

Overview

Chesapeake Gardens Inc. (CGI), a conscientious grower and processor of nutrient-rich organic foods, believes that diet is a major contributing factor to human health. We agree with Susan B. Lord, MD, clinical assistant professor at the Georgetown University School of Medicine, and director of nutrition programs for The Center for Mind-Body Medicine, who suggests that the typical modern diet evolved not to make people healthy but rather to meet the public's demand for cheap, readily-available food. In the process, says Lord:

We have lost the essence and energy of food: vitamins, minerals, fiber, essential fatty acids. We have also lost to a significant degree the fabulous taste of fresh whole foods (and) the vibrant health they offer us.¹

CGI believes that the ideal human diet should be simple and traditional. Relying on an Advisory Board of eminent food and health experts like Dr. Lord, CGI has developed a line of traditional broths and soups that will make a great contribution to overall human health—and could enhance personal recovery and wellness within a variety of clinical and non-clinical settings.

Traditional Broths Defined

Traditional broths are simply those that have met and stood the test of time within human cultures. Soup is not restricted to a single historical period or geographical area---every ethnic cuisine includes one or many traditional soups. French culinary practice, one of the towering sources of our current food traditions, gave us the 'restaurant', from the French "to restore". Amazingly, according to *Larousse Gastronomique*:

"Restaurant...The word appeared in the 16th century and meant at first a food which "restores" (from restaurer, to restore), and was used more specifically for a rich, highly flavoured soup thought capable of restoring lost strength..."²

It is well known that the classic culinary techniques inherited from France and practiced by respected chefs around the world employ only meat, poultry or fish, bones, vegetables, herbs, wine, citrus juice or quality vinegar and pure water in the making of stocks and broths.

The Restorative Powers of Traditional Soup

"Good broth will resurrect the dead," says a South American proverb. Said Escoffier: "Indeed, stock is everything in cooking. Without it, nothing can be done."³

So writes Sally Fallon, author of the acclaimed book *Nourishing Traditions*.⁴ According to Ms. Fallon, soup's restorative powers lay in its broth, as long as that broth is made from animal or fish bones and cartilage. These basic ingredients give traditional broths

Traditional Broths and Human Health

such minerals as calcium, magnesium, phosphorus, silicon as well as a host of trace minerals. However, the keystone component is actually its simplest ingredient: an age-old therapeutic agent called *gelatin*.

Just as vitamins occupy the center of the stage in nutritional investigations today, so 200 years ago gelatin held a position in the forefront of food research ...Gelatin was found to be useful in the treatment of a long list of diseases including peptic ulcers, tuberculosis, diabetes, muscle diseases, infectious diseases, jaundice and cancer. Babies had fewer digestive problems when gelatin was added to their milk.⁵

Well-known nutritionist Dr. Kaayla T. Daniel (2003) provides a long list of documented health benefits associated with gelatin, including protection of gastric mucosal integrity, enhancement of digestion and immune function, rebuilding and maintenance of connective tissue and joints and improvement of memory and mood. Of particular interest within Dr. Daniel's article, however, is the observation that "so many early studies showing the healing power of gelatin have languished in obscurity."

The easy explanation is that after the 1930s, pharmaceutical drugs were widely prescribed for ills that were once healed with gelatin. A more complete explanation is that many of the results of the early studies could not be replicated... The most probable explanation is that the substance described as "gelatin" was not consistent from study to study. Most commercial gelatins today are brewed exclusively from pigskins or cowhide and so include no cartilage or bones. Years ago, however, some commercial cartilages came from mystical blends of cartilage, bones, skin and other junked animal parts.⁶

Modern science is now beginning to validate what tradition has valued for centuries. Resnick and Niwayama (1988)⁷ report that the high-quality gelatin present in traditional broths is rich in the amino acids proline and glycine, major contributors to joint, bone and skin health.

Current Industry Standards for Broths

Many of today's commercially-available broths are high in sodium and notoriously low in minerals and gelatin. Some also contain MSG, a chemical to which many persons are known to be sensitive. Obviously, the best solutions in a clinical or wellness foodservice setting will be those which are low in sodium, contain the highest quality gelatin, are abundant in trace minerals and have a natural, enticing flavor which does not need "supplementation" in the form of artificial flavor enhancers.

Dr. Daniel's recipe for gelatin-rich broth mirrors the recipe used by Chesapeake Gardens. "The highest quality product," she writes, "would come from making gelatin ... using skins, cartilage and bones from organic chicken or meat." Fillers, thickeners, preservatives and artificial flavor enhancers are simply not in the repertoire of such a classically-oriented recipe for broths.

CGI is committed to an ongoing program of third-party laboratory analysis of its broths in terms of all of these factors. The goal is to supply a range of wholesome, safe and nutritionally pro-active broths and soups to serve those within a range of wellness and recovery settings.

Structure/Function Claims: CGI's *Broths for Wellness*™ Program

Manufacturers of conventional foods are allowed, within the guidelines of the FDA, to make statements about the role of a nutrient in maintaining structure or functions in humans as long as those statements do not refer, explicitly or implicitly, to a disease or symptoms of a disease.⁸ Chesapeake Gardens, therefore, takes full advantage of this opportunity to educate operators and consumers about the benefits of consuming traditional broths. *Point-of-sale materials* are in development to clearly communicate the following points about traditional, gelatin-rich broths:

- ✓ Contain specific amino acids that enhance joint health.
- ✓ Are likely to enhance digestion and help to balance the immune system.
- ✓ Bio-available macro and trace minerals support bone health.
- ✓ Soup “satisfies” like no other food.⁹

End Notes

¹ [www.cmbm.org/holistic_medicine PROFESSIONAL TRAINING EDUCATION/food as medicine lord interview.php](http://www.cmbm.org/holistic_medicine_PROFESSIONAL_TRAINING_EDUCATION/food_as_medicine_lord_interview.php)

² *Larousse Gastronomique*, revised and updated edition [Clarkson Potter: New York] 2001 (p. 978)

³ *Broth Is Beautiful*, www.westonaprice.org

⁴ Fallon, Sally. *Nourishing Traditions*. Washington, D.C: New Trends Publishing, Inc., 2005

⁵ *Broth Is Beautiful*, www.westonaprice.org

⁶ Kaayla T. Daniel, *Why Broth Is Beautiful: Essential Roles for Proline, Glycine and Gelatin*. Wise Traditions Journal, Spring, 2003.

⁷ Resnick & Niwayama, *Diagnoses of Bone and Joint Disorders*. Philadelphia: WB Saunders, 1988.

⁸ Federal Register, Vol.65, No. 4 (revision of 21CFR Part 101.93).

⁹ See Flood, Julie E. and Flood, Barbara J., *Soup Preloads in a Variety of Forms Reduce Meal Energy Intake*, Penn State University, January 19, 2007. They make a strong case for soups as a way to manage energy intake in adults.

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