Sipping Broth for a Healthy Birth and Recovery
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Bone Broths are a delicious, mineral-rich food for pregnancy. They nourish you during labor and are wonderful for recovery.

Sipping Broth
Sipping broth is a warm, comforting and digestible drink that can be sipped throughout the day or easily made into a tasty soup for a meal. When these broths are made from simmering bones, they will nourish you deeply with nutrient-dense food at a time when eating well might be difficult. Your body is nourishing your baby before, during and after birth. Your body needs nourishment too!
Bone Broth!

Bone broth is not the salty, preservative-laden chicken soup you’ll get from a can. For the last many decades, commercially prepared soups have relied on MSG and other additives for flavor. By contrast, broths flavored by boiling bones have been part of the human diet for at least tens and probably hundreds of thousands of years.

For our ancestors—and for many people today—eating a few choice cuts and discarding the rest of the animal was an undreamed of luxury. After the meat of an animal was consumed, further nutrition was extracted from bones that spent days simmering in water. The absence of the nutritious compounds derived from boiling bones is considered to be a significant deficit in the contemporary western diet.

Mary Esther’s Simplest Bone Broth

Use a slow cooker or stock pot.

Get lots of bones (given how animals are fed and stressed in our industrial food supply chain, it is important that you use bones from pasture-raised chickens and pigs and grass-fed cattle).

Add filtered water to cover the bones.

Add a dash of vinegar to help extract minerals.

Bring the water to a boil and then lower to a simmer. Skim off any scum that rises to the surface.

Simmer for a while! (6 to 48 hours is a ballpark range—make sure to keep the bones covered by adding more water when necessary)

In the last eight or so hours, throw in veggies (choices include but are not limited to: carrots, tomatoes, celery, onions, broccoli, squash, peppers or mushrooms). Seaweed, ginger, tumeric, garlic, bay leaves and peppercorns can be used in any combination. Wait to add until you use your broth.

Simmering bones into a broth is a simple process and you can be creative. You can’t really go wrong here. (continued)
Dr. Catherine Shanahan, author of Deep Nutrition: Why Your Genes Need Traditional Food, tells her patients that boiling collagen-rich bones extracts “special compounds with powerful, almost magical growth-promoting properties (whose) effects are soothing for your body.” Eating well during pregnancy can be difficult. Daily broths are an easy way to deeply nourish your body and baby during this time.

Dr. Shanahan works with trainers for the Los Angeles Lakers and describes remarkable recoveries from injuries and surgeries when athletes make bone broth part of their diet. She explains that compounds extracted from bone stock (such as proteoglycans, glycosaminoglycans, hyaluronans and chondroitin) stimulate critically important cells in our bodies called fibroblasts. This process enhances the growth of collagenous tissue in our bodies and helps our bodies heal and thrive. Sipping broth and bone broth soups are a soothing and comforting food for the first few days postpartum – and beyond. The easily-digestible broth will offer your body nutrients that aid your recovery.

Why Bone Broth and Birth?

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Broth Ideas for After the Baby is Born

Mary Esther’s Simplest Sipping Broth
Warm up your bone broth. Add sea salt and pepper. Maybe a dash of cayenne. Pour into a mug and enjoy.

Mary Esther’s Kids’ Favorite Coconut Lime Sipping Broth
Warm some broth. Add a cup or so of coconut milk and the juice from two limes. I find a 2:1 ratio of bone broth to coconut milk works well. Add sea salt, a dash of powdered ginger and simmer for a few minutes. The best! Not insanely delicious? Add more lime and it will be! Turn into an amazing soup with the addition of cooked chicken and a few veggies. (adapted from The Bare Bones Broth Cookbook)

Mary Esther’s Favorite Bone Broth Breakfast:
Poached Eggs in Bone Broth
As you warm up some bone broth, add carrots, mushrooms, kale or whatever veggies you have on hand. Flavor with a bit of turmeric, garlic, cayenne, pepper or whatever strikes your fancy. As it simmers, crack in two eggs. Simmer for 4 minutes. At the end, add avocado and fresh herbs if you have them. Enjoy!

Resources: Nourishing Traditions by Sally Fallon; The Bare Bones Broth Cookbook by Katherine and Ryan Harvey; Deep Nutrition by Catherine Shanahan