well written, it keeps you drawn in to the process of the bone broth procedure. Although many of the recipes are ones my family find too exotic, the basics of the nutrition value, history and uses are awesome! To be able to have homemade bone broth in the freezer ready to use, instead of using a salty bullion cube is healthy and wonderful for the recipes I make. The healing properties of the broth are amazing and I will continue to use this book for many years.

Great purchase! I highly recommend this for those who want to enjoy looking and feeling much younger than their chronological age. Chronic diseases are also healed with this secret when medicine has only treated the symptom. Since cooking the broths, I can see the difference in the mirror, and at a wedding this weekend of longtime family friends I have not seen in years, they also commented on wanting to know what I was doing that had reversed the aging process! As a cancer survivor, (I chose to fight it naturally, no Chemo or radiation for invasive cancer 6 years ago), I know without a doubt Louis Hay's way works. One of the best books on Bone Broth and benefits. Includes some great recipes and tricks of making the broth with a busy schedule.

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