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# Bone Broth Breakthrough: Transform Your Body With Bone Broth Protein, The Ultimate Food To Support Gut Health, Metabolism, Lean Muscle, Joints And Glowing Skin



## Synopsis

**DR. AXE'S 30-DAY BONE BROTH TRANSFORMATIONAL PROGRAM** Are you ready to experience a health breakthrough? Dr. Axe's transformational bone broth programs includes a 3-day cleanse, 7-day challenge and a 30-day bone broth protein dietary plan to help you reach your highest level of health. Why get more bone broth protein in your diet? Because bone broth is one of the most nourishing superfoods on the planet. It can help support immunity, healthy digestion, glowing skin, lean muscle tissue, detoxification, joints and metabolism. Bone broth and bone broth protein include: 19 easy-to-absorb amino acids Minerals including potassium, calcium, selenium and magnesium Collagen and gelatin that help form connective tissue and healthy skin Proline and glutamine that support immunity and digestion Dr. Axe strongly believes that bone broth belongs in our diet because it contains so many healing nutrients. Thousands of his patients have experienced the health transformational benefits of bone broth, and now you can, too! Dr. Josh Axe, DNM, DC, CNS, is a doctor of natural medicine, nutritionist and author with a passion to help people get well using food as medicine and operates one of the world's largest natural health websites at [www.DrAxe.com](http://www.DrAxe.com), with over 6 million readers each month. He's the author of the book *Eat Dirt* (a book all about gut health) as well as *The Gut Repair Cookbook*. He has appeared as a regular expert on the Dr. Oz show and is the host of his own program on PBS. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Book Information

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## Customer Reviews

No real content more like a add for their powered bone broth, all the info in this book can be gotten for free by searching on google.. Its just over priced should be a few chapters in one of his other books books.. Luckily the book was lent to me. i didn't have to waste money on it.

When ordering this book, I was thinking it would have recipes to make homemade bone broth. However, that was not the case. I was very disappointed after thumbing through so I returned it right away. The recipes all used the Bone Broth Protein powder product, so this book was no use unless you are a consumer of the protein powder. Not what I was looking for.

I'm so disappointed with this book!! For \$20 I thought there would be more to it! Very disappointed!!

The recipes are really exciting. The smoothies are really tasty. The soup recipes freeze well and give me an instant "lunch" for my very busy day. This book helped me to adjust my style of home cooking in a way that is much healthier on my bones and joints. I have used a few powdered bone broth mixes from different vendors but the Ancient Nutrition is my favorite as it is so tasty even if all you do is mix it in water.

I have dealt with joint pain for most of my life. While training to climb Mount Rainier this book had some helpful tips that vastly improve my overall health and well-being. I recommend this book for anyone that is looking to reset their normal as happy and vibrant.

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