

11 DIETARY
10
PRINCIPLES

**Include bone broth in soups,
stews, gravy and sauces.**



All traditional cultures make use of animal bones, usually in the form of gelatin-rich bone broths.

Tenth Principle

All traditional cultures ate the skin and bones of the animal, along with meat and organ meats. Our bodies contain two main types of protein—muscle protein and collagen. In fact, we have more collagen in our bodies than muscle. Collagen is what holds us together, creates the framework for our bones, forms the basis of strong tendons and joints, surrounds our organs, lines the intestinal tract, interlaces our fatty tissue and undergirds our skin. In addition, glycine in broth helps regulate dopamine levels in the body for good mental health.

By “bones” we mean the collagenous portions—the gristle, joints and connective tissue. Traditional cultures consumed these portions, usually by cooking the bones, heads and feet of animals to make a nourishing broth. Think of bone broth as melted collagen, the elixir that provides the building blocks for your own collagen.

The best way to nourish our collagen is to make gelatin-rich broth from chicken, fish, beef or pork bones (including the collagen-rich feet) and using that for delicious sauces, gravies, soups and stews. It’s also important to eat skin—the skin on fish, crispy chicken skin or satisfying *chichirones* (pork rinds). That’s right, old-fashioned foods like grievens (crispy duck or chicken cracklings) and jellied pigs’ feet are health foods!

Food manufacturers create the unami taste of broth using toxic MSG and other artificial flavorings. Use only genuine bone broth made from real bones!

For further information:

Articles

- On broth: westonaprice.org/food-features/soup-and-broth/
- The Ultimate Guide to Bone Broth - Nourished Kitchen: nourishedkitchen.com/bone-broth/
- Nourishing Broth: An Old-Fashioned Remedy for the Modern World: nourishingourchildren.org/2014/09/30/nourishing-broth-an-old-fashioned-remedy-for-the-modern-world/

Wise Traditions Podcast westonaprice.org/podcast/

- Episode 280: Principle 10: Rediscover Bone Broth with Sally Fallon Morell
- Episode 125: Don't Throw Away the Bones with Sally Fallon Morell
- Episode 43: Beautiful Broth with Lance Roll

Videos

- Broth, Soup, Stew and Sauces: westonaprice.org/category/video/broth-soups-stews-and-sauces/
- Stocks and Soups with Sarah Pope: westonaprice.org/stocks-and-soups-video-by-sarah-pope/

Recipes

- Soup, Broth and Stock: westonaprice.org/category/our-blogs/recipe-of-the-week/soups/
- Variations on Slow Cooked Bone Broth: nourishingourchildren.org/2017/10/07/variations-on-broth/
- Broth, Stew and Sauce Recipes by Kimberly Hartke: westonaprice.org/broth-stew-and-sauce-recipes-for-good-health/