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THE PERFECT BROTH RECIPE

BONES, WATER, APPLE CIDER VINEGAR &
SPOONFULS OF LOVE AND LEARNING, DEDICATION
AND PERSISTENCE

BY KIM LATHAM



Rachel Down Founder
and Managing Director
of Boil and Broth

Rachel spent 7
years dedicating
her time and energy
to learning about
human and canine
health.

While suffering with leaky gut syndrome and going through her pregnancy with Candida Overgrowth, Rachel Down, Founder of Boil and Broth, decided to take her health into her own hands after being failed by conventional medicine. Little did she know at the time, that her health journey of discovery would go on to play a vital role, not only in the lives of humans, but in the health of canines the world over.

"After three years of being stuck on the NHS roundabout, I gave up on conventional medicine and researched my symptoms and discovered gut health. It was at this point I started to make broth and kefir for my own health. I lost 6 stone over two years by drinking broth and kefir water every day. Friends and family asked about my transformation, and I told them about the products. They started to buy from me and then kept coming back for more, so naturally I went into business from my home. I started out with one slow cooker in my kitchen and after 12 months we had to move to a bigger home so I could cook more. Before we left our first house, I had nine slow cookers bubbling in my conservatory," says Rachel Down, Founder

and Managing Director of Boil and Broth.

Word soon spread and it wasn't long before Rachel received enquiries asking if her broth was safe for dogs. When the broth was developed it was without vegetables and seasoning and the Founder of the wellbeing brand chose to keep the broth in its natural form as many humans and dogs alike suffer with allergies and intolerances.

"The natural form of the broths made them perfect for dogs, so overtime we started to have customers with dogs. Back in 2019, there were few broth companies in the pet space, so I felt we could bring something unique to the market with our 100% natural, human grade broths. It was at this point that I decided to apply for a DEFRA license to sell broths into the pet industry".

Rachel spent 7 years dedicating her time and energy to learning about human and canine health. In fact, she studied a Health Science degree whilst running Boil and Broth along with homeschooling her two children all at the same time.

Over the years, she has helped thousands of people and thousands of dogs find wellness through support and advice...when nobody else would or could.

Her goal is to get a million broths in homes across the world by the end of 2025. Boil and Broth already sell their products in 13 countries and are currently busy extending their range in the United States. Europe is also a big destination for the company with Belgium and Holland being their second-best countries in terms of sales.

What sets this small family-run company and its products apart from others working in the same space, however, are the ethics behind its creations.

"I have moral values where I believe that love should be the main focus of everything we deliver right from developing and producing products, to customer service and delivering a high-standard product. I

always believe in treating others how I would like to be treated. This is important because we will only ever produce products that we want to eat and enjoy ourselves. Our customer service also reflects treating others with love and kindness, many businesses these days fail on good customer service, but this is how I have grown the business", says Rachel.

With more and more bone broth competitors coming onto the market how are dog owners supposed to know the difference between a good and a bad bone broth?

"We highly recommend that all dog-owners read the ingredients label. A full and transparent ingredients list must be there. You need to know what has gone

Broth is not cheap to buy, so spending a little bit more on quality will go a long way. Quality is always best, especially when it comes to supplements"



Boil and
Broth Kefir Water

Venison broth
for dogs 50g

into making this broth. If it's not clear, then don't buy it. You must be very careful to know what is going into your dog's food. Broth should only contain bones, water, and a little apple cider vinegar for nutrient extraction. Anything else added is completely unnecessary, and is often there for clever marketing, or to make more money.

Many companies are jumping on the marketing bandwagon to make more money by outsourcing broth manufacturing to overseas companies, particularly Asia and the EU. Farming overseas does not have the same standard as British farming, and we also believe it's best to stand by British farmers. Choose a broth made in the UK to support the UK economy and always check out the reviews of the product and the company," states Rachel.

One thing is clear. Rachel and her team at Boil and Broth absolutely care about what is right in the world. With products that are backed by science and by veterinarians, they continue to create innovative products which are nutritionally packed, and which continue to help improve the health of canines.

Boil and Broth want to be a driver behind broth and to become the world's Number One supplements for dogs by steadily and simply improving the health of canines. As the Founder says, "Broth is not cheap to buy, so spending a little bit more on quality will go a long way. Quality is always best, especially when it comes to supplements".

"The health benefits of bone broth for canines and humans are endless. Our broths are full of protein. These individual proteins work in the body to help reduce inflammation and repair damaged cells. Glycine an amino acid found in collagen, is particularly well-researched for this.

Broth is amazing for digestive health, particularly leaky gut syndrome, as well as joints and ligaments because of the natural chondroitin and glucosamine found in broths. Bone broth is also great for skin, coat (hair), and nails. Dogs will generally find their coat is shinier after including broth in their diet. There is no difference between the broths we make for humans and for pets, so the health benefits are very noticeable and our reviews and testimonials on Google and Trust Pilot prove this."

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A BOWL FULL OF GOODNESS

The health benefits of feeding bone broth to your Westie (and yourself!) are long-lasting and plentiful

BY SUE MAKEPEACE

Bone Broth has a very long history dating back centuries and it has suddenly become a trendy and beneficial addition to our diet once again. The benefits have been endorsed by celebrities, and of course famous chefs absolutely love the stuff.

There is evidence to suggest it was used in Chinese Medicine some 2,500 years ago to support the organs and digestive health. Our ancestors would have made bone broth from the left-over carcass and bones of any animals they slaughtered for food; they would have most definitely used the whole animal from nose to tail. They believed it was a nutritional requirement and contained healing properties especially for babies and young children, and of course the sick and the elderly.

But let's not get side tracked here about the benefits for humans, what about our pooches? Next time you are getting yourself a warm mug full or using some in a recipe, think about sharing a bowl with your dog. Just ensure your bone broth is suitable for dogs, some human recipes contain high levels of salt, garlic, and onions which are not suitable.

The Health Benefits

For starters it's great for joints. It's packed full of glucosamine; in fact, it has a very high concentration which most definitely can help protect the joints. It also has anti-inflammatory properties which are great for pain relief and inflammation. Another benefit is the addition of chondroitin which can maintain and is known to help repair joints. It is also known to relieve pain, can increase cartilage cell growth and lubricate the joint.

Bone Broth also contains collagen, this can assist in joint health and injury prevention. As dogs age their muscles can loosen and the connective tissue may become brittle, this can make them more susceptible to injuring themselves. Senior dogs struggle to make collagen, so they may struggle with pain in their joints, it may also impact their skin and the quality of their coat. By offering them bone broth you can help them to avoid these symptoms.

Bone Broth is not just a one-dimensional additive to your dog's food, it is very beneficial to the liver. It helps to remove toxic and synthetic substances, for example pesticides from flea and wormers, drugs, antibiotics, and vaccines etc.

Bone Broth can be used as a pick me up for a poorly dog, if they are not eating or drinking? Then it can be syringed directly into their mouth. It will give them essential nutrients and of course help with rehydration. It's a great way of settling a tummy after an upset stomach.

Adding Bone Broth to your diet, and your dog's diet of course, can help ensure your gut and theirs, stay healthy.

These days Bone Broth is readily available in supermarkets, health food shops, pet shops and online, but always be sure to read the ingredients label. Broth is better when it's 100% natural, so if you don't understand the ingredients, then consider whether you want to give that to your dog.

These days a readymade Bone Broth is the equivalent of Grandma's homemade chicken soup that healed every childhood ailment so don't forget to indulge your Westie – he/she will thank you for it with every single delicious and healthy sip.

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**SUE MAKEPEACE
IS A CERTIFIED
RAW DOG FOOD
NUTRITION
SPECIALIST.**

Replenish your Westie's Wellbeing

From improving heart health and aiding muscle development to boosting your pet's mood, bone broth is the natural route to an active and fulfilling life

BY RACHEL BEAN

For us humans, as we age it is important to reduce inflammation, stressors on our body which can result in uncomfortable health complaints.

This is exactly the same for our dogs, and bone broth is a really great way to reduce that inflammation in your Westie, and keep your pup in good health for longer.

A good bone broth not only will replenish your dog after a bout of illness, but can also benefit them all year round too.

Whether it is as a useful food topper to tempt a picky eater, or as a galvanising wonder-food to ensure your dog ages gracefully.

Bone broth can also help reduce those pesky allergies, known to

help dogs who have food sensitivity problems get back on track as it boosts their immune system, and reduces inflammation, due to the easily digestible nutrients within the liquid.

Even better, your dog can eat up to two servings a day of this wonder stuff, and you will really notice the difference, whether their coat and skin look more healthy, or they seem to be moving a bit freer than usual, the health benefits are endless.

This is due to the amazing minerals contained within bone broth, made from locally sourced bones, which include calcium, magnesium, collagen and phosphorus, which all play an important role in the mobility, heart health and overall wellbeing of your Westie.

How bone broth can help your Bestie

Heart health: Rich in amino acids, when bone broth is consumed it triggers the blood in your Westie's blood vessels to relax, which allows blood to flow better.

Muscle development: When it comes to muscle growth and development, bone broth is perfect as it contains phosphorus and calcium which help the body recover and grow.

Sleep: Bone broth made from beef contains a wonderful source of glycine, which produces the happy hormone serotonin. This not only boosts your pet's mood but helps them to get a good sleep too.

Hydration: Older dogs may lose a bit of interest in eating and drinking, but this yummy nutrient packed liquid helps to keep them healthy and stay hydrated too. It is also the perfect pick me up after a bug, or an upset tummy.



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By having regular bone broth, your dog is receiving an essential source of the minerals that they need, helping them to keep hydrated and their digestive health in clockwork.

We all know how sluggish we feel when we have lost our natural digestive rhythm, and this is the same for your dog. Bone broth also can enhance the appetite of a dog that is off their food and assist with the detoxification of an ailing liver.

As a qualified veterinary nurse and dog owner I

am always looking for natural and cost-effective health solutions, and bone broth really is exactly that. The perfect way to ensure the ongoing health of your dog without unnecessary medications and supplements, for many pets this is the answer to those little aches and pains as they age.

For a dog trying bone broth for the first time I do recommend starting slowly, as their digestive system will need to acclimatise to the new arrival. But once your pooch is up and running you will start to see some amazing results.



Bone broth also can enhance the appetite of a dog that is off their food and assist with the detoxification of an ailing liver.

Rachel Bean is a qualified Veterinary Nurse and canine expert.

Those Bones, Those Bones...

Health issues will inevitably affect a dog's behaviour so prevention is better than cure when it comes to feeding your Bestie a nutritious diet that will stand him in good stead all his life

BY JESSICA BARBER OF FOLLOW MY LEAD DOG TRAINING

Bone broth is a nutrient-packed liquid that has gained popularity among pet owners as a wholesome addition to their dogs' diets. The benefits of bone broth for dogs are numerous and can positively impact their overall health and well-being which in turn can improve a dog's behaviour.

Joint Health

Collagen is vital to healthy joints, making up ligaments, tendons and cushioning the ends of bones. Bone broth is a rich source of glucosamine, chondroitin and hyaluronic acid, nutrients which are vital for collagen growth, as well as collagen itself. Regularly feeding bone broth can help to aid the development of strong healthy bones in puppies, as well as rebuilding connective tissues for older dogs. This is particularly beneficial for large or fast-growing breeds that may be more susceptible to joint issues. The collagen helps maintain the integrity of joints and may contribute to preventing conditions like hip dysplasia, as well as protecting against injury. The anti-inflammatory

properties of glucosamine and chondroitin can also help to ease sore joints and so help in the management of conditions such as arthritis.

Skin and Coat

As well as supporting joints, the collagen in bone broth can also help to keep a dog's skin and coat in tip-top condition. The amino acids help to strengthen and repair hair and the hydration can prevent skin flakiness or dryness.

Nutrient powerhouse

The slow simmering of bones in water draws out essential vitamins and minerals that are important for our dogs' health. These include magnesium, phosphorus, calcium, and sulphur which critical functions in dog nervous systems, muscle function, cardiac health, and sleep. The boost to the immune system that bone broth offers can be especially helpful for dogs recovering from illness or during periods of stress.

Digestion & gut health

Bone broth is gentle on the digestive system and the gelatine it contains can aid in soothing

and healing the gut lining. This is especially useful for puppies with sensitive tummies, dogs recovering from gastro-intestinal illness and those suffering from food allergies or leaky gut syndrome. Glycine, also abundant in bone broth, aids digestion by regulating the production and release of gastric acid and bile salts. The aroma and flavour of bone broth can also help to make meals more enticing for picky eaters.

Hydration

The high water content of bone broth makes it an excellent source of hydration and it can be a helpful way to encourage dogs to consume more fluids and help to prevent dehydration. This is especially useful for dogs who don't drink enough water on their own, or for those recovering from illness.

In all life stages, bone broth is a versatile addition to a dog's diet, offering a range of benefits that contribute to their overall health. Being in good physical condition and free from pain or discomfort will inevitably improve a dog's general wellbeing, and this can improve their behaviour.

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