



Bone Broth: Easy Bone Broth Recipes for Beginners to Lose Weight and Improve Your Health

Emily Morris

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Bone Broth. The name might not immediately inspire you or make you think that this will be anything other than another book full of soup recipes. But that would be a mistake. Delve into the pages and you will discover something amazing waiting to stimulate you. The health benefits of bone broth alone are worth buying this book, but there is so much more information. Things like fighting colds are well known, and although the healing effect on the bowel is less so, it is, nevertheless, vitally important, while the knowledge of the author, about how bone broth has a great effect on stretch marks, lines and fat, is a revelation. There are recipes too, including making soup in your slow cooker for those days when you just don't have enough time or want to come home to that wonderful aroma. They are well laid out and list all the ingredients required. And with easy to follow instructions for a tasty and nutritious treat they are sure to be something the whole family will love. The recipes are simple, so even a beginner can master them quickly, and set you on the way to improving health and even looking years younger.

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