



The Bone Broth Miracle: How an Ancient Remedy Can Improve Health, Fight Aging, and Boost Beauty

Ariane Resnick

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What was once known as your grandmother's miracle cure for a cold or the flu is now the most popular food trend. The oldest of recipes dating back to prehistoric times and one of the cornerstones of the Paleo Diet, bone broth is made from the boiled bones of poultry, fish, or beef, and is often enriched with flavors of vegetables, herbs, and spices. This mineral-rich liquid has been praised for its gifts of immune support, digestive health, and joint strength along with beauty-enhancing qualities of strengthening hair and nails and reducing acne-causing inflammation.

The Bone Broth Miracle details everything you need to know about the many health benefits of this miracle soup. Along with information about the history and varieties of broth, this book also contains fifty-one easy-to-follow recipes for your daily dose of nutrients: calcium, amino acids, collagen, magnesium, potassium, and minerals, among others. Once you're able to prepare your own broth, you'll join thousands of others worldwide who have fallen in love with that clear, bright flavor that only comes from high-quality and fresh ingredients.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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