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Bone Broth: The Ultimate Guide to Improve Your Health, Lose Weight and Look Younger! (15 Delicious Broth & Soup Recipes to Improve Your Health, Lose Weight and Reverse Aging, Bone Broth Diet)

Abel Evans

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★?★LOSE WEIGHT, LOOK YOUNGER AND IMPROVE YOUR HEALTH WITH THESE DELICIOUS AND NUTRITIOUS BONE BROTH RECIPES!★?★

This is the only guide on Bone Broth you will ever need! Practical, concise and easy to read.

This book will teach you exactly what you need to know about Bone Broth, it's many Advantages and Healing Benefits:

- Promotes Healthy Hair, Skin and Nail Growth
- Promotes Strong, Healthy Bones
- Source of Bio-Available Nutrients in easy-to-digest form
- Inhibits Infection
- Helps Heal and Seal your Gut
- Promotes Healthy Digestion
- Detoxify Your Body
- Reduces Joint Pain and Inflammation

According to an old South American proverb, "Good Broth will resurrect the dead." it speaks to the value placed on this wholesome food, going back through the annals of time.

Bone Broths are

NUTRITIONAL POWERHOUSES!

They are full of vitamins and minerals that act like medicine in our bodies, preventing and reversing all kinds of ills related to deficiencies in our modern diets.

Bones are a perfect example of why you should never judge a book by its cover. Locked away inside that hard shell is a wealth of essential nutrients:

Anti-inflammatory and gut-healing proteins, healthy fats, and a wealth of minerals just waiting to be used.

Are you ready to Lose Weight, Look Younger & Improve your Over-All Health?

Here Is A Preview Of The Nutritious Bone Broth recipes you will find in this book:

- Basic Beef Bone Broth
- Slow Cooker Chicken Bone Broth
- Basic Turkey Bone Broth
- Asian Style Pork Bone Broth
- Fish Bone Broth
- Gelatin Rich Bone Broth for Healthy Skin
- Immunity Boosting Bone Broth
- Anti-Inflammatory Bone Broth
- Detoxifying Bone Broth
- Soothing Garlic Soup
- Carrot Ginger Soup
- And Much, Much More!
- Easy Tomato Soup
- Egg Drop Soup
- Vegetable Beef Soup
- Pork and Udon Noodle Soup

Each recipe has a FULL Nutritional Breakdown.

★?★Take Action and purchase this book to transform your LIFE! ★?★

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From reader reviews:

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Leticia Bennet:

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