

Good Afternoon!



Cathy Hohmeyer

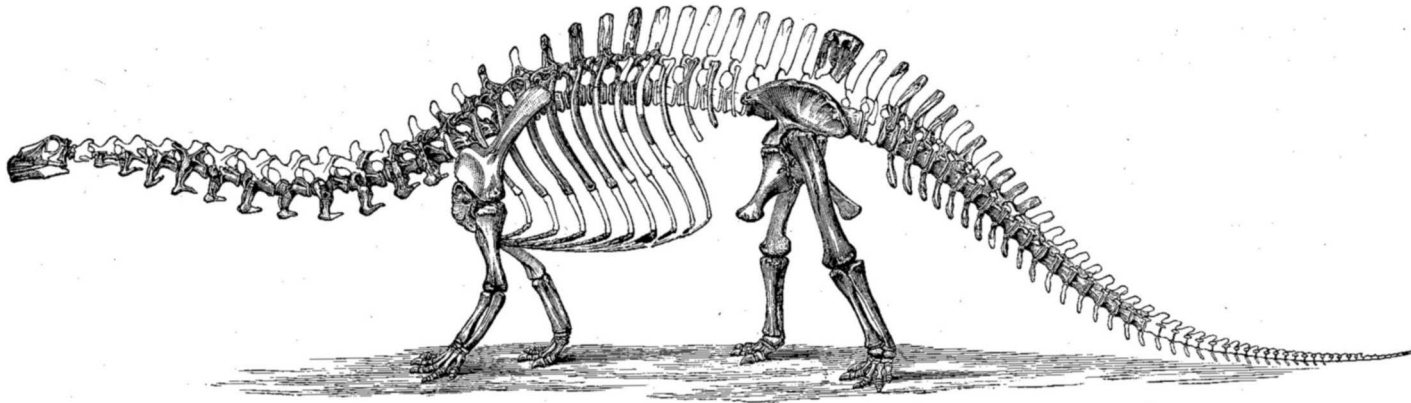
Registered Occupational Therapist

Weston A Price Chapter Leader
(specializing in nourishing traditional foods)

Real Foods Chef/ Owner
Lake Clear Lodge & Retreat

Certified Raw Foods/Superfoods Nutritionist

BONES



Thanks for coming!

.....everyone knows soup is
good for the soul



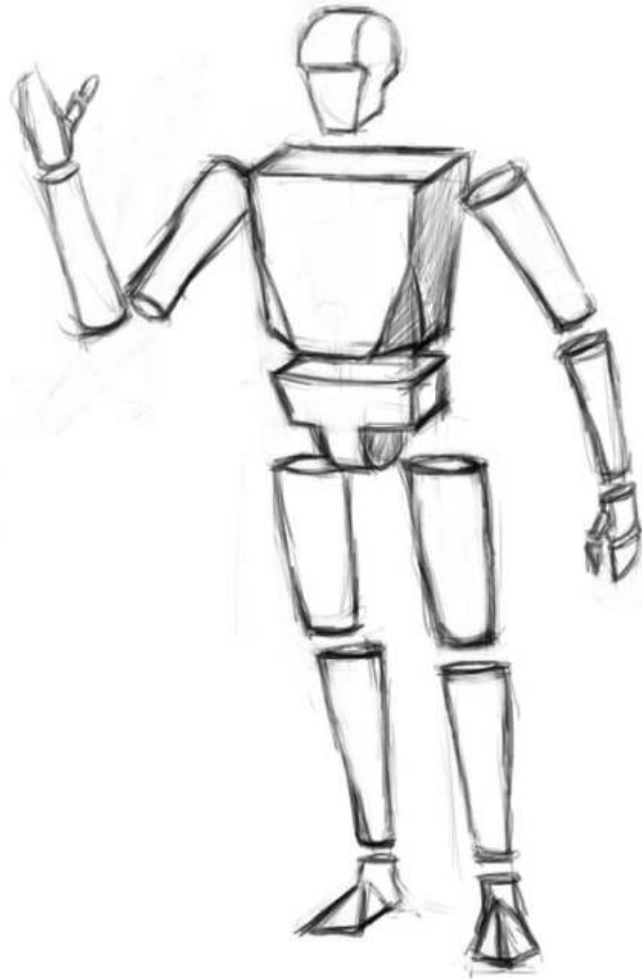
Homemade Bone Broth Base

- Properly prepared Bone Broths made from chicken (and other poultry), fish, beef, and lamb are a storehouse of nutrients which are liberated from bones, skin and connective tissues .
- It is the Ultimate mineral “supplement”
- These nutrients “accelerate overall healing and supports our bones as well as

What does “bone broth do for the Body?

Halo - you are more than your body

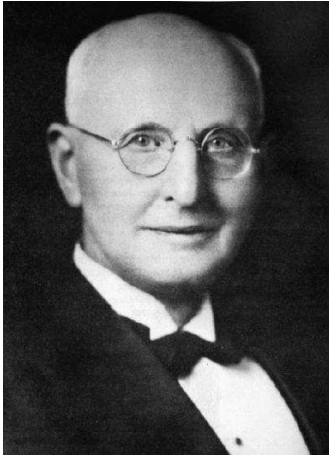
Decrease ~~“Stress”~~ Hebegebes



Good for your

- Skin
- Hair
- Teeth
- Your brain
- Your mood
- Bones
- Joints
- Immune system
- Digestive system
- Respiratory system

Weston A Price, DDS



One of a Kind Study, that can never be repeated

Teeth = Good Health = Whole Body Health

Traveled the world for 10 years,

12 Populations throughout the entire world
PREPARED their diverse foods

THE SAME

As processed foods developed and lives changed

We have lost much of this knowledge

Dr. Price found

Healthy bodies

Healthy teeth

NO degenerative diseases

Smiling children that seldom cried

No mental conditions

(mood and mental capacity)

Although they ate diverse foods
they all PREPARED their foods using
the SAME ideas

AND in many cases their preparations
IMPROVED nutrient quality rather than
decreased

What have “we” been doing?

Processed Food face * Traditional Food face



11 Principles of a Healthy Diet

The diets of healthy, non industrialized peoples contain

- 1 **No refined or denatured foods or ingredients**, such as refined sugar or high fructose corn syrup; white flour; canned foods; pasteurized, homogenized, skim or low-fat milk; refined or hydrogenated vegetable oils; protein powders; artificial vitamins; or toxic additives and colorings.
- 2 **All traditional cultures consume some sort of animal food**, such as fish and shellfish; land and water fowl; land and sea mammals; eggs; milk and milk products; reptiles; and insects. The whole animal is consumed—muscle meat, organs, bones and fat, with the organ meats and fats preferred.
- 3 **Nutrient Dense foods with at least four times the minerals and water-soluble vitamins, and TEN times the fat-soluble vitamins** found in animal fats (vitamin A, vitamin D and vitamin K₂—Price's "Activator X") as the average American diet.
- 4 All traditional cultures cooked some of their food but **all consumed a portion of their animal foods raw.**
- 5 Primitive and traditional diets have a **high content of food enzymes and beneficial bacteria from lacto-fermented vegetables, fruits, beverages, dairy products, meats and condiments.**
- 6 **Seeds, grains and nuts are soaked, sprouted, fermented** or naturally leavened to neutralize naturally occurring anti-nutrients such as enzyme inhibitors, tannins and phytic acid.
- 7 **Total fat content of traditional diets varies from 30 percent to 80 percent of calories but only about 4 percent of calories come from polyunsaturated oils**naturally occurring in grains, legumes, nuts, fish, animal fats and vegetables. The balance of fat calories is in the form of saturated and monounsaturated fatty acids.
- 8 Traditional diets **contain nearly equal amounts of omega-6 and omega-3 essential fatty acids.**
- 9 All traditional diets **contain some salt.**
- 10 All traditional cultures **make use of animal bones, usually in the form of gelatin-rich bone broths.**
- 11 Traditional cultures **make provisions for the health of future generations by providing special nutrient-rich animal foods** for parents-to-be, pregnant women and growing children; by proper spacing of children; **and by teaching the principles of right diet to the young.**

- www.westonaprice.org

Nutrition can be ONE part of
Healing Process -
Many “Healing” Diets to choose from

Most target the Digestive System
**Bone Broths being the most
common to all “healing” diets**

AND

The most nourishing for the TOTAL body

Why?

Minerals
&
Gelatin

Bones
Cartilage Skin
(Marrow)

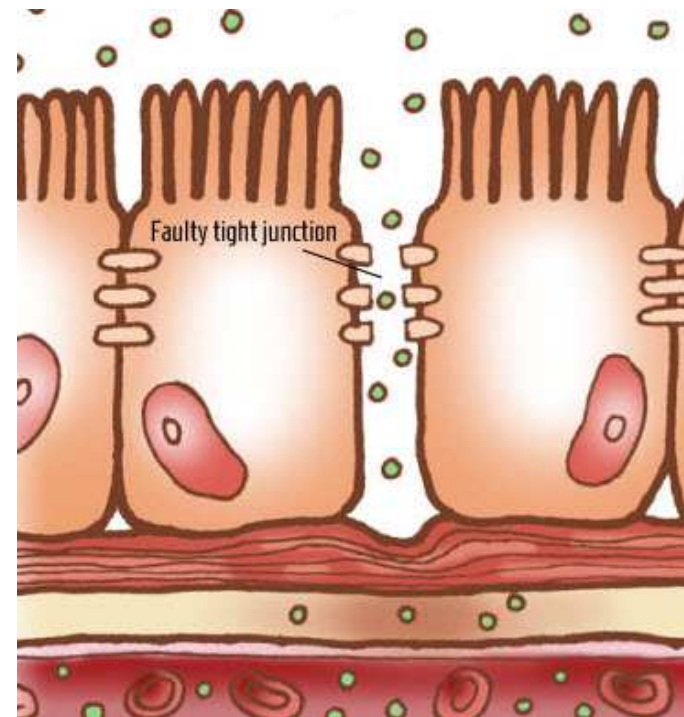
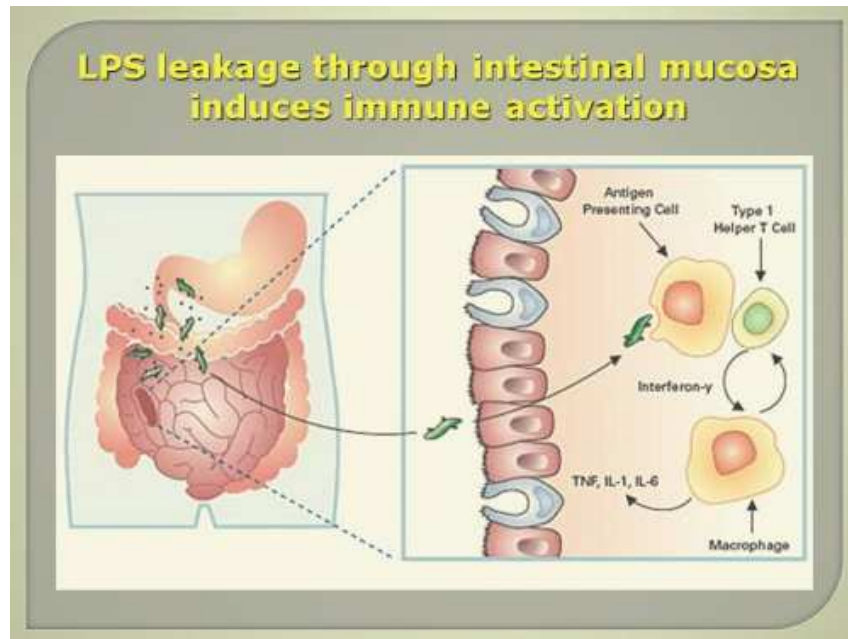
turns
Collagen
to Gelatin = Gelly

EASILY digested –
decrease the Hebegebes in your Belly

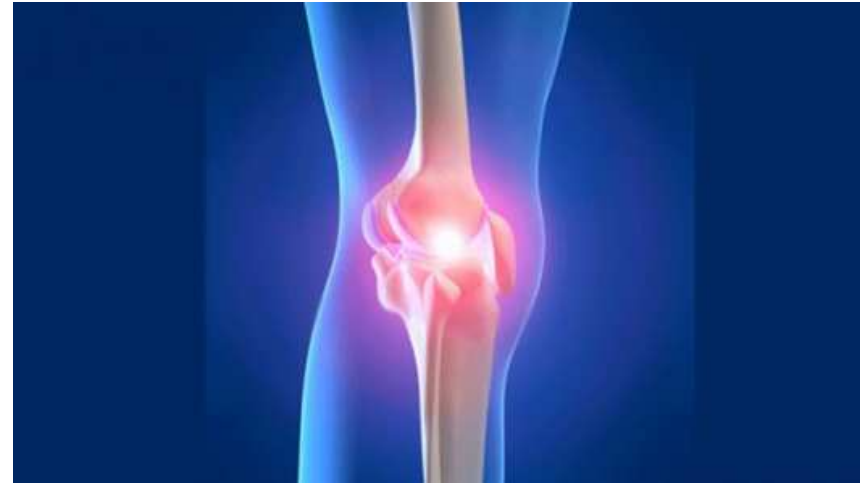
One of the
Buzz “conditions”
right now is
called

Leaky Gut

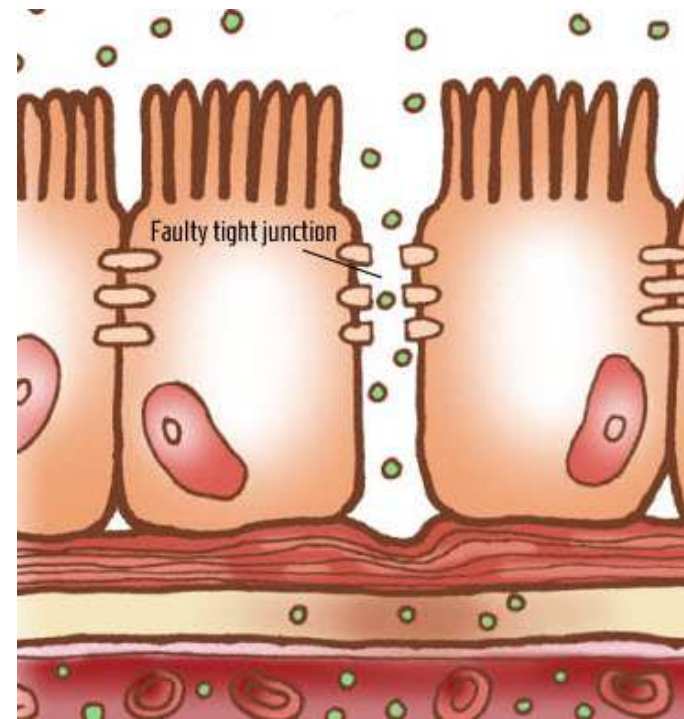
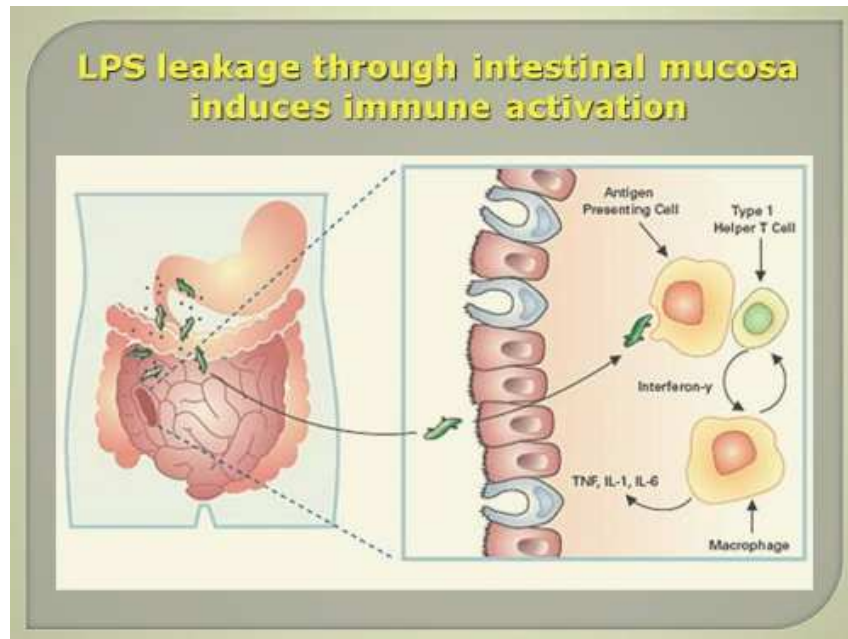
(Leaky Gut) = Hole-y Belly



Which causes other problems
throughout the body

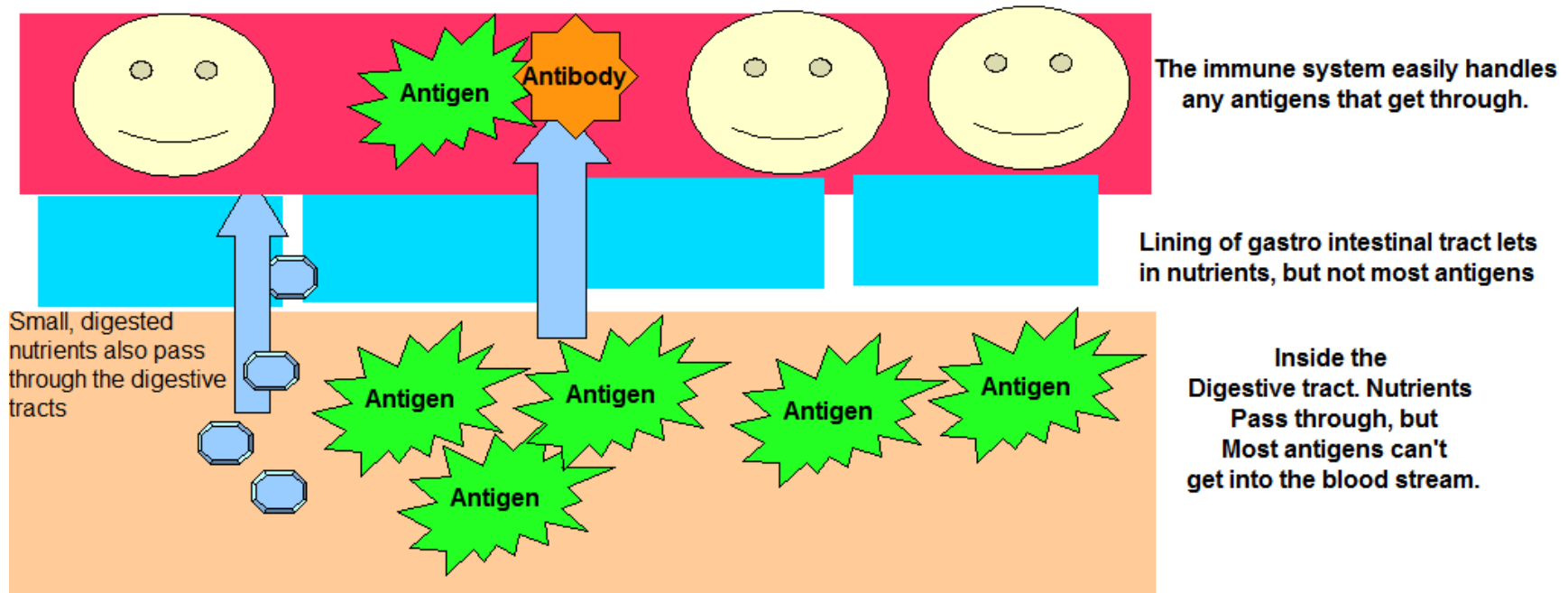


Gelatin can help heal Hole-y Belly

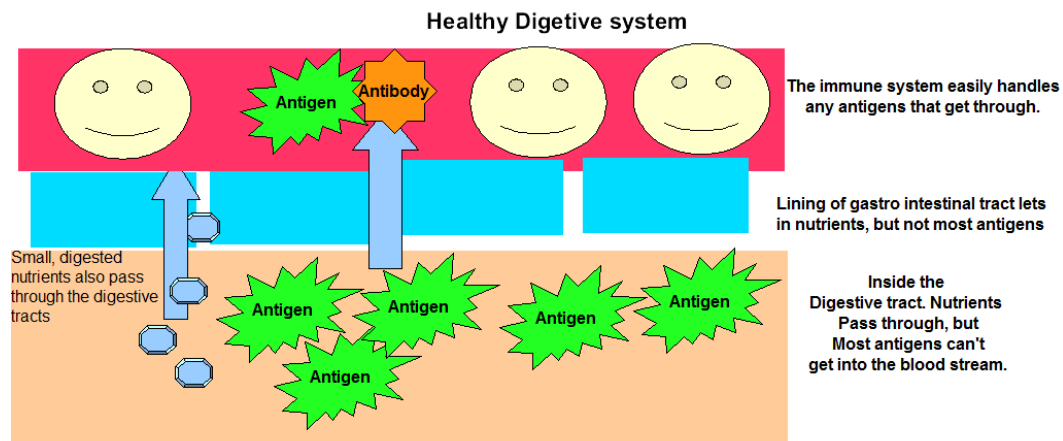


Holy Belly

Healthy Digestive system



Gelly in your Belly helps make your Hole-y Belly



a Holy Belly

?

- What is one food you find on a hospital tray?

Benefits of Gelatin & Broth

- Easily digestible proteins (amino acids)
- Minerals
- Gelatin improves digestion by stabilizing stomach acid
- Anti inflammatory, not only colds in your respiratory but overall body
- Hydrating

The No Hebegebes way to Make Bone Stock

- Place bones in a large pan
- Add veggie “scraps”, bay leaf
- Add a little vinegar or tomato juice, paste....
You want the minerals to leach out of the bone
- Simmer for 6-72 hours

- Strain and sip or make soup

Or add to sauces, meatloaf, use as water replacement.....

Broth

- Made with pieces of meat
- Richer

Stock

- Made with bones and trim

Don't fuss here ... just do your thing..

It is all about doing it, you can keep refining but you cant do it wrong

Buy meats bone in and with all the "scrap" you can get
Save all your veggie pieces for stock
Be Creative!

Bone Broth, stocks, soups

- How to make basic stock
- How to use and store
- Notes on Quality
- Crock Pot * Pot on Stove * The oven ...

Chicken Broth

- Use a whole chicken
- Use chicken bones
- Use chicken feet *** very gelatinous
- Usually 2-6 hours , can do overnight in a crock pot
- Cathy's 3 stage example using with bones with a bit of chicken

Beef Broth

- Use bones
- Smaller bones less time
- Large knuckle bones – couple of days

- Continuous pot method

Lamb, pork, other birds

- all good
- And you can mix all kinds too
- If you have friends who get pastured animals for meat **GET THE BONES!!!**

Best way to make dinner and get concentrated GELLO and a good healthy fat

(find the best quality duck you can)

- Roast a whole duck in 2-3 inches of water (veggie pieces if you want) the pan “fits” the duck. 2.5 hours at 350 – duck has thin bones
- You can stuff the duck and season on the outside if you wish
- Strain juice into a “high” container
- Chill.... Then spoon off duck fat, save and saute potatoes in it or
- Gently “melt” the stock , place in an ice cube tray add a cube to everything

Quality: Good, Better, Best

- Use best when you can

Pastured, clean meat animals

Water * Veggies * Low or no gluten additives

Don't fret when you can't

You can add Love to anything homemade - just use intention as you cook

Which has proven to be transformative to food and water **Feeding the Body – Nourishing the Soul**

Another Easy Dinner – “Ramen Noodles”

- Grass fed beef chuck steak (with bone)
- Simmer in a pan – 2-3 hours
- Yummy juice
- Add any veggies – as they cook, cut up your meat
- Add meat back in
- Make noodles in water OR Make noodles in your stock (you can use rice noodles or GF noodles here of course)
- Season as desired CAYENNE is a good thing!

Add your stock to everything

- Make soup – ENDLESS variations
- Even if you use your stock with a last minute canned soup
- Add to spaghetti sauce
- Make gravies and sauces
- Cook your rice or beans in it

GELLO

- And other gelatin based dishes without meat
- Gummies
- Aspics

Alternatives

- Great Lakes Gelatin

Green can and the red can

One gels, one does NOT gel

Tasteless so you can add to smoothies, make non-dairy puddings and ice creams and even marshmallows

- Vegetarian alternative : agar agar does not have same nutrition but is soothing to tummies

Gummies and Smoothies

Have fun with them



Add to Smoothies



Other Notes

- If you seem like you don't get gel from your stock - Don't fret – it is still in there!

The collagen could be broken down further, the stock to dilute, the bones not good quality

Roasting Your bones

Good for meaty – ish beef bones – you get color and flavor

Storing

- FRIDGE

Keep in fridge a few days – handy for sipping and using last minute

- FREEZER

You can also make large batches and freeze
Freeze in medium tubs or ice cube trays

www.OldWorldKitchen.net

Blog – articles and recipes

Nutrient Dense Food Classes in
Cultured foods; Roasts, stocks, sauces
and sautes; Herbs and spices; Food for
healing Diets; Foods for Seniors

www.LodgeOnLakeClear.com

Food Coop,
Real foods Take Out