CONSIOUSrewire

CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Bone Broth

Recovery, Gut & Joint Support

www.consciousrewire.com

Bone Broth

Recovery, Gut & Joint Support

What This Supports: Recovery • Gut Support • Joint Health • Mineral Intake

Why It Works: Slow-simmered bone broth extracts collagen, gelatin, amino acids, and minerals from bones. These compounds are commonly associated with connective tissue support, gut lining integrity, and recovery nutrition.

Ingredients:
• 1 package marrow bones (thawed and roasted at 500°C for 5 minutes)
• 1 stalk lemongrass (white part only, cut)
• 2 tbsp peppercorns
• 1-inch piece ginger (roughly cut)
• 4 cloves garlic (roughly cut)
• 1 sprig rosemary
• 2 bay leaves
• 1 tbsp apple cider vinegar
• Filtered or spring water

Directions:
1. Place all ingredients in a crock pot and cover with water.
2. Set to lowest temperature and simmer for 24–48 hours.
3. Strain broth and store or serve warm.

Alternate Flavor Variations:
• Lemongrass + scallion + Thai chili + basil
• Adjust herbs and spice levels to taste

Key Nutritional Benefits:
• **Joint & connective tissue:** Collagen and gelatin provide amino acids commonly associated with joint support.
• **Gut support:** Gelatin may help support the gut lining.
• **Minerals:** Long simmering helps extract minerals such as calcium and magnesium.

Best Use:
• Daily recovery beverage
• During fasting or light-eating days
• As a nutrient-dense base for soups and meals

Quick Notes:
• Skim fat if you prefer a lighter broth
• Store in glass jars for refrigeration or freezing

- Not intended as medical advice