

# Health Reflections

Stocks and Broths



## Stocks and Broths

***I'm writing this for my community of GAPSters, including children, parents, extended families, food suppliers and producers, and hope to clear up any confusion about the difference between meat stock and bone broth. If you're not a meat eater, please hop over to my 'Quick Guide For Vegetarians' first!***

GAPSters are everywhere. If you've ever taken an antibiotic then you're a GAPSter yourself. Parents' desire to heal their children's Gut and Physiology (this is what GAPS means) is growing, fast.

As a homeopath, I prescribe individualised remedies to help achieve this goal of restoring health, but am also keen for patients to take an active part in our healing partnership! To this end, homemade stock is one powerful ally that I wish everyone could make and enjoy.

## Gut-Healing Meat Stock: What You'll Need

On a regular basis (e.g. weekly) you will need:

- ★ The largest saucepan you can find. Stainless steel is fine. The cast iron pan you inherited from your gran is fine. Teflon-coated or aluminium is NOT fine – get rid! If needed, head to the shops to buy a suitable pan; also pick up a strainer, jug and some large glass jars with lids.
- ★ A supply of fresh raw meaty bones from the healthiest, least stressed of animals. Get chatting to your local butcher, and ask if there are any leftover bones available for making stock. These can be from any animal, unless of course you have a cultural preference or an allergy to a certain source. If you're too shy to ask in person, then use an organic online butcher such as Graig Farm Organics' or Gazegill's. Poultry and pork in particular are often best sourced from organic producers.
- ★ A few onions, garlic cloves and herbs (optional) for added flavour, good quality salt and good plain water.

## Gut-Healing Meat Stock: Method

Place the raw, meaty bones into your pan. If they fill roughly two thirds of the pan, this is good. There are no hard and fast weights or measures here. Chicken or rabbit carcasses work well, or a bag of chicken wings and feet, or an oxtail or meaty bison bones – or even a combination.

***Please note that I advise raw meaty bones for a reason. If at this point you've gone off piste and used a carcass from a roast turkey, then I'm afraid you're not making a GAPS-style meat stock. Go back and source some raw bones!***

Add in 3-4 onions, peeled and halved. If you like the taste of garlic then add in a few cloves, again cut in half to release flavour. A bunch of fresh thyme or a spoonful of dried oregano can add interest too, but these are optional.

Pour in enough water to cover the bones and put the pan on the hob. Heat up until just bubbling then allow to simmer gently for 2-3 hours. Avoid a rolling boil! Now turn off the heat and allow the stock to cool sufficiently to taste.

***Please note that if you have opted for an all-day or an overnight boil, then you have not made the nourishing stock described in these instructions. Please start again!***

Now is the time to adjust the seasoning. Salt makes a world of difference to the final flavour profile of stock: please choose rock or sea salt with no added ingredients. Avoid table salt if possible. If catering for a family with a weaning toddler, omit the salt at this stage and add it in suitable quantities for each diner before serving the food.

## Storing Meat Stock

Try and work neatly, mopping any spills immediately. Strain the liquid into clean glass jars, then store in the fridge for up to a week. A layer of nourishing fat will rise to the surface of the stock – great for sauteeing veg. Use the stock as a base for soups, stews and curries, or warm it up to drink from a mug.



**NEXT PAGE : HOW TO MAKE BONE BROTH →**

### THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\*

- Nourishing Broth*: Sally Fallon Morell (Grand Central Publishing, 2014);  
*Gut and Physiology Syndrome*: Natasha Campbell-McBride (Medinform, 2020);  
*The Dental Diet*: Steven Lin (Hay House Inc, 2018);  
*Drug Muggers*: Suzy Cohen (Rodale, 2011);  
*GAPS Quick Guide for Vegetarians*: Elin Alaw (www.elinalaw.com, 2021).

\*Fran Lebowitz - Social Studies



On the last page we learned how to make a GAPS-style meat stock. In the GAPS world, we describe stock as a *nourishing* food due to the qualities of collagen and amino acids extracted from source material into the liquid, and its consequent power to restore the integrity of our modern leaky guts, leaky lungs, leaky brains etc.

Left untreated, these overly permeable structures can contribute to a whole range of the chronic diseases seen in today's population. Leaky gut walls can develop due to a toxic mix of stress, house and hand sanitisers, roadside weedkillers, synthetic hormones such as IVF and the pill, heartburn medication and so on and so forth. It therefore follows that most of us could benefit from sealing up these perforations. This is why GAPSters consume stock daily.

But what about bone broth? The internet is flooded with celebrities boasting about the health benefits of this superfood. You can even buy bone broth ready made from online sellers, saving yourself a lot of time and bother! Won't broth do the same job as stock?

Here's the answer; please take it all on board. Bone broth is what we introduce **later in the healing journey**, usually after months or years of tending to our internal structures with the nourishing qualities of meat stock, and alongside the individualised support of homeopathy or herbalism. As GAPSters, we do not consume bone broth straight away. That is not to say that bone broth is bad. It's just a different type of food; in fact we call it a *cleansing* food. Taken at the right time, broth *can* help us reach new levels of health.

To make bone broth, we take some raw bones without much meat on them. Beef marrow bones are one such example, and we may choose to roast these for a while before adding to our saucepan. We can also use the carcass of a pre-roasted chicken for making broth. We add onions, garlic, herbs and water as with meat stock, and a dash of apple cider vinegar to help extract beneficial minerals out of the bones and into the broth.

Some people simmer their broth all day. Others like to leave it on the stovetop all night or even for several days. This long cooking time results in high histamine levels, with which a damaged gut wall may not cope well. Because of its cleansing qualities, broth may also result in diarrhea, nausea and a fluey feeling *in those not yet ready for it*.

Outside the GAPS community, the words 'stock' and 'broth' are used interchangeably. If you think that you've found a supplier of meat stock, ask the seller about the length of cooking time, and whether the bones used were meaty or not. Usually, jars labelled as 'stock' turn out to be a GAPSter's 'broth,' and if you're not at the broth stage yet, it may be time to bring out that stockpot and cook it yourself.

## Stock Q&A's

**Can I make stock with fish?** Absolutely. Ask a fishmonger for some wild-caught fish heads and fish frames; lean varieties such as pollock or hake work well. Simmer for one hour only - this is to avoid damaging the delicate structure of otherwise healthful fats. If you'd like to add a dash of organic lemon juice or a pinch of sumac, these enhance the taste of fish stock quite beautifully.

**Can I make stock with vegetables?** Well you *can* of course, but vegetable stock does not offer the gut-healing benefits that a gelatinous meat stock or fish stock provides, and contains none of the building blocks that the body could use to meet the requirements of healing a leaky gut.

**Can I freeze homemade stock?** Yes, homemade stock can be successfully frozen. So can fresh bones, so you could take them out to cook one fresh batch of stock at a time.



## How to get meat stock into a child!

1. Introduce it early. GAPSters are notoriously fussy eaters due to the leaky gut's tag-along sensory disturbances. So get them used to the taste and feel of stock from the point of weaning.
2. Make a habit of serving a small bowl of soup as a starter to each family meal. If needed, call it the family medicine. Otherwise enjoy every drop!
3. Use homemade stock in bolognaise, fish pies, curries, veggy soups and all dishes that require a spoon. It revs up the taste and feel-good factor.
4. Use stock to boil vegetables. Carrot and swede can then be mashed with a dollop of friendly fat. Stock-enriched celeriac can be mashed and shaped into small patties to oven bake, perhaps mixed with an egg and pieces of fish and peas.
5. Use more stock and fewer veg in soup to make a thinner, drinkable version. Pour into a thermos and take along on your next picnic adventure.

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AUDE SAPERE - MENTRA WYBOD - DARE TO GET IT

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