

BONE BROTH

THE ANCIENT HEALTH DRINK



BIOMED

THE HEALTH DRINK OF OUR ANCESTORS

Bone broth has a long history of use that goes back more than 2,500 years, spanning across many cultures. At that time, broth brewed from bones was used medicinally. It was found to have positive effects in the treatment of colds and asthma, among other things. Indeed, the first signs of medical use can be found in China, where it was used, among other things, to improve immunity, as a building block for blood cells, but especially to improve the condition of the intestines and kidneys. Doctors in traditional Chinese medicine specifically emphasized the importance of the bone marrow for the healing properties of the broth.

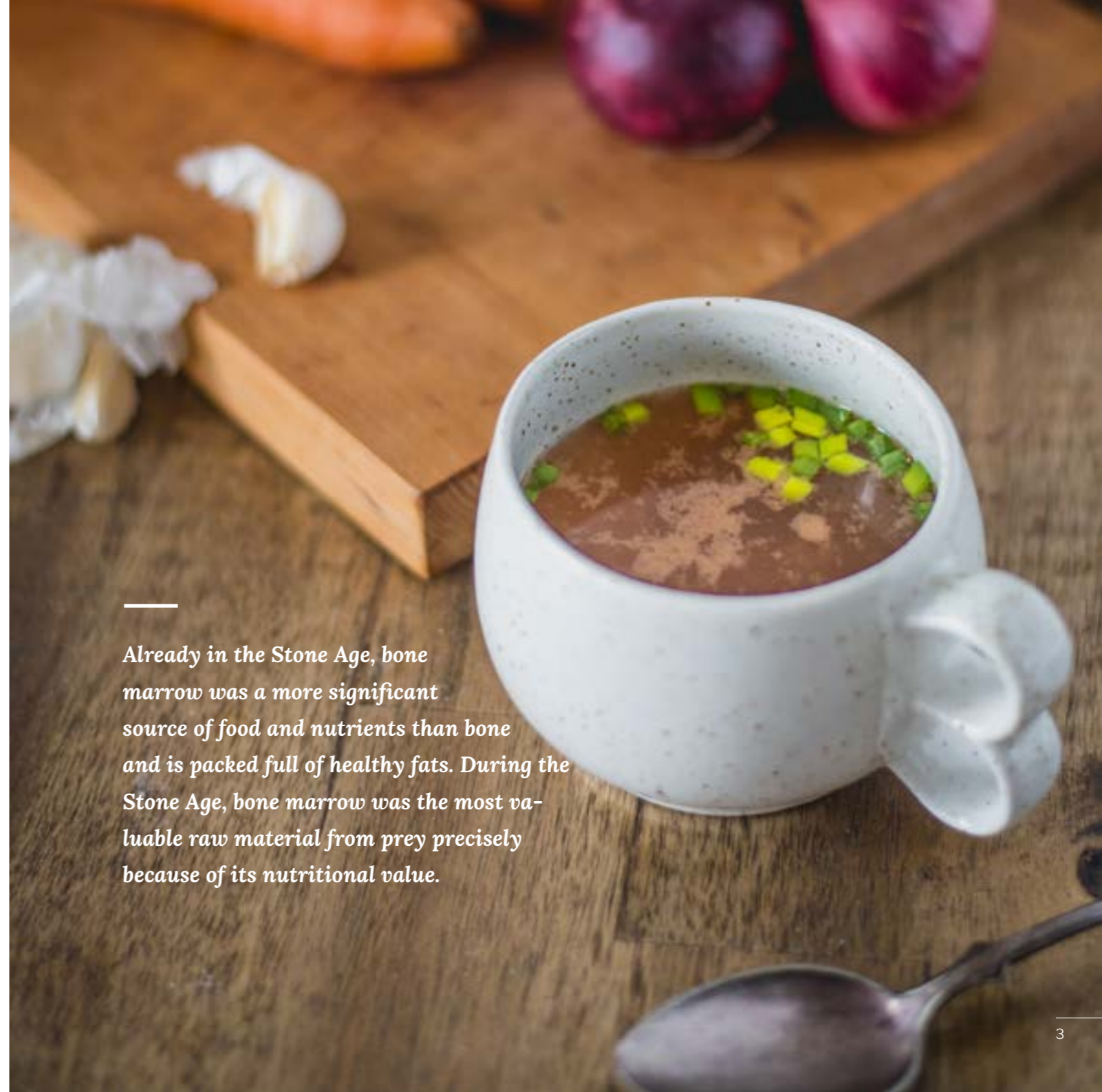
Other uses can also be found from the 13th century in Egypt, where bone broth was used as a medicine to cure colds and asthma.

However, the first bone broths were ingested long before this. The initial

history dates back to a time when food was scarce and a successful hunting trip was not common. When the prey was finally overthrown, it had to be fully utilized. The soft parts were easily edible, while the skins and fur were used for accessories and other commodities. What remained, however, were bones that were left unused. So our ancestors had to come up with a way to utilize this valuable raw material. Roasting was invented as a way to soften the bone material and reveal valuable and nutritious bone marrow inside. Before inventing the dishes, the bones were roasted with hot stones. Later, as the dishes became more common, the bones could be brewed in pots. This revolutionized the utilization of bones, as now vegetables, spices and herbs could be added to the mixture.

The first bone broth had been born.

Since then, bone broth has been an integral part of the world's various food cultures. Bone broth is, so to speak, the mother of spices. Bone broth has been used in world cuisines, but it also has its place in Finnish history. It has been used as a base in various soups, stews and drinks, among other things.



Already in the Stone Age, bone marrow was a more significant source of food and nutrients than bone and is packed full of healthy fats. During the Stone Age, bone marrow was the most valuable raw material from prey precisely because of its nutritional value.

RESULT OF LONG AND GENTLE COOKING

Traditionally, bone broth is brewed for several days, maximising the amount of valuable nutrients being released from the bone.

Nowadays, brewing and broth temperature are easier to control, so day-long brewing is enough for the same result. A long and gentle brew softens the bone material, releases collagen and the nutritious bone marrow into the broth. Other active ingredients in bone broth are, of course, gelatin, various amino acids such as proline, glycine and arginine, chondroitin sulfate, and various minerals such as calcium, phosphorus, magnesium, and potassium.

Active substances

- fi Gelatin
- fi Collagen
- fi Glucosamine
- fi Chondroitin sulfate
- fi Hyaluronic acid
- fi Proline
- fi Glycine
- fi Arginine
- fi Minerals such as calcium, phosphorus, magnesium and potassium

Health benefits of bone broth

Bone broth contains a natural and versatile combination of different nutrients that complement each other. It is easily digestible which promotes the absorption of nutrients. The most significant benefit of bone broth is an improvement in immunity. Indeed, this historic drink has been studied to help with allergies, asthma and osteoarthritis. When ingested regularly, it promotes well-being and helps with many ailments. Listed below are the most significant effects.

Stomach and intestinal well-being

The gelatin and collagen in bone broth have also been studied to strengthen the condition of the intestine. Bone broth is an easily digestible food, so its nutrients are also easily absorbed by the body. A healthy gut absorbs the nutrients contained in the food we eat and reduces hypersensitivity, allergies and permeability. Our gut bacteria are also happy to live in a healthy gut.

Stronger gut, stronger immune system

A stronger gut has a stronger resistance to outside invaders. A healthy gut has a holistic effect on the body, including the immune system. For example, a leaky gut increases inflammation and releases harmful particles into the body. Collagen, gelatin, and the amino acids proline, glutamine, and arginine help the intestine to heal and thus improve immunity.

Healthy skin, hair and nails

Gelatin and collagen keep skin, hair and nails healthy and strong. Collagen is a connective tissue protein whose ability to produce in the human body decreases with age.

It is said that the skin is an intestinal mirror. Thus, a healthy intestine is reflected with healthy skin.

Healthy joints

Gelatin is also a building block for joints. It helps keep our joints flexible and healthy. In addition to gelatin, bone broth is also a good natural source of chondroitin sulfate, glucosamine, and collagen. When dissolved in the broth, they are easily absorbed by the body and the nutrients can be utilized more efficiently.

Cleanses the body

Today, we are exposed to a number of toxins from the environment. Bone broth is considered a good cleanser because it promotes the liver's ability to remove harmful substances from the body, as well as helps to reduce the inflammatory state of the body. The potassium and glycine contained in bone broth support the clearance of both cells and the liver.

BONE BROTH HELPS MANY PEOPLE

Throughout history, bone broth has been found to provide relief for many ailments. In ancient Greece, Hippocrates prescribed it to his patients with stomach ailments.

In today's research, it has been found to have positive effects on, among other things, immunity, joint problems and digestion. Bone broth is not only a warming, soul-filling drink, but it is also a nutritious and healing aid for many ailments.

DOMESTIC SEMI-WILD RAW MATERIAL

Not all bone broths are equal. The animal and the environment the animal lives are the most important factors in creating the highest quality bone broth. The best bones broth can only be created from the bones of wild animals like game or Reindeer.

A reindeer is a semi-wild animal that lives in the wild in harsh conditions. It has adapted to survive in extreme conditions, from summer heat to winter frosts. The reindeer survive on a tree-free tundra throughout the year, eating a variety of plants. These plants have had to survive and fight in an environment with few resources. This makes these plants much more nutritious and protective to the animals that eat them.

In winter, there is little edible food for reindeer. However, they are unusually able to utilize nutrient-dense lichen for food. This is not common in the animal kingdom and that is why the reindeer forms a suitable niche for itself, where there is no competition for food with other animals.

A more environmentally friendly solution

Today, we eat usually only eat the meat from animals and so much is wasted. However, there are a huge number of parts to recover. For example, the utiliza-

tion of bones is not only environmentally friendly and energy-efficient, but also beneficial to health. The utilization of so-called residual fires thus saves not only the earth, but also the amount of waste generated from meat production.

Easier and more convenient to use

It is possible to make bone broth yourself, but it requires high-quality raw materials, as well as enough time and storage space. When done yourself, the finished broth can be frozen in ice cube molds, making storage and subsequent use easier. Reindeer bone and bone marrow extract ice cubes are easy to use and quick to add to foods or drinks. Today, ready-made freeze dried powder is available on the market ready for use.

Bone broth is stomach-friendly and easily absorbed. You get the most out of it with regular use.

HOW TO PREPARE?

To make bone broth, you need a high-quality long bone, preferably game. It is a good idea to have the bone cut across and just enough to fit in your pot. Water is then added to the pot so that the bones are barely covered. A few more tablespoons of apple cider vinegar should be included, so that the nutrients dissolve in the broth more effectively.

The broth is then left to simmer on a low heat for 1 to 2 days. If necessary, you can add water in between if the fluid level falls below the bones. After about a day of removing the bones from the broth, you can enjoy the bone marrow as is or spoon it into the broth. Add to the broth any herbs, wild herbs, spices such as bay leaves, ginger, turmeric and black pepper, vegetables such as onions, garlic, celery and carrots, as well as salt and a little apple cider vinegar. Add spice, cover and let the broth simmer on low heat for an hour.

Enjoy the broth as is, store in the fridge or in ice cube trays in the freezer. Note that due to gelatin, the broth solidifies as it cools. However, it liquefies again when heated. As it cools, a layer of grease accumulates on the surface. However, do not remove this valuable layer, which contains health-promoting nutrients. It can be used for frying, seasoning food or it can be enjoyed with broth.



HOW TO USE?

Bone broth is versatile and a suitable addition for almost any food. Here are the most common and delicious uses.

- fi Cooking
- fi Sauces
- fi Soups
- fi Porridge
- fi Risotto and other side dishes
- fi Stews
- fi As a warming drink – just add any other spices you want that enhance the effects of the bone broth

Warm bone broth drink

- 2 tsp/ice cubes bone broth & marrow extract
- 200ml hot water
- 1 garlic clove crushed
- about 1 tsp grated ginger
- 1/2 tsp turmeric
- black pepper
- lemon juice
- sea salt
- (local honey)

Boil water. Add spices, bone and bone marrow extract to a large mug and pour hot water on top. Stir. Add local honey if desired.



Tip: Use hot water instead of boiling water.

Bone broth turmeric latte

- 2 tsp/ice cubes bone broth & marrow extract
- 100ml coconut milk
- 100ml water
- 1 tsp turmeric
- 1/2 tsp cinnamon
- Ground black pepper (ginger, vanilla, cloves)
- 1 tbspn local honey

Measure all the ingredients in the pan. You can add spices such as ginger and vanilla if you wish. Heat on low temperature. Enjoy!

Bone broth guide

- 2 tsp/ice cubes bone broth & marrow extract
- 200ml water
- 1-2 carrots
- 1 garlic clove
- 1-2 organic eggs
- 1 tsp apple cider vinegar
- sea salt
- ground black pepper
- spring onion chopped

Chop the carrot and peel the garlic. Boil the water in a saucepan and add the vegetables, bone and bone marrow extract and sea salt. Cook for a few minutes until the carrots are almost cooked. Break 1-2 organic eggs into the soup. The eggs are cooked in 2-3 minutes. Season the soup with apple cider vinegar and black pepper. Garnish with chopped spring onions.



Bone broth cabbage stew

- 4-6 cabbage leaves
- 1 onion
- 2 cloves of garlic
- tbspn organic butter
- 4 tsp/ice cubes bone broth and marrow extract
- salt
- black pepper
- (lemon juice)

Remove the stalk from the cabbage and chop the leaves. Peel and slice the onion and garlic cloves. Heat a pan over a fair amount of butter and add the onions. Saute over medium heat for five minutes, add cabbage, bone and bone marrow extract and simmer for a few minutes. Season with salt and pepper, and if desired a drop of lemon juice.

Tips: For stews consider adding softer vegetables like mushrooms and courgettes at the end of cooking to preserve nutrient content.

Lemon quinoa with turmeric

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| 200ml quinoa | 100g organic raisins chopped |
| 1 tsp sea salt | 2 tbsp olive oil |
| 1 tsp turmeric | Juice of half a lemon |
| 1/2 tsp cumin | 240g chopped fresh parsley |
| 400ml water | Ground black pepper |
| 4 tsp/ice cubes bone broth and marrow extract | |
| 100g pine nuts or almonds | |

Rinse Quino through. Boil water, add salt, spices, bone and bone marrow extract, and Quinoa. Simmer the quinoa for five minutes.

Once cooked combine the quinoa, pine nuts, raisins, olive oil, lemon juice and chopped parsley. Taste and add lemon juice if necessary. Season with salt and pepper and serve.

Bone broth risotto

- 300g risotto rice
- 200g wild mushrooms
- 1 onion
- 4 clove of garlic
- 2 tbsp organic butter
- 2 tbsp olive oil
- 900ml water
- 6 tsp/ice cubes bone broth and marrow extract
- 200g grated parmesan
- 2 tbsp dried nettle
- 50g chopped fresh thyme
- salt
- black pepper

Heat the water in a small saucepan and add the bone broth. Keep warm.

Clean and chop the mushrooms. Heat the butter in a large pot and add the mushrooms. Cook until the mushrooms turn a beautiful caramelised color. Remove the mushrooms from the pan.

Finely dice the onion, peel and slice the garlic cloves. Fry the onions in olive oil in the same saucepan as you used to fry the mushrooms.

Add the risotto rice and continue to simmer, stirring the ingredients constantly to keep them from burning. Slowly add the bone broth to the rice so that the rice is barely covered in liquid. Keep stirring the risotto.

When the broth is almost absorbed into the rice, add the fried mushrooms, grated parmesan, dried nettle, chopped thyme, salt, black pepper and, if desired, white wine. Stir, season and add salt if necessary.

Serve immediately and enjoy!



Roasted tomato soup

- 1 kg tomatoes
- 500 g cherry tomatoes
- 6-8 cloves of garlic
- 2 onions
- 6 tsp/ice cubes bone broth and marrow extract
- 2 tbsp organic butter
- 2 tbsp olive oil
- 230g of basil
- 2 tbsp balsamic vinegar
- salt
- black pepper

Halve the tomatoes, peel the garlic. Dice the onions. Spread the vegetables on a baking sheet, sprinkle with olive oil and bake 225 °C for 20-30 minutes until the vegetables are soft and have a beautiful color. Let them cool for a moment.

Puree the roasted vegetables and bone broth in either a blender or a large saucepan with a stick blender. Add water until you get the consistency you want.



Stew

- 2 red onions
- 3 cloves of garlic chopped
- 1/2 pumpkin
- 4 carrots
- 100 g mushrooms
- 500 g new or small potatoes
- olive oil
- nob of organic butter
- 1 kg boneless organic beef (or game / reindeer)
- 500ml water
- 6 tsp/ice cubes bone broth and marrow extract
- 4 tbsp tomato puree
- 4 tbsp balsamic vinegar
- 2 bay leaves
- 1 tsp pepper powder
- 3 sprigs fresh thyme
- black pepper
- sea salt
- (1 organic lemon)

Heat the oven to 150 degrees. Peel onions and pumpkin. Chop the garlic, chop the onions, pumpkin, carrots and mushrooms into coarse pieces.

Heat the oil and butter in a large saucepan, add the onion, garlic and sage leaves and fry over medium heat for five minutes. At the same time cut the meat into cubes.

Add the meat to the pan and let it brown for a moment. Also add the remaining vegetables, potatoes, tomato puree, balsamic vinegar, bay leaves, hot peppers, thyme, ground pepper and a pinch of salt. Add water so that the ingredients are covered.

Bring to the boil, put the lid on and lift into the oven (if you do not own the pot, you can gently pour the soup into a large oven dish and cover with foil). Leave in the oven until the meat is tender, about 3-4 hours. Add water if necessary during cooking. Leaner meat requires a longer cooking time, the meat is ready when it breaks down easily with a fork. Taste the broth and add salt if necessary.

Bone broth pesto

- 1 small garlic clove
- 1 big bunch of fresh basil
- 3 tsp/ice cubes bone broth and marrow extract
- 1 a handful of pine nuts
- 1 a handful of parmesan grated
- good olive oil
- sea salt
- lemon juice

Peel and chop the garlic cloves. Using a food processor / blender / stick blender, mix the garlic clove, basil, bone and bone marrow extract, pine nuts and parmesan until it forms a paste. Squeeze in a little lemon juice and add the olive oil until you get the desired composition for the pesto. Season with salt. Enjoy in sauces, on bread or in pasta!



Braised game and liver

- 400 g organic / meadow-fed / game minced meat
- 300 g organic / meadow-fed / game liver
- 6 cloves of garlic
- 2 red onions
- 2 carrots
- olive oil
- 6 tsp/ice cubes bone broth and marrow extract
- 2 bay leaves
- fresh rosemary
- fresh thyme
- 380g Chopped tomatoes
- sea salt
- black pepper
- 1 tsp pepper powder
- 4 tbsp balsamic vinegar
- 2 tbsp local honey
- (dried wild herbs such as nettles)

Take liver and chop into small cubes. Peel the onions and chop. Also chop the carrots. Heat 2 tablespoons of olive oil in a saucepan or sauté pan. Brown the minced meat and liver, transfer to another container. Add 2 tablespoons of olive oil to the saucepan and sauté the vegetables for five minutes. Add bone and bone marrow extract, spices, tomato paste, balsamic vinegar, honey, and fried meat and liver. Season with salt and pepper. Leave the pot in the stove on low heat for at least 30 minutes, preferably 1-2 hours. You can also bake the pot in a 125 degree oven. Taste and add salt if necessary. Enjoy with your favorite side dishes!

Chocolate pudding

- 1 avocado
- 1-2 tsp/ice cubes bone broth and marrow extract
- 1 tbsp raw cocoa powder
- 1 tbsn local honey
- 1/3 tsp cardamom
- pinch of salt

Remove the stone and shell from the avocado. Measure all the ingredients into a blender and puree into a silky pudding. If necessary, add a little almond milk / water to get a smoother composition. You can also make the pudding in a high-edged dish, pureeing with a stick mixer. Enjoy right away or refrigerate to wait for serving time.

Cleansing berry smoothie

- 200g domestic wild berries
- 2 tsp/ice cubes bone broth and marrow extract
- 1 organic egg
- 1/2 avocado
- a handful of spinach and / or kale
- a piece of ginger
- water / tea / cigarette bath
- (vanilla, cardamom, cinnamon)
- (local honey)

Measure all ingredients into a blender. Stir into a fluffy smoothie, add liquid until you reach the desired composition. Season and sweeten if desired.





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