



## The Bone Broth Diet for Beginners: The Paleo Diet Guide to Delicious Bone Broth Recipes for Detoxing, Age Reduction and Fast Weight Loss (Paperback)

By Andrea Silver

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Wow - the bone broth diet has been found to reduce signs of aging, improve skin health, help digestive health and greatly assist with Paleo weight loss diets. Let s dive into this and figure out how to get started. Bone broth recipes are both delicious and highly nutritious. The nutrients involve important amino acids like glutamine, and the presence of plenty of collagen - the very stuff that keeps our skin from sagging as we age. Bone broth could be a KEY to a new, healthy lifestyle that reduces age. Of course, there s a lot more to the story - bone brothing has also become a popular way to supplement the Paleo diet that requires rounds of fasting. By supplementing solid food with bone broth twice a week, you help kick your body into ketosis - and losing a lot of weight in the process. Since I started implementing bone broth into my diet - it became a permanent habit. Now, you ll find me any given weekend at the butcher s stocking up on hooves and things that creeps...

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