



Bone Broth

(recipe from YIN & Yang Nutrition for Dogs, J. Morgan/H. Grant)

Bone Broth is a strong rejuvenating potion high in minerals, amino acids, glucosamine, and many more valuable nutrients. The benefits of bone marrow are endless, having an influence not only over the collagen of bones, ligaments and tendons, but also DNA and RNA synthesis, and adrenal function.

From a Chinese medical perspective bone marrow broth boosts the Kidney Qi and Jing, Kidney Jing is made up of the Yin and Yang of the kidneys, with the Essence being the fundamental foundation of life.

Bone broth can be served alone or mixed with meals. It can be used for cooking grains and vegetables or rehydrating freeze-dried food. Bone broth is a soothing liquid that can be used to nurse ill animals back to health following gastrointestinal upset or prolonged illness.

Raw bones with marrow – chicken, turkey, rabbit, beef, pork, or ox tail (I use 2 to 3 medium sized beef bones)

3 inches ginger root sliced – warming, Qi tonic, resolves stagnation

2 ounces parsley chopped – Blood tonic

4 ounces Shiitake mushrooms – drain Damp, Yin tonic

2 stalks chopped celery – cooling, drains Damp

¼ cup organic raw apple cider vinegar – helps pull the minerals and marrow from the bones

3 cloves garlic chopped (omit if your pet has a history of hemolytic anemia) - warming, drains damp, resolves stagnation, transforms phlegm

6 quarts water

Place all ingredients in a large soup pot or slow cooker. Cook on low heat for 12 to 24 hours. (12 on the stove at simmer or 24 in the crock pot on low.)

Allow to cool. Remove bones and discard. Never feed cooked bones. Strained vegetables and any meat can be added to meals. Place broth in the refrigerator and allow the fat to rise to the top. Skim fat and discard.

Bone broth can be stored in the refrigerator up to one week and frozen up to twelve months. Freezing in ice cube trays is a great way to have single servings readily available. Warm before feeding.