



## Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity

By Louise Hay, Heather Dane



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When a forgotten, time-honored traditional food is rediscovered for its health and beauty benefits, we all pay attention. In this one-of-a-kind culinary adventure, internationally renowned self-help pioneer **Louise Hay** and “21st-century medicine woman” **Heather Dane** join together to explore a fresh and fun take on the art of cooking with bone broth, as well as the science behind its impressive curative applications.

Chock-full of research, how-tos, and tips, this inventive cookbook offers a practical, playful, and delicious approach to improving your digestion, energy, and moods. With over 100 gut-healing recipes for broths, elixirs, main dishes, breads, desserts—and even beauty remedies and cocktails—Louise and Heather will show you how to add a dose of nourishment into every aspect of your diet. You’ll also get entertaining stories along the way that remind you to add joy back onto your plate and into your life. Plus, you’ll find out how Louise not only starts her day with bone broth, but uses it as an ingredient in many of her meals as well—discovering why it is one of her secrets to vibrant wellness and longevity.

*“Wherever I go, I’m asked, ‘How do you stay so healthy and young?’ Or I’m complimented on how beautiful my skin, hair, and nails look. I always say that the key is positive thoughts and healthy food. For many years, the staple of my diet has been bone broth. My doctors keep pointing out that my blood tests and other health-test results are better than people half my age. I tell them, ‘I’m a big, strong, healthy girl!’ Then I talk about bone broth. I want everyone to know about it because I believe it is an integral part of my health, energy, and vitality.”*

— Louise Hay



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### Editorial Review

About the Author

**Louise Hay**, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 50 million books sold worldwide. For more than 30 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. Visit [www.LouiseHay.com](http://www.LouiseHay.com)

**Heather Dane** is a certified health coach specializing in applying functional medicine and nutrigenomics protocols to resolve chronic conditions. She has worked with many of the great minds in medicine, natural health, nutrition, and energy healing, and designs delicious recipes to nourish body and soul. Visit [www.HeatherDane.com](http://www.HeatherDane.com)

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**Carmela Williams:**

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**Frank Arnett:**

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