

gillie's **first time**
parent

APRIL 2021

4 *c-sections*
Does it get easier
over time??

**POTTY
TRAINING**

Are you
ready?

AUTOIMMUNITY
+ environmental triggers



The many healing benefits of bone broth

with Melissa Boloña, Actress, model and **Beauty & the Broth** Founder & CEO

Actress, model and Beauty & the Broth's Founder and CEO, Melissa Boloña is sharing an ancient wellness secret: bone broth concentrates! Rich in naturally-occurring collagen, and made with organic ingredients, Beauty & the Broth is the new broth concentrate beverage for whole-body and total-beauty that will get you glowing from the inside out.

Consuming bone broth goes back to ancient times and traditions that our ancestors used as a way to provide their bodies with nutritious and restorative benefits.

Fast forward to today, where we now know that bone broth is packed with full-body and total-beauty benefits that provide the body with a number of benefits, like healing an irritated digestive tract, providing healthy skin and bones, boosting energy levels, improving sleep and more! Drinking bone broth daily is not only good for you but also for your overall health and wellness, as it is packed with nutritional benefits that help create a glow from within.

Bone broth is a highly nutritious beverage, packed with an abundance of vitamins, minerals and nutrients, all of which promote good health.

The bones used to make the broth are especially rich in vitamins and nutrients like calcium, magnesium and phosphorus. These three nutrients are responsible for promoting strong, healthy bones in the body. Calcium is the most abundant mineral in the body and is needed for bone growth, strength and maintenance, along with aiding in heart and nerve functions. If your body is deficient in calcium, you are more likely to experience weak bones, injuries, muscle spasms and cramps. Similarly, magnesium is an essential mineral that supports bone health and aids in nerve function. Eating foods rich in magnesium help create a strong bone density and lower the risk of injuries. Phosphorus is another mineral necessary for bone health and muscle recovery. It helps restore the muscles after a workout.

Bone broth also contains collagen, an exceptionally important nutrient in the body.

When the bones are slowly-simmered together, collagen is released from the bones and turns into a gelatin form. This gelatin provides the body with amino acids, the building blocks of proteins. This makes bone broth a great post-workout recovery meal, packed with protein to replenish your body, boost your energy and reduce cravings between meals. The amino acids also help support the production of chemicals and hormones that help you sleep, think straight and stay focused. Collagen is also an important beauty-boosting ingredient that promotes healthy skin, hair, bones and joints, and strong nails, that will get you glowing from the inside out.



Additionally, bone broth contains glutamine, cysteine and carnosine, three compounds that help boost the immune system. It is so important to maintain a healthy immune system all throughout the year, and not just during flu season. Maintaining a healthy immune system will also help your body bounce back faster if you do experience any health issues or injuries. Bone broth also contains zinc and glutamine, which help fight against inflammation, improve gut health and improve digestion.

All of the incredible benefits found in bone broth make it one of the most nutrition-dense beverages to consume to heal your body.

Bone broth is even more so essential to consume if you are someone who is experiencing a nutrient-deficiency, from postpartum or recovering from an illness or injury. Pregnancy and childbirth, along with injuries, are some of the most strenuous situations the body can go through and it is so important to take care of your body properly as it recovers. Bone broth will provide your body with all the vital vitamins and nutrients needed to recover faster. For example, one of the most important nutrients the body needs to recover is collagen. Not only is collagen the building block for healthy skin and nails and strong bones, but it also helps heal wounds, rebuild the tissue of the uterus and abdominal muscles, and heal stretched skin.

Additionally, all of the essential minerals found in bone broth are absorbed by the body quickly, to help with the recovery process. Bone broth is also very hydrating, as it is packed with electrolytes. As your body transitions and recovers, it requires an extra amount of hydration to heal properly, making bone broth an exception choice. The amino acids, glycine and proline, found in bone broth help speed up the recovery process, reduce inflammation and allow muscles to heal faster. Bone broth can also help replenish the body from the loss of bone density, which results from pregnancy or injuries, replenish nutrients lost and continue with support joint health.

All in all, there is no secret that bone broth truly is a whole-body healing beverage, made for anyone and everyone to enjoy at any stage of life. A cup of broth a day will keep you feeling strong, healthy and glowing!

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Melissa Boloña is the Founder and CEO of Beauty & the Broth, a beauty and wellness brand offering shelf-stable, direct-to-consumer bone broth that's care-free, convenient and customizable. Her mission is to provide convenient access to this magical elixir so that everyone has an opportunity to experience its benefits. Melissa currently lives and works in Los Angeles, California. Learn more at: thebeautyandthebroth.com

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