

# Bone Broth For Dogs

Bone broth is a long-forgotten superfood that's inexpensive & nutrient packed. Here are five reasons you should consider bone broth for your fur babies (I also drink it daily).

## Bone Broth Is Good for Joints

In the book *Deep Nutrition*, Dr Cate Shanahan writes "The health of your joints depends upon the health of the collagen in your ligaments, tendons, and on the ends of your bones. Collagens are a large family of biomolecules, which include the glycosaminoglycans, very special molecules that help keep our joints healthy."

Bone broth is loaded with glycosaminoglycans, and you might even be familiar with one of them: glucosamine. Not only does bone broth contain super amazing amounts of glucosamine, but it's also packed with other joint protecting compounds like chondroitin and hyaluronic acid.

Moreover, the glycosaminoglycans from bone broth are resistant to digestion and are absorbed in their intact form. According to Dr Shanahan, they act like hormones, stimulating cells called fibroblasts, which lay down collagen in the joints, tendons, ligaments, and even the arteries. I highly recommend Bone Broth for all dogs especially senior dogs.

## Bone Broth Helps the Liver Detox

The liver is the master organ of detoxification. The dog's liver is under assault daily as the poor dog lies on carpets and floors treated with chemicals, walks on grass that's been treated and sprayed with poisons, consumes foods with toxic and synthetic ingredients, and suffers through toxic dewormers, flea & tick preventatives, drugs, antibiotics, vaccines and more.

The liver was never meant to suffer this onslaught and its capacity to detoxify is limited by the availability of the amino acid glycine. Guess what has tons of glycine? Bone broth!

## Bone Broth Promotes A Healthy Gut

The lining of the intestines contains millions of tiny holes that allow the passage of digested nutrients to enter the body. Stress, poor diet and bacterial overgrowth can cause more holes to open or to become bigger...this is called leaky gut.

The problem with those big holes is that things can pass through that aren't meant to, including undigested food matter, toxins and yeast. The body will notice those undigested food particles as foreign invaders and start to attack them. This is how allergies and food sensitivities develop.

Bone broth is loaded with a gooey substance that can plug up those leaky holes: gelatin!

## **Bone Broth Is Great Nutrition for Sick Dogs**

Have you ever had a dog with terrible diarrhea and had trouble getting him back on solid food? Or a dog who is convalescing and doesn't have a great appetite but you know he needs more nutrition?

Bone broth to the rescue!

Studies conducted in the 1800's showed that when there is plenty of gelatin in the diet, the body's need for protein from meat sources can be reduced by as much as fifty percent! Bone broth is also an excellent source of important minerals and can bolster the immune system (think chicken soup)!

Bone broth is also loaded with glycine, which aids digestion by helping to regulate the synthesis of bile salts and secretion of gastric acid.

### **My Chicken Bone Broth is simmered very slowly for 12 - 24 hours**

This is necessary to get the full nutrition out of the bones.

I use raw chicken feet, chicken necks, turkey wings and chicken/turkey carcass. The more bone joints in the broth the better! This adds protective gelatin that comes from the cartilages in the bone joints.

You can freeze this broth in small containers (even ice cube trays) for easy dispensing. Or you can store it in your refrigerator for about five days. While bone broth isn't nutritionally complete for exclusive long-term feeding by itself, you can use it as a base for a complete meal or as a supplement for your dog's regular diet.

Bone broth is a healthy way to add nutrition to commercial dry food (kibble) & homemade diets & hydrate your dog when he's sick and also helps those fussy/picky eaters by adding it into their regular food.

I give my Westies bone broth daily (1 – 2 heaped serving spoonfuls) over their dinner.

Large dogs I would give 2 - 3 heaped serving spoonfuls over their dinner.

It's nutrient packed bone broth not medicine, so I don't get too hung up on exactly how much I give my dogs.