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DOCTOR  
KELLYANN PETRUCCI

NATUROPATHIC PHYSICIAN,  
WEIGHT-LOSS, AND ANTI-AGING





Dr. Kellyann Petrucci, M.S., N.D., is a board-certified naturopathic physician, weight-loss, and anti-aging expert based in New York City. As an accredited global leader and educator in the health and wellness community, Dr. Kellyann educates and empowers patients and consumers everywhere to take control of their whole-body health. While studying biological medicine at the Marion Institute through the Paracelsus Klinik in Switzerland, she discovered the gut-healing power of collagen and bone broth and their ability to slow the aging process. By changing the traditional relationship with food, her practice positions food as medicine, offering a variety of functional food solutions as lifestyle choices and effective alternatives to unsustainable fad diets and trends. Dr. Kellyann's high-quality, ready-to-drink bone broth recently launched into Whole Foods Market nationwide, and on-the-go bone broth powder packets are currently sold online. She serves as a notable expert contributor on Good Morning America and formerly Dr. Oz, while also hosting numerous TV specials including the PBS broadcasts "21 Days to a Slimmer, Younger You" and "The 10-Day Belly Slimdown." She's the author of The New York Times' best-selling book Dr. Kellyann's Bone

Broth Diet, Dr. Kellyann's Bone Broth Cookbook, The 10-Day Belly Slimdown, Dr. Kellyann's Cleanse and Reset, and other best-sellers. Her new book, Bone Broth Breakthrough, will be released in December 2022.

**Q. Let's talk about Bone Broth! For those who don't know, what is it and how does it benefit us?**

## ASKUSBEAUTY Reader Questions

I'm often asked if I invented bone broth. I definitely didn't, because it's been around in some form for thousands of years. But I'm so passionate about its benefits that my name and my whole health empire is grounded in bone broth. I call bone broth liquid gold. It's made by simmering animal or fish bones and all their connective tissues for hours to break them down and produce a nutrient-rich, protein-packed liquid. Bone broth is the best whole, real food source of collagen. Collagen is the substance that helps skin cells renew and repair themselves; hence, when people start drinking bone broth, they report that they look younger and their skin glows. In addition to being high in collagen, bone broth also contains the amino acids glycine and proline—and both are catalysts for your body to produce collagen on its own. Because bone broth has collagen, it also contains an amino acid called glutamine, a key nutrient for the gut. I like to think of glutamine like a painter who comes to your house to patch and prime small holes in your walls or roof. When your gut is overrun with bad bacteria, you inherit little holes in your gut lining. These little holes can allow substances to creep into the bloodstream—otherwise known as Leaky Gut Syndrome. Leaky gut is becoming more and more common, but glutamine can patch those small holes in your gut. When those holes are patched, your gut is stronger. In addition, collagen turns into gelatin when it's cooked. That gelatin can soothe irritation and promote healing. Beyond these gut health powers, bone broth is high in protein, low in calories, has virtually no carbohydrates and no sugar. It's no wonder people report weight loss when they start adding bone broth to their daily diets!

**Q. You are a Naturopathic Doctor. Can you share a bit about your background?**

I came to realize the ancient power of collagen and bone broth to heal the gut and slow aging while studying biological medicine at the Marion Foundation and Paracelsus Clinic in Switzerland.

Upon completing my Master's in Science and gaining credentials as a board-certified Naturopathic Physician, I began work as a nutrition specialist in a small family practice. Within weeks, I had a never-ending wait list of patients. The other doctors wanted to know what I was giving away in my exam room. I was giving away three things. First, my time and attention. I looked for any little cues that hinted when someone had something to say but was hesitant to open up. I was also giving my respect. If patients described any issue regarding their health, I took that problem seriously. I believe that far too many patients were dealing with problems that had been dismissed as minor or unimportant by other practitioners. I also gave plans of action with affordable and tangible ways to break old habits.

You see, as a board-certified naturopathic doctor, by definition, I help people establish optimal health by guiding their bodies back to the way they're supposed to work. Rather than just suppressing symptoms by handing out pills or standard diet plans, I work to identify the underlying causes of health struggles, such as excess weight, fatigue, and aging skin. My goal



tune into what their body needs, and to demand that those needs are satisfied.

**Q. What would be one key take away that people can do for themselves right now when it comes to living a healthy life?**

Start drinking two cups of bone broth every single day! I've discovered that the transformations kicked off by bone broth really stick! Whether you feel like you need a total health overhaul or just a subtle change, it's probably because extra pounds and sleepless nights and unacceptable stressors have been accumulating in your life for years. It didn't happen overnight, so turning it around won't happen instantly either. So, you need to start small, and that's why I say start with two cups of bone broth every day. I often reference the game Mousetrap— it was one of our first lessons in cause and effect as children. Every action triggered another piece to fall. I see bone broth as that first action, the trigger piece, in resetting health and stopping aging. The cascade of effects that follow get bigger and better over time. Incorporate bone broth into meals and replace higher calorie snacks with a warm satisfying cup of bone broth.

Dr. Kellyann shared with AskUsBeauty that she has new flavors of bone broth and is excited about Lemon Sips powdered drink mix, a sugar-free, fat-free, citrusy-delicious drink and one of the easiest ways to upgrade your water! Click <https://drkellyann.com> to check it out!

