

This
versus
That

Chicken Soup Vs. Bone Broth

Most are familiar with the concept of eating chicken soup to recover from a seasonal illness, but some studies say that soups can do a whole lot more than ease the discomfort of the common cold—especially ones made with bone broth.

When wondering whether to eat chicken soup or bone broth, first know that both offer similar benefits: the ability to help heal leaky gut, offer immune support and create stronger and healthier bones and joints.

These benefits come from the many minerals that are found in the bones of the animal the broth is made from. Phillips explains that while a genuine homemade-by-grandma chicken

soup made from the remains of a chicken will undoubtedly have some bone elements in it, a broth made from boiling down bones themselves is more concentrated and will have a much richer mineral content. He says, "You are getting a whole lot of different minerals including glucosamine, and you are getting collagen and other compounds related to connective tissue. By drinking all of that you are arguably benefitting your own bones and joints."

While chicken soup also provides vitamins and minerals when made only with meat, it lacks the concentration of bone broth and presumably the impact.



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Natural Approaches to Health and Healing

By Annette Benedetti

With an overwhelming number of approaches to using food and healing modalities in the place of—or alongside—Western medicine, newbies to alternative medicine may struggle with where to begin.

Throughout this guide we'll explore popular alternative approaches to healing, commonly sought out and confused. Dr. Joshua Phillips, ND, the creative director of Hawthorn Healing Arts Center, helps clarify these approaches and how they are used—while reminding you that you should always consult a professional before trying them out.

Look for the "This Versus That" bubble throughout the guide in order to follow along.