



30 Powerful Bone Broth Recipes: Lose Up to 17 Pounds in 3 Weeks, Fight Aging, Make Your Skin Glow and Improve Your Health!

Arnold Hamilton

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Get the Powerful Benefits of Bone Broth

Bone broths have been found to possess a lot of health benefits. Bone broths are very rich in protein. They are also a good source of minerals. They are very rich in gelatin which supports good skin health and aids digestive health.

Proline reinforces good skin health especially when combined with vitamin C. Glycine aids the secretion of gastric acids and digestion. It also aids the effectiveness of the body's detoxification process. It is also important in the synthesis of haemoglobin, bile salts and other naturally occurring chemicals that are in the body.

Chicken soup is also good for a cold because it inhibits neutrophil migration. In other words, it aids the alleviation of the downsides of colds, flus and other respiratory infections.

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