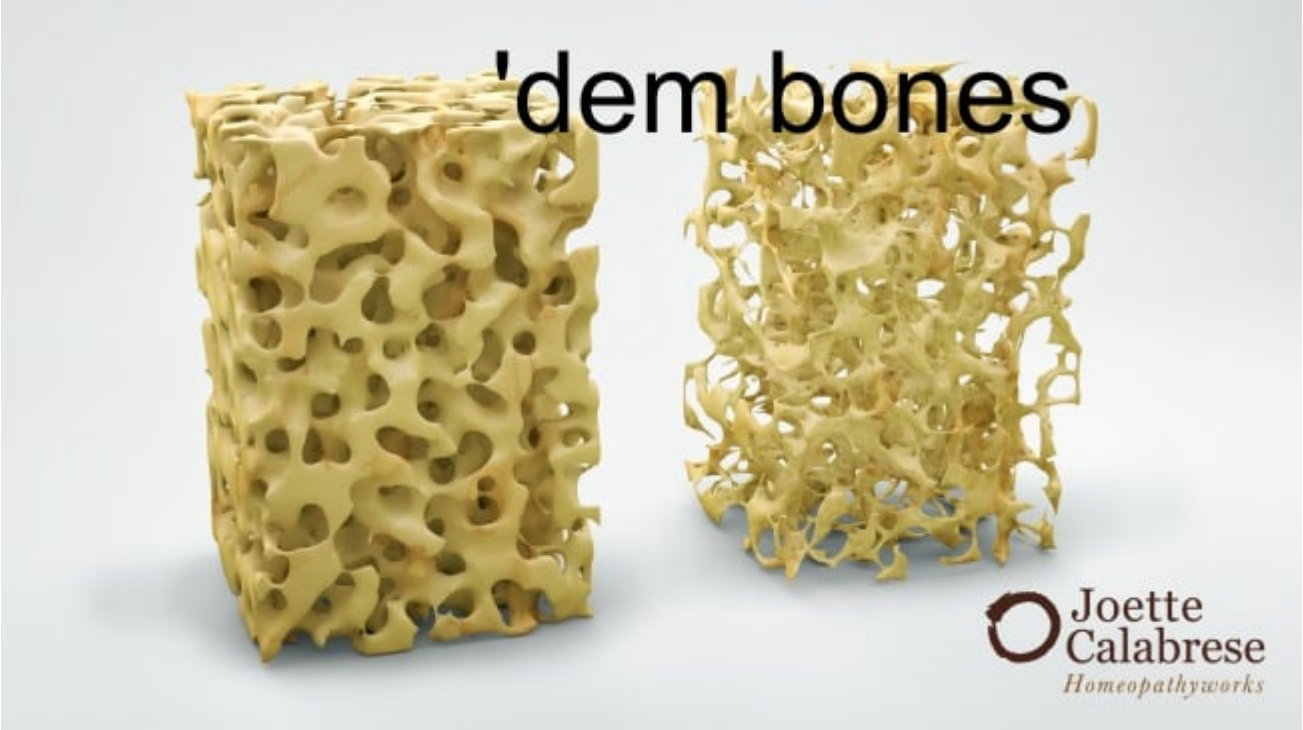
# Watch Out for Dem’ Bones!




I adore well-seasoned, intelligently crafted meals. Give me a stylish, cosmopolitan, farm-to-table restaurant, and I am one happy lady.

But when my three children were still at home, I didn’t have time to make fancy food. Instead, I needed to make it nutritious and delicious – and I had to do it in record time.

Christmas is just around the corner, and I imagine you, too, are struggling to lay out a nutritious meal in record time. I’ve got a trick for you.

When I first started making bone broth, I was meticulous; I would roast beef bones then simmer them in a crockpot for several hours and once finished, I’d strain the broth into a bowl, pouring it from that bowl into a mason jar, then saving it for use for an upcoming meal. It sounds simple in theory, but I soon realized that this caused a mountain of dishes and container washing.

Then it dawned on me that there was a better way: I could prepare the broth using only ONE pot!

Here’s how I did it. And read on for your homeopathic protocol.




**No-Nonsense Bone Broth**

What you need:
• Approximately 2 lbs of beef, venison, pork, etc. bones
• A crockpot, pressure cooker (like an Instant Pot), Dutch oven, etc.
• A splash of wine (fragrance and flavor are better than using the usual vinegar)
• Ingredients for a planned meal that requires bone broth (such as a stew)

First, start by filing your crockpot with a couple of pounds of bones. Add water (I fill my pot up to the max line) and add a splash of wine.

If using a crockpot or Dutch oven, 6-8 hours of cooking time is sufficient. With an instant pot, you could let it pressure cook for about 2-3 hours or so. Once the bones have sufficiently cooked and you have a nice broth, ladle out a portion of the broth (about 1/4th of what you have), and save it in the fridge for future use.

Now that your pot has more room in it, you can add whatever ingredients are required for your planned meal. For instance, you could add soaked beans and veggies for a chili stew, or butternut squash for a gorgeous winter soup.

But remember to leave the bones in that pot! As you cook these new ingredients, the bones continue to cook and release their nutritious properties.

When it comes time to serve the dish, just tell your family to, "Watch out for dem' bones!" – as there may be a chunk or two that gets ladled into their bowl. For this reason, I do not recommend using chicken bones when making my no-nonsense broth.

The next day, when we only have a little bit of stew left over, I get that bit of the broth I had reserved and use it to make a rice dish. Then I top the rice dish with the leftover stew. M'mm, good!

Now that's kitchen organization, of which my great-great-grandmother would have been proud!

**A Homeopathic Medicine for Bones**

Because I always want to give you a valuable homeopathic nugget each week, here's a great homeopathic protocol for you to 'bone up on'! Keep this tucked away in your notes,

‘cause you never know when you might need it.

In addition to nutritious bone broth, *Calc phos 3* (or *Calc phos 6*) is one of the most important medicines for strengthening bones.

I’m reminded of a man who came to me years ago with a tibia fracture that simply would not fuse. He was in his 80s and although he had been drinking bone broth and raw milk since the time of the fracture and had followed his doctors’ advice on all counts, the bone simply would not mend (even though the break had occurred some two years earlier.)

His doctors had given up.

He had not.

Once he began *Calc phos 6* and *Symphytum 200* twice daily for about four months (it might have been a little longer since I don’t actually recall the exact time), the bone joined and no more work was needed. In addition, his x-ray showed full recovery.

Done.

On to the next thing in life.

Need I tell you how important your diet is? Of course not. But there are many circumstances in which even the best of foods, such as pasture-fed bone stock (lovingly made by you), is not the answer.

That’s when our medicine must be counted on.

In fact, some folks can’t even eat bone stock because it causes allergic reactions. I cover this in my course Good Gut Bad Gut, but for those who don’t want to take courses, here’s one of my best tips from it. It’s a Banerji Protocol that I teach for uprooting food intolerances:

*Bovista* 200 every other day for months.

Now you have a homeopathic medicine for dem bones whether they’re in your stockpot or body.

Warmly,



P.S. Should you be interested in learning more about how to deal with accidents, broken bones and other such conditions when modern medicine fails or is unavailable, you might want to take a look here: Survivalist Guide to Homeopathy. You may also want to download, my free infographic, 23 Remedies for When Disaster Strikes.