

Why you should eat molokony

Although an acquired taste, *molokony* is rich in minerals such as calcium, silicon, sulphur, magnesium and phosphorous. **Roland D. Nasasira** explores this in detail.

When I meet 42-year old Amon Tugume in Ntinda on a Tuesday evening, he has just finished having his meal of *molokony*. Given his age, he says he makes it a point to eat *molokony* thrice a week. "I have been eating it for the past eight years, which I believe is the reason I am agile and healthy," Tugume explains.

Unlike other common meats, *molokony* is prepared from cow hooves that are chopped into three of four pieces (per hoof) and cooked for about five hours. A cow's foot does not have tender meat but when it is slowly simmered, the tough fibres soften.

Fibre proteins

Dr Catherine Nanozi, a nutritionist at Cathy's Wellness centre, says cow hooves are an important source of fibre proteins and elastin which are necessary for proper formation of joints and bones. "Bone broth is rich in amino acids - the building blocks of calcium. It also contains calcium for strong bones, and collagen for flexible joints, bright skin, slow aging and shiny hair. After removing bones, the liquid left is highly nourishing and is valuable both as a food and as a medicine," she adds.

The liquid is high in calcium and magnesium hence very important



for those with weak bones. It contains vitamins and minerals which boost your energy, minimise insomnia and increase immunity.

She, however, cautions against consuming too much of the broth because it is high in fat. To minimise the fat, Dr Nanozi recommends scooping off scum or the fat that comes on top when cooking. Removing the scum also reduces the toxins.

Digestion

According to Dr Nanozi, cow hooves yield gelatin that contains a colloidal substance which attracts digestive

juices to prevent gastrointestinal bugs from attaching to walls of the intestine. This way, both digestion and absorption are facilitated and there is less stomach-related congestion.

"Cow hooves are also a rich source of minerals such as calcium, silicon, sulphur, magnesium and phosphorous. "When these bones are stewed, minerals dissolve in the boiling liquid and while consuming the soup, these nutrients come along," Dr Nanozi says.

Research

Chinese research on bone broth revealed that the calcium present in the bones is useful in controlling pain and inflammation, cramps, muscle spasms, delusions, depression, insomnia, irritability, hyperactivity, anxiety, palpitations, hypertension, high cholesterol, allergies, brittle nails and any situation that creates bone loss such as aging, immobilisation, postmenopause, and caffeine.

Dr Natasha Campbell McBride, a Russian neurologist in an online article on bone broth, also says the collagen found in bone broth heals the gut lining with leaking problems.

"A leaky gut is the root of many health problems, especially allergies, autoimmune disorders, and many neurological disorders. The collagen found in bone broth acts as a soothing balm to heal and seal your gut lining," she says.

Molokony is usually boiled mainly for the soup. FILE PHOTO

FIGHTING ARTHRITIS

Studies published in the American Journal of Nutrition indicate that boiled hooves contain essential amino acids that are necessary in the fight against arthritis. Because joint problems can be caused by cellulite leaking as a result of lack of connective tissue, cow hooves have the necessary tissue and this is why they are recommended for those suffering from osteoporosis and related bone problems.