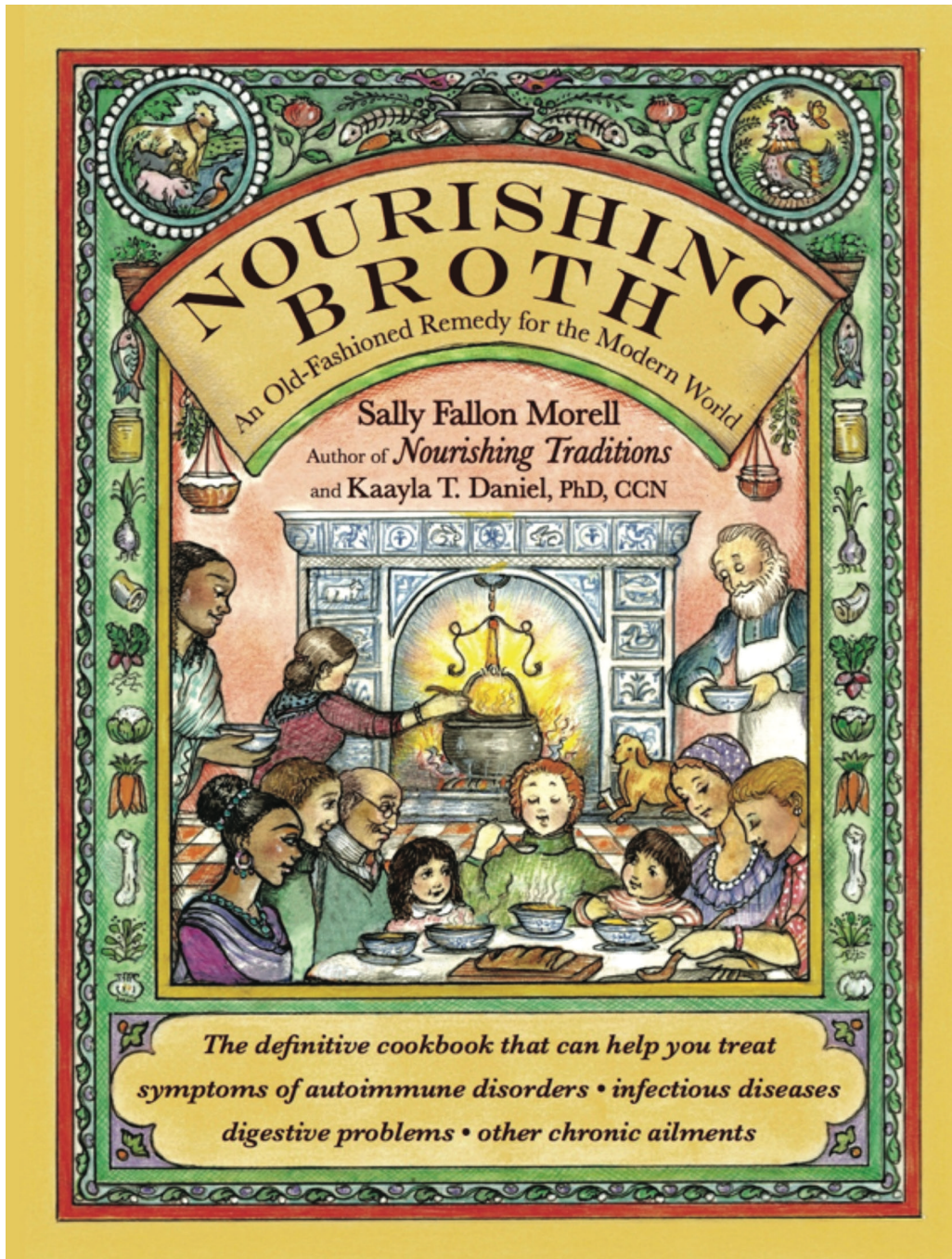


Because it's time to experience the health benefits of broth.

Homemade broth.

An old-fashioned remedy for the modern world.



Available for Interview: Kaayla T. Daniel 505-425-2812 wholenutritionist@earthlink.net

A South American proverb claims “**Good broth will resurrect the dead.**”



While that’s clearly an exaggeration, chicken soup well deserves its reputation as “Jewish penicillin,” and bone broths from meat, fish and fowl are served to convalescents all over the world.

For *Nourishing Broth: An Old-Fashioned Remedy for the Modern World*, **Sally Fallon Morell**, the bestselling author of *Nourishing Traditions*, provides delicious broth, soup, stew and gravy recipes from all over the world as well as broth-making techniques helpful tips, inspiring stories and surprising testimonials.

Dr. Kaayla T. Daniel, PhD, explores the history and science of broth and clearly explains why it not only supports recovery from colds, flu and other acute illness, but can prevent and even reverse chronic illnesses such as osteoarthritis, rheumatoid arthritis and other auto-immune disorders, digestive distress, mental illness, and cancer. Furthermore, her research suggests an essential role for broth in state-of-the-art athletic programs and anti-aging therapies.

SAMPLE INTERVIEW QUESTIONS

for Dr. Kaayla T. Daniel, PhD

1. Why do you recommend homemade broth?
2. What's wrong with the readymade soups sold in supermarkets and health food stores?
3. Must we use bones? Why isn't there a single vegetarian soup in the book?
4. Chicken soup is often called "Jewish Penicillin." But what country in the world consumes the most chicken soup per capita?
5. Why do the words "Chicken Soup for the Soul" resonate so deeply with so many people?
6. What should we know before we order soup in restaurants?
7. What are the signs that we've made a high-quality broth?
8. What's the most frequent challenge cooks face when trying to prepare bone broth at home?
9. Do you recommend gelatin, collagen and cartilage products? Why or why not?
10. In the recipes you specify pastured chickens, grass-fed beef, organic vegetables and other top-quality ingredients. How can families on tight budgets save money and still prepare high quality broth?
11. Is it true that broth can heal? Isn't that an old wives' tale?
12. What are the chief health benefits of broth?
13. Please share some of the most amazing healing testimonials you've heard.
14. How should we make broth to maximize its healing power?

15. Does soup really date back to the Stone Age? How do you make soup without a pot?
16. What did Florence Nightingale have to say about broth?
17. How did wars and expeditions to remote parts of the world trigger scientific research on broth and gelatin?
18. Why does broth have the power to heal? Have scientists identified the key healing components?
19. How does broth help people recover from colds, flu and other infectious disease? Won't any hot liquid do the same?
20. Does bone broth build strong bones? Is it high in calcium? Or might there be other factors?
21. You say broth can prevent and even reverse arthritis. How does drinking bone broth compare to taking popular supplements such as glucosamine and chondroitin?
22. Does broth help people suffering from rheumatoid arthritis, MS and other autoimmune disorders?
23. Who was Nathan R. Gotthoffer and what led him to spend 18 years digging up long-forgotten 19th and early 20th century studies on gelatin?
24. Who was Dr. John F. Prudden? Why is he called the "Father of Cartilage Therapy"? How did you meet him and what does his work have to do with broth?
25. Why do you think broth belongs in anti-aging protocols?
26. Why do you recommend broth for athletes, fitness buffs and weekend warriors?
27. Does broth really prevent cellulite?

PRAISE FOR *NOURISHING BROTH*

“I can’t recommend *Nourishing Broth* highly enough. Sally Fallon Morell has given us the cookbook that heals and Dr. Kaayla Daniel has provided the science that supports it. If you’ve been eating real foods but have not reached your health and fitness goals, bone broth might be the ‘missing piece.’”

—JJ Virgin Bestselling author of *The Virgin Diet*

“The best word to describe this book is simply, AWESOME!”

— Donna Gates Bestselling author of *The Body Ecology Diet*

“A fascinating read on one of mankind’s most enduring and nutritious foods and why its revival in the modern diet holds much promise for resolution of the numerous and overwhelming health woes suffered by so many today. If every parent incorporated the traditional broth-making techniques and recipes described in *Nourishing Broth*, the health of the next generation and the viability of an overloaded healthcare system would profoundly benefit.”

— Sarah Pope TheHealthyHomeEconomist.com

“A must for every chef’s and homemaker’s library of cooking.”

—William Campbell Douglass II MD of the DouglassReport.com

“Sally Fallon Morell and Dr. Kaayla Daniel have written a wonderful book. I cannot recommend this book highly enough.”

— David Brownstein MD Author of 12 books and DrDavidBrownstein.com

“Bone broth has long been prized by traditional cultures for its remarkable healing ability. In *Nourishing Broth*, Sally Fallon and Kaayla Daniel bring us a fresh, modern perspective on this nutrient-dense food. They explore the science behind broth, how it works to support the structure of our bodies, and how it can be used to get relief from a variety of ailments, ranging from arthritis, to digestive problems, to cancer. And of course, they’ve included delicious recipes and tips on how to incorporate broth into your diet. This book is destined to become the authoritative primer on healing bone broth, and I look forward to recommending it to my patients and readers.”

— Chris Kresser Author of *Your Personal Paleo Code*





Kaayla T. Daniel, PhD, is known as The Naughty Nutritionist® because of her ability to outrageously and humorously debunk nutritional myths.

She is co-author of *Nourishing Broth* (with Sally Fallon Morell) and author of *The Whole Soy Story: The Dark Side of America's Favorite Health Food* and *Hook, Line and Stinker: The Truth about Fermented Cod Liver Oil*.

Dr. Daniel has been a guest on The Dr. Oz Show, PBS Healing Quest, NPR People's Pharmacy, and many other shows. She shared the stage with Dr. Mark Hyman on the Dr. Oz Show and has spoken at Paleo f(x) and other leading conferences with JJ Virgin, Gary Taubes, Charles Poliquin, Dr. Joseph Mercola, Joel Salatin, David Wolfe and other health and fitness experts.

Dr. Kaayla Daniel is available for print and radio interviews, podcasts and summits.

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