

# PURE PEAK

## THE ULTIMATE BONE BROTH GUIDE

———— Pure Peak Community Edition ————



Created by Pure Peak  
[www.purepeak.co.za](http://www.purepeak.co.za)

# Welcome to Your Ultimate Bone Broth Guide!

At Pure Peak, we believe that true health starts with knowledge and the right choices. With so much information out there, it's easy to feel overwhelmed—and that's exactly why we created this guide. We want to empower you with everything you need to know about bone broth, from its incredible health benefits to delicious recipes.

This is more than just a nutrient-packed superfood—it's a game-changer for gut health, glowing skin, strong joints, and overall vitality. Whether you're new to bone broth or already a fan, this guide will answer all your questions and get you excited about incorporating this ancient healing food into your daily life.

So let's dive in—because when health and delicious flavor come together, you know you're on the right track!



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## Bone Broth: What is it?

Bone broth is a nutrient-dense liquid made by simmering animal bones with water, herbs, and vegetables. This process extracts valuable minerals, collagen, and amino acids, making it an ancient superfood that has been used for centuries to support overall health and well-being. Unlike many store-bought broths filled with preservatives and artificial ingredients, real bone broth offers pure, natural nourishment.

Bone broth for your health is like the wood for your braai—it's essential and non-negotiable. Just as a braai wouldn't be complete without high-quality wood that burns evenly and gives off the right heat, your body can't function at its best without the right nutrients. And that's exactly what bone broth provides: deep, rich nourishment that fuels your body from the inside out.



# Choosing the Right Bone Broth: What to Look For?

## 1. Sourcing of Ingredients

The quality of the bones determines the nutritional value and health benefits of the broth. Many store-bought use bones from animals raised in poor conditions, resulting in a broth with fewer nutrients and potential contaminants.

For the best broth, choose:

- Grass-fed, pasture-raised beef bones
- Free-range, antibiotic-free chicken bones
- No additives or artificial ingredients

## 2. Extraction Time & Histamine Build-Up

Cooking bone broth for more than 24 hours can lead to a significant buildup of histamines. Histamines are natural compounds involved in immune responses, but high amounts can lead to symptoms such as headaches, digestive discomfort, and inflammation, particularly for those with histamine intolerance.

Instead, choose a bone broth with a lower cooking time.

# Unraveling Myths: The Truth About Bone Broth

Bone broth has been around for centuries, yet there are still plenty of misconceptions floating around. Let's set the record straight—debunking the most common myths so you can truly understand what makes bone broth a powerhouse for your health.

## MYTH

"Bone Broth Is Just Another Type of Stock"

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"You Can Get the Same Nutrients from a Collagen Supplement"

## TRUTH

While bone broth and stock may seem similar, they are not the same. Bone broth is simmered for much longer, allowing more minerals, collagen, and amino acids to be extracted from the bones. This makes it far more nutrient-dense than regular stock.

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Collagen supplements only offer a concentrated dose collagen, but bone broth provides a full spectrum of nutrients—collagen, gelatin, amino acids, and minerals—essential for true nourishment. Plus, collagen powders undergo harsh processing that can degrade their benefits, while bone broth keeps nutrients intact in their most absorbable form.

## MYTH

**“Bone Broth Is Only for  
When You’re Sick”**

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**“You Need to Drink  
Large Amounts for It to  
Work”**

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**“All Bone Broth Is the  
Same”**

## TRUTH

While it has long been used as a remedy for colds and flu, bone broth is much more than just a "sick food." It's a daily superfood that helps with gut health, recovery, energy, and overall wellness—even when you're feeling great.

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Even a small daily serving provides powerful benefits. The body absorbs and utilizes the collagen, amino acids, and minerals efficiently, meaning you don't need liters of broth to see results. Just one cup a day can support gut health, joints, skin, and overall well-being. Consistency matters more than quantity!

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Not all bone broths are created equal. The quality of bones, cooking time, and added ingredients make a huge difference. Many store-bought broths contain preservatives, fillers, and lower-quality bones, offering far fewer benefits than a properly made broth.

# Pure Peak's Bone Broth

At Pure Peak, we take pride in crafting the highest-quality bone broth, made with the best ingredients and a careful process to ensure maximum nutrition.



## Premium Sourcing

- 100% grass-fed beef bones from animals raised in stress-free, without antibiotics or hormones.
- Free-range chicken bones, free from antibiotics & stress.
- No added sugars, artificial flavors, additives, or any harmful ingredients—just pure, nourishing goodness.

## Optimal Extraction

- Our broth is slow-simmered for 10 hours with higher ratio of bones, balancing nutrient extraction while keeping histamine levels low.
- This process ensures a broth rich in collagen, amino acids, minerals, and vitamins without unnecessary buildup of histamines.





# Why Add Bone Broth to Your Diet?

Alright, now that you've chosen the right bone broth—made from quality ingredients and extracted with care—you can be sure you're getting a true nutritional powerhouse, that works behind the scenes to fuel, restore, and strengthen your body.

So, let's take a closer look at what makes bone broth so special and how each component contributes to your overall health.





## Who Is Bone Broth For?

Bone broth is **for everyone**. No matter where you are on your health journey, it provides a powerful boost—from supporting a healthy gut and strong immunity to promoting glowing skin and joint strength. Whether you're an athlete looking for enhanced recovery, a busy parent wanting to nourish your family, or simply someone who values long-term wellness, bone broth is a simple yet powerful way to fuel your body with essential nutrients every day.

Besides being an amazing health booster, bone broth is also a trusted remedy **for many health challenges**. For generations, it has been used as a source of deep nourishment, offering strength and comfort during times of illness or recovery.

On the next pages, we'll dive into some of the health challenges where bone broth can make a real difference.



## Bone Broth for Gut Health & Digestive Issues

Bone broth is a natural gut healer, rich in gelatin and glutamine, which help strengthen the gut lining and reduce inflammation. This makes it especially beneficial for conditions like:

- Leaky Gut Syndrome – Helps "seal" the intestinal lining, preventing toxins from escaping into the bloodstream.
- Irritable Bowel Syndrome (IBS) – Easily digestible and soothing for bloating and digestive discomfort.
- Crohn's Disease – Supports intestinal repair and reduces gut-related inflammation.



## Bone Broth for Joint Health & Arthritis

Loaded with collagen, glycine, and proline, bone broth promotes joint health by repairing cartilage and reducing inflammation. It's particularly helpful for:

- Arthritis Relief – Supports smoother, less painful movement with naturally occurring glucosamine and chondroitin.
- Osteoarthritis – Helps maintain cartilage health and slow down joint degeneration.



## Bone Broth for Immune System Support & Autoimmune Diseases

Bone broth is packed with amino acids like glycine and proline, which help regulate inflammation and support immune function, making it beneficial for:

- Autoimmune Conditions – Helps manage inflammation linked to conditions like Hashimoto's, rheumatoid arthritis, and lupus.
- Frequent Illness & Weak Immunity – Provides essential minerals and collagen to strengthen the body's natural defenses.



## Bone Broth for Metabolic Health & Weight Management

Low in calories but rich in protein and nutrients, bone broth helps regulate metabolism and supports weight management:

- Weight Loss – Keeps you full longer while nourishing your body with essential minerals.
- Keto & Low-Carb Diets – A perfect addition for those following a low-carb lifestyle, helping to maintain energy and satiety.

## Bone Broth for Skin, Hair & Nail Health

Collagen is the foundation of vibrant skin, strong nails, and healthy hair. Bone broth helps nourish your body from within by:

- Improving Skin Elasticity – Supports firmness and hydration, reducing fine lines and wrinkles.
- Strengthening Nails & Hair – Provides amino acids that promote hair growth and prevent brittle nails.



## Bone Broth for Better Sleep & Stress Management

Thanks to its high glycine content, it supports relaxation, reduces stress, and promotes restorative sleep. Whether you struggle with winding down at night or feel the effects of daily stress, bone broth makes a difference:

- Improves Sleep – Helps you fall asleep faster and wake up feeling more refreshed.
- Reduces Stress & Anxiety – Glycine has calming effects on the nervous system, promoting relaxation.



## Bone Broth for Thyroid & Hormonal Health

Bone broth's amino acids and minerals support optimal hormonal balance:

- **Thyroid Function** – Provides key nutrients like iodine, selenium, and glycine for a healthy thyroid and balanced metabolism.
- **Hormonal Balance** – Helps regulate hormone production and supports adrenal health.
- **Supports Women's Health** – Collagen and amino acids contribute to hormone production - beneficial during menstrual cycles, pregnancy, postpartum recovery, and menopause.

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## ***From healing to prevention, bone broth is a daily investment in your well-being.***

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As you've seen, bone broth has a powerful healing effect on many health challenges, offering support for everything from gut health to joint function. But here's the exciting part—if you don't have any health challenges right now, bone broth can still play a crucial role in your wellness routine. By nourishing your body with its rich blend of nutrients, bone broth helps prevent issues before they arise.

Taking care of your body today with bone broth helps fortify it against future health concerns. Whether you're supporting your immune system, reducing inflammation, or boosting joint health, this nutrient-packed elixir is your ally in staying healthy and strong for the long haul.

# How to Add Bone Broth to Your Diet?



## Daily

1 cup (250ml) per day for maximum benefits.



## Weekly

3-5 cups per week for general health support.



## For Healing

Up to 2 cups per day, especially for gut and joint health.

### Easy Ways to Enjoy Bone Broth:

1. **Drink It Straight:** Heat up a cup, add a pinch of salt, and sip as a warm, nourishing drink.
2. **Use as a Soup Base:** Replace water or store-bought broth in your favorite soup recipes.
3. **Add to Cooking:** Use in sauces, stews, and gravies for added flavor and nutrition.
4. **Blend into Smoothies:** Add a small amount to savory smoothies for extra nutrients.
5. **Cook Grains & Vegetables:** Replace water with bone broth when cooking rice, quinoa, or steaming veggies.



## Bone Broth Recipes

Now that you know all about the power of bone broth, it's time to put it to use! In this section, we're sharing our favorite bone broth recipes—from simple, nourishing sips to flavorful meals that elevate your health with every bite.

Before you get cooking, here are a few important tips to ensure you get the most out of your broth:

- **Gentle Heating is Key** – Never overheat your bone broth. High temperatures can break down the delicate nutrients and collagen, reducing its benefits. Always warm it up slowly over low heat.
- **Avoid the Microwave** – Microwaving your broth destroys its structure, depleting essential amino acids and collagen. Instead, heat it in a pot for maximum nourishment.
- **Check Your Cookware** – The pot you use matters. Aluminum pots can leach harmful metals into your broth, while non-stick coatings release toxic substances when heated. The best choices? Stainless steel or cast iron pots for safe and clean cooking.





# Classic Bone Broth Elixir

Sometimes, the simplest things are the most powerful. The Classic Bone Broth Elixir is the perfect way to start your day with nourishing warmth or to enjoy a comforting, health-boosting drink anytime.



5 min



1 person

## Ingredients

- 250ml Pure Peak Bone Broth (Classic or Herbal)
- Optional: A pinch of salt or your favorite spices for extra flavor

## Instructions

1. Pour your bone broth into a pot or mug.
2. Gently heat over medium-low heat until warm (avoid boiling to preserve the nutrients).
3. If desired, add a pinch of sea salt or spices to taste.
4. Sip slowly and enjoy the nourishing goodness!



# Hearty Broth Bowl

This is our co-founders' favorite recipe for its simplicity and nourishing effect. Quick to make and minimal cleanup—it's the perfect go-to meal!



15 min



2-3 people

## Instructions

1. Peel & grate the carrot, chop the onion, mince the garlic, and prepare any other veggies you want to add.
2. Put the carrot, onion, garlic, veggies and mince all in one pot with your bone broth. Add salt, pepper and any other spices, then let it simmer until the mince is cooked and the veggies are soft.
3. Add your toppings: fresh herbs and sauerkraut for a nourishing, flavorful finish. Enjoy!

## Ingredients

- 500 ml Pure Peak Bone Broth (Classic or Herbal)
- 500 g grass-fed organic beef mince
- 1 purple onion
- 2 cloves garlic
- 1 large carrot
- Salt and pepper
- Fresh herbs (such as parsley or thyme)
- Sauerkraut

### Extra note

Get creative with this recipe! Feel free to add anything you like, whether it's mushrooms, tomatoes, or a wholesome carb like sweet potato or quinoa. Just throw it into the pot with the other ingredients and let it all come together!



# Butternut Soup

A creamy, comforting butternut soup made with wholesome ingredients and bone broth as the base, offering rich nourishment and deep flavor.



40 min



3-4 people

## Ingredients

- 1 medium butternut squash (peeled, seeded, and diced)
- 500 ml Pure Peak Bone Broth (Classic or Herbal)
- 1 cup of organic coconut milk
- 1 onion
- 1 carrot
- 2 garlic cloves
- 1 tbsp butter
- turmeric
- cumin
- cinnamon
- Salt and pepper to taste
- Any toppings, such as fresh thyme (optional, for garnish)

## Instructions

1. Peel and chop the onion, carrot, garlic, and butternut squash.
2. Heat the butter in a large pot over medium heat. Add the onion, carrot and garlic for 3-4 minutes until softened and fragrant.
3. Add the diced butternut squash to the pot. Stir well for about 5 minutes to enhance their flavors.
4. Add the turmeric, cumin, and cinnamon, stirring to coat the vegetables evenly. Then pour in the bone broth, bring to a simmer, and cook for 20-25 minutes (until the squash is easily pierced with a fork).
5. Use an immersion blender to blend the soup until smooth. For a thinner consistency, add more bone broth or water.
6. Stir in the coconut milk, adding creaminess and richness to the soup. Taste and adjust seasoning with salt, pepper, and lemon juice.
7. Ladle the soup into bowls and garnish with your favourite toppings if desired. Serve hot for a cozy, nourishing meal.



# Golden Glow Smoothie

A surprisingly delicious way to enjoy bone broth! This smoothie blends gut-healing broth with tropical flavors and healthy fats for a nourishing, energizing drink.



5 min



2 people

## Ingredients

- 250 ml full-fat coconut milk
- 125 ml Pure Peak's Classic Bone Broth
- 1 ripe banana
- 2 pitted dates
- 1 tbsp 100% peanut butter
- ½ tsp cinnamon
- ½ tsp vanilla extract
- A handful of ice cubes
- Optional: Crushed nuts or cacao nibs as toppings for extra texture.

## Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy!

### Extra note

If you're looking to skip the prep and still enjoy a deliciously nourishing smoothie, try our Holy-Gut broth smoothie! It's an upgrade to this recipe, with the added benefits of nutrient-dense bone broth, making it even more gut-friendly and packed with essential minerals. No mess, no fuss—just pure, gut-loving joy in a bottle. Ready to go whenever you are!



# Hot Chocobroth

Who knew hot chocolate could be both indulgent and nourishing? This creamy, gut-healing drink is packed with collagen and minerals from bone broth, giving you warmth and wellness in every sip.



5 min



2 people

## Ingredients

- 250ml Pure Peak's Classic Bone Broth
- 200ml full-fat coconut milk or raw milk
- 2 tbsp raw cacao powder
- 15g raw cacao pieces
- 1 tbsp raw honey
- ½ tsp cinnamon
- ½ tsp vanilla extract
- A pinch of sea salt
- Optional: a pinch of cayenne pepper for that extra kick

## Instructions

1. Heat the bone broth and milk in a pot over low heat—don't boil, just warm.
2. Stir in the cacao powder, raw cacao pieces, cinnamon, vanilla, and sea salt. Whisk until smooth.
3. Let it gently simmer for 5 minutes to allow the cacao pieces to melt and infuse.
4. Remove from heat, stir in honey or maple syrup, and blend for a creamy texture (optional).
5. Pour into mugs and enjoy!





## ***Fuel Your Body with the Best Bone Broth***

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By now, you know how powerful bone broth can be—whether for healing, nourishment, or simply upgrading your daily meals. It's one of the most natural, time-tested ways to support your body from the inside out.

At Pure Peak, we take bone broth seriously. Made from high-quality, consciously sourced bones and extracted with care to preserve every nutrient, our broth is packed with everything your body needs—without unnecessary fillers or shortcuts. It's pure, powerful, and designed for those who want the very best for their health.

Sip it, blend it, cook with it—however you enjoy it, Pure Peak's Bone Broth fuels your body with what it truly needs.

Ready to experience the difference? Try Pure Peak's Bone Broth today and take your health to the next level.