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**Meet Dr. Michele Menzel**  
Doctor of Naturopathy, Diplomat of Pastoral Science,  
Certified Nutritional Counselor, German New Medicine  
Consultant, Certified Natural Health Professional

**Disclaimer**

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.



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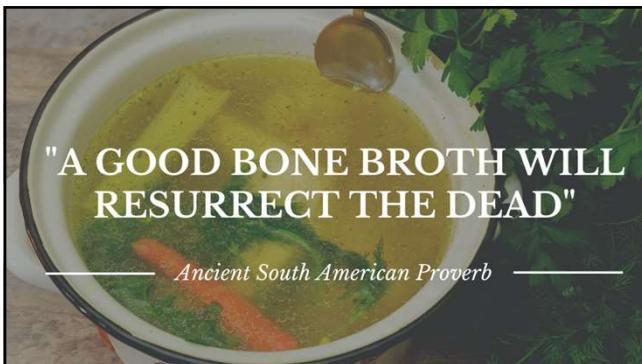
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*Nearly every traditional society boiled bones of meat animals to make a nutritive broth*

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*The use of homemade meat broths to produce nourishing and flavorful soups and sauces has almost completely disappeared from American food*

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**Campbell's has 95 soups made with MSG.**



- In 1908, the Japanese invented monosodium glutamate (MSG) to enhance food flavors, particularly meat-like flavors
- Did you know we actually have glutamate receptors on our tongues? Now industry had created a way to make food that tasted "just as good" at a fraction of the cost
- When the industry learned how to make the flavor of meat using inexpensive proteins isolated from grains and legumes, the door opened to a flood of new products, including bouillon cubes, dehydrated soup mixes, sauce mixes, TV dinners, and condiments with a meaty taste.

**48 Day**  
Transformation

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### At What Cost to Our Health?



- The dangers of MSG have been well documented
- In 1957, scientists found that mice became blind and obese when MSG was administered by feeding tube
- Monosodium glutamate is a neurotoxic substance that causes a wide range of reactions
- In 1969, MSG-induced lesions were found in the hypothalamus region of the brain

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### Benefits of Bone Broth

*Making soup with bone marrow stock is more than a mood cure*

- It enhances your support system and provides you with easy-to-assimilate minerals
- The marrow inside the bones contains nutrients that feed your bone marrow
- When your bone marrow is nourished, it creates more robust immune cells that can better support your body and rebuild health
- As the bones cook minerals and other nutrients leach from the bones into the broth in a form the body can easily absorb



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### Benefits of Bone Broth

- Cartilage is formed from collagen and elastin proteins Using cartilage-rich beef knuckles, chicken feet, trachea, and ribs in your stock will assure you get these great benefits in your broth
- Fish stock, according to traditional lore, helps boys grow up into strong men, makes childbirth easy, and cures fatigue. Broth and soup made with fish heads and carcasses provide iodine and thyroid- strengthening substances

**Homemade broth is rich in:**

- calcium
- Magnesium
- Phosphorus
- silicon
- Sulfur
- Trace minerals
- material from cartilage and tendons containing glucosamine and chondroitin
- Gelatin
- Proline
- Glycine



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### Collagen

- We say “collagen” when referring to the body, and “gelatin” when referring to the extracted collagen used as food
- Most commercial gelatins are made from animal skin and often contain MSG!
- Poor wound healing, bleeding gums, and bruising are often associated with a vitamin C deficiency
- however, the problem is actually a collagen deficiency because vitamin C is needed to metabolize proline and synthesize collagen
- Gelatin also helps heal the mucus membranes of the gastrointestinal tract in cases of inflammation.



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#### Both Glycine & Proline Are Needed For:

- Manufacture of glucose
- Enhancing gastric acid secretion
- Soft tissue and wound healing
  - Healthy connective tissue
- Effective detoxification of the liver
  - Production of plasma
- Maintaining a good memory

#### Collagen & Gelatin Are Needed For:

- Soft tissue and wound healing
- Formation & repair of cartilage & bone
  - Healing & coating the mucus membranes of the gastrointestinal tract
- Facilitating digestion & assimilation of proteins

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### Minerals Found In Bone Broth

- Minerals provide the basis for many important functions in the body. They are necessary for connective tissue and bone, create electrical potential that facilitates nerve conduction, and are catalysts for enzymatic reactions
- Calcium is necessary for strong bones, muscle contraction and relaxation, proper clotting and tissue repair, normal nerve conduction, and endocrine balance.
- Mineral deficiency can lead to osteoporosis, brittle nails, periodontal conditions, muscle cramps and spasms, palpitations, depression, insomnia, and hyperactivity
- Phosphorus is necessary for the general production of energy in the body.
- Magnesium is the most common dietary deficiency in the U.S. it is involved in over 300 enzyme reactions, is a cofactor for vitamins B1 and B6, and is involved in the synthesis of proteins, fatty acids, nucleic acids, and prostaglandins, ect

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*Make Bone Broth a Part of Your Regular Diet and Feel the Difference!*

- The amounts and types of substances in your bone broth soup depend partly on the types of bones you use!!
- Try to use organic, and try to use mixed bones. Bone marrow and cartilage provide the most beneficial ingredients
- Just one pint of soup can give you as much as 1,000 milligrams of calcium
- Bone marrow soup stock is not only a great winter food, but also one of the best traditional foods for recuperation and rejuvenation
- It is very beneficial for recovery from illness, surgery, and fatigue
- If you are in any stage of healing, drink two cups of bone marrow broth a day.



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*Bottom Line:*

Save yourself money and maximize the flavor and nutrient density of your foods by incorporating broth into your diet!



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Bone Broths  
**48 Day**  
Transformation  
With Dr. Michele Menzel, ND

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