



The Elixir Of Youth?

Could this ultra-simple drink be the key to having not only better skin but also stronger hair, bones and joints? We turned to the experts at Hapi, Dubai's champions of bone broth, for a little enlightenment on the subject...

By Yi-Hwa Hanna

This isn't the first time we've raved about the health benefits of bone broth. Since first landing on the scene several years ago in New York City's meatpacking district, bone broth has made waves, the world over, thanks to its various health benefits. We went straight to the sources, Paul Frangie and Keith Littlewood from Hapi (hapi.ae) to get the low-down on this wonder drink.

What are the health benefits of bone broth?

There are very many health benefits of drinking bone broth. These include improved digestion and gut health, reduced inflammation, balanced hormones, as well as enhanced energy and better sleep.

So how does it work – do you just drink it and have it automatically start being

good for you? Should it be consumed plain as a broth, or can you add it into other dishes like sauces? Are there certain methods of prep that can 'ruin' or destroy the benefits, and are there certain methods of prep or consumption that can make it better or more effective for you?

Drinking bone broth as a nourishing food will have it's

health benefits, it can also be added to other dishes, soups, risottos, and sauces. Heating the bone broth up slowly in a sauce pan until hot, and then adding a splash of water is best. Drinking bone broth alongside a balanced meal or a with a piece of fresh ripe fruit as a snack is good.

Is there such a thing as a vegetarian version that

could be good for you or not, and why?

Well it's all in the name really – Bone Broth. If you were to make a vegetarian version it would essentially just be a vegetable stock. The nutrients, collagen, vitamins and minerals gained from simmering bones for bone broth would not be present in a vegetable stock.

What exactly does it do in the body – to your bones, to your joints, to your muscles, your energy levels and immune system, your skin, hair, nails, and so on?

Bone broth contains collagen which is an integral part of the bones' structure. Glycine, an important amino acid helps to lessen the inflammatory effects of tryptophan, which is an amino acid found in muscle meats. It also helps to regenerate the mucosal barrier that lines the digestive system and can calm the nervous system in preparation for sleep, according to HAPI's in-house energy and digestion expert, Keith Littlewood.

People have said that bone broth is an anti-ageing drink and can help keep you young. Is this true, and if so then why is that?

Anti-ageing is a health marketing buzzword that gets thrown around a lot to sell products. Bone broth is an ancient food that is highly nutritious – the collagen content is great for your skin and joints, coupled with the other nutrients it also helps to reduce inflammation in the gut. Drinking bone broth whilst maintaining a healthy lifestyle – good sleep, practising movement and mindfulness, eating nutrient dense pro metabolic foods – will all help to keep you feeling young and energetic.

How long does it take to start seeing benefits?

That all depends on the person and the other lifestyle factors that could be contributing to

their overall wellbeing. Making a start and drinking bone broth consistently over the long term is what really matters.

Nowadays you can buy bone broth in take-home packaging. How long can this be kept without losing benefit? Are there certain methods to remember when prepping at home?

HAPI Bone Broth comes in 1 Litre "take home" vacuum packs – these can be kept chilled in the fridge for up to 5 days, and for up to 2 months in the freezer. We recommend to portion out the broth (even in an ice cube tray) before freezing. This is easier to use later. Heating the bone broth up slowly in a sauce pan until hot, and then adding a splash of water is best. Microwaving bone broth is not recommended as this will alter the amino acid profile to an undesirable state.

Is there such a thing as too much bone broth on a daily basis?

Consuming more of any food or drink that is considered healthy is not necessarily better for you. Bone broth should be consumed to supplement a healthy diet, and not as a substitute for any foods. Drinking 1-2 cups of bone broth (250-500ml) daily - depending on the person - is a good place to start.

We're not sure what the calorie count is for bone broth but can it count as a meal replacement or is it

"Bone broth can also help to calm the body's nervous system in preparation for sleep"

too 'light' for that? If you just have a cup of bone broth for lunch or dinner, will your body be getting enough 'food' each day?

Depending on the type of broth 1 serving (250ml) contains approximately 10-15grams of protein (0 fat, 0 carbs). Protein contains 4 calories per gram, so that means one serving of bone broth has around 40-60 calories. We recommend to drink bone broth as part of a proper meal, or snack.

How exactly is bone broth made?

HAPI Bone Broth is made by roasting bones and vegetables, then slowly simmering them for several hours. At HAPI we strain the broth at several stages throughout the process; to remove all the unnecessary fat and any impurities.

What sets certain types apart from others – organic,

non-organic, and so on?

We use 100% organic beef and chicken bones – this ensures the highest quality and best tasting broth. The simmering process allows us to extract all the collagen and nutrients – you will notice that our broth turns into jelly once chilled; and this signifies the high gelatine/collagen content. Our broth is practically 100% fat free as we remove this at several stages throughout the 48 hour process. We also season our broth with delicate herbs and spices to complement each flavour; chicken, beef, and lamb. The herbs and spices we use – like ginger, chilli, and more – provide additional health benefits.

Anything else you'd like to add on the health benefits of bone broth?

Enjoying and savouring the flavour of the foods and drinks you consume is a healthy practice – relax and appreciate the moment. ■



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