

Health Benefits of Grass fed meat and dairy products

- ❖ Omega 3's versus Omega 6's
 - ❖ Mineral rich grasses keep our animals healthy naturally
 - ❖ The addition of sunlight into the production process gives a huge vitamin boost to our animal products
 - ❖ Inflammatory response is the basis of chronic illness and many acute illnesses.
 - ❖ Arthritis
 - ❖ Heart Disease
 - ❖ Cancer~
 - ❖ IBS
 - ❖ Emphysema
- Asthma
Crones
Alzheimer's
Congestive
Heart Failure

*“Let your food be your medicine and
your medicine be your food.”*

- ▣ Dr. Laibow estimates that **for every dollar** spent on supplements in the United States (*approximately \$20 billion last year according to Andrew Weil, M.D.*) **the cost to the pharmaceutical industry is about \$40.**
- ▣ So the more supplements people buy, the fewer drugs they buy.
http://www.healthfreedomusa.org/index.php?page_id=163
- ▣ The higher quality food we produce or buy (*more minerals in every bite*) the fewer minerals (*supplements*) we need to add to our diet.

Human Negative Eating

- ❑ Lack of **Iodine** (-1) is responsible for more disease than any other mineral.
- ❑ Excess **Fluorine** (-1) is responsible for triggering more cancer than any other mineral.
- ❑ **Selenium** (-2) is used in a multitude of bodily functions.
- ❑ **Boron** (+3) the only mineral that can accept radiation of all forms and not change electron/neutron balance.

Dr. David Brownstein

- ▣ **“Iodine: Why you need it, Why you can’t live Without it”**
 - We now live in a “post-Fukushima” world
 - Jcrow.com ... best source for Lugol’s solution
- ▣ **“Salt your way to health”**
 - “Salt of the earth”
 - Naturally lowers blood pressure

Weston A Price

If we are to provide nutrition that will include an adequate excess as a factor of safety for **overloads**, and for such periods as those of rapid growth , pregnancy, lactation and sickness, because of **lower bio-availability**, we must provide the access to the extent of about **twice** the requirements of normal adults. It will therefore, be necessary for an adequate nutrition to contain approximately **four times the** **minimum requirements** of the average adult if all stress periods are to be passed safely.

Dr. Maynard Murray “Sea Energy Agriculture”

- Patients living off of ocean protein were healthier
- “(I)n 71% of earth's surface, there is **no cancer, hardening of arteries, or arthritis.** “
- Brought sea water and minerals back to the land
- Recreated immunity to disease in plants on the land
- “Fertility from the Ocean Deep” Charles Walters

Minerals for the soil, grass, the cow and us

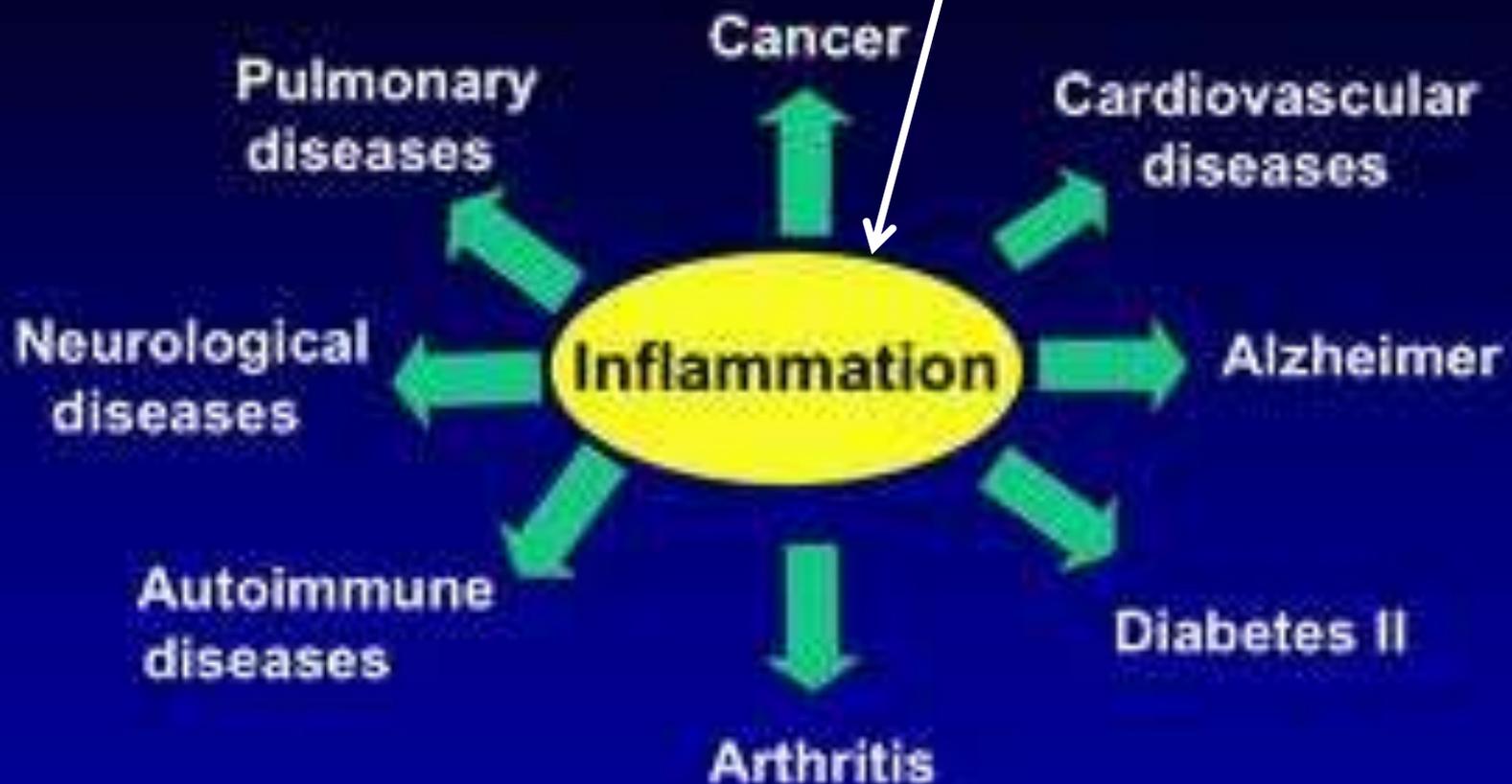
- ▣ **90 of the 92 minerals** in sea solids can be taken up by grass.
- ▣ Trace minerals act as keys which unlock the ability of the immune system to ward off invaders.
- ▣ Some authors claim that the best quality fruits & vegetables have up to 1000 times (times, not *percent*) more vitamins & minerals than other fruits and vegetables that pass the same USDA size, color, and appearance standards.

Omega 3's come from the green, leafy parts of plants.

- ▣ Omega-3's may be the best of all the good fats because they are linked with a lower risk of virtually all the so-called “**diseases of civilization**” (*see next slide*)
- ▣ “(Omega 3's) seem to increase the effectiveness of everything that we do to fight cancer, like chemotherapy, surgery and radiation.”
- ▣ “If cancer-ridden animals are also given Omega-3 fatty acids, there is a much higher survival rate.”

research found by Jo Robinson

Grass-fed dairy and beef products help crowd out the Omega 6's in our diet.



What should the balance be?

PHYSIOLOGICAL RESPONSES TO OMEGA-3 AND OMEGA-6 FATTY ACIDS

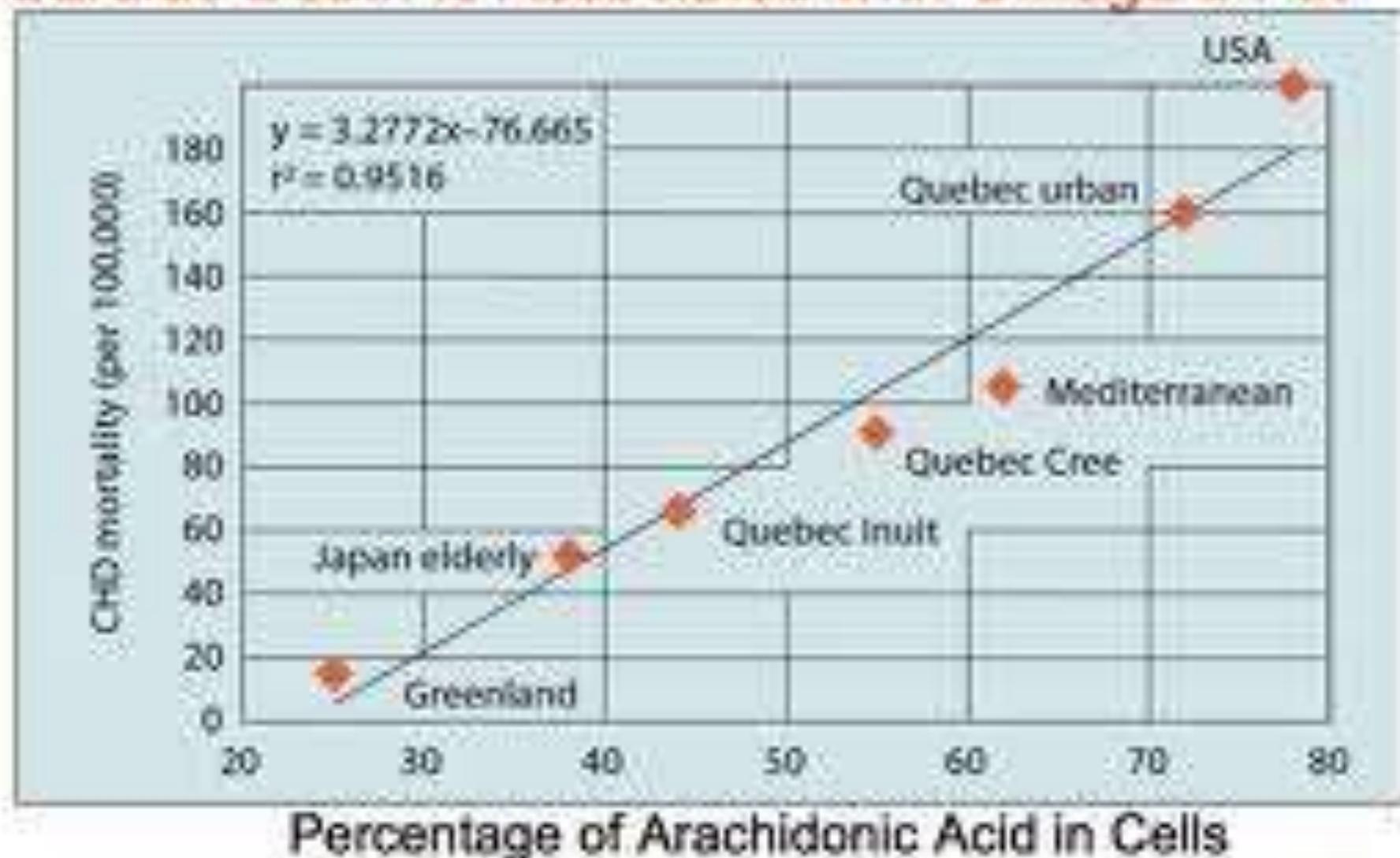


Flax seeds break the mould. 3.3 Omega 3's per one Omega 6

- ▣ Omega-3s are formed in the chloroplasts of green leaves and algae.
- ▣ Sixty percent of the fatty acids in grass are omega-3s.
- ▣ Cattle that have never had a bite of grain actually have a better Omega 3/Omega 6 ratio in the milk and meat
- ▣ It takes 6-7 days to change the fatty acid profile in the milk when you switch feed
- ▣ It takes 4-5 months to change the fatty acid profile in the meat when you switch feed

- ▣ In one recent medical trial, people who had suffered a previous heart attack where divided into two groups.
- ▣ One group was fed the recommended American Dietetic Association diet and the other group was fed a diet rich in Omega-3.
- ▣ The study had to be canceled after 37 months because so many people on the ADA diet had died.

Cardiac Death is Associated with Omega-6 Fat*



*Adapted from Lands 2007

Omega 6's come from seeds and grains

- ❑ Medical research has shown that; tumors injected with pure Omega-6 fatty acid grow **four times as fast** as before.
- ❑ In contrast, **tumors cease to grow** when injected with pure Omega-3 fatty acid.
- ❑ In the last fifty years there has been excessive consumption of linoleic acid, due to the introduction of **margarine, seed oils such as corn oil and safflower oil**, and the modern artificial feeding methods of cattle that have raised the linoleic acid content of meat and milk.

Grass-fed dairy and beef products help crowd out the Omega 6's in our diet.



- ▣ Omega-3s are called "good fats" because they play a vital role in every cell and system in your body.
- ▣ They are the most heart-friendly.
- ▣ People who have ample amounts of omega-3s in their diet are less likely to have high blood pressure or an irregular heartbeat.
- ▣ Remarkably, they are 50 percent less likely to suffer a heart attack.
- ▣ Omega-3s are essential for your brain as well. People with a diet rich in omega-3s are less likely to suffer from depression, schizophrenia, attention deficit disorder (hyperactivity), or Alzheimer's disease.

Again...research found by Jo Robinson

Omega-3

"Good" Eicosanoids

Prevents blood clots caused
by platelet aggregation

Causes the dilation (opening)
of blood vessels

Reduces pain

Decreases cell division

Enhances the
immune system

Improves brain
function

Omega-6

"Bad" Eicosanoids

Promotes blood clots caused
by platelet aggregation

Causes constriction (closing)
of blood vessels

Increases pain

Increases cell division

Depresses the
immune system

Depresses brain
function

CLA

- ❑ Conjugated Linoleic Acid (CLA), can **prevent** the onset of **diabetes** in laboratory animals.
- ❑ This study provides the first evidence that dietary CLA can act to **normalize glucose** and thus prevent or delay the onset of **diabetes**.
 - ❑ Research at Purdue University and Pennsylvania State University
- ❑ A study conducted at Washington State University suggests that CLA and beta carotene may be **toxic to human cancer cells**
- ❑ "Much to their big surprise," scientists found that the highest level of CLA in milk was obtained with cows just eating pasture - nothing else, *according to Larry D. Satter, director of the center working on CLA research*

- ❑ Beef has two types of CLA. Type 1 CLA is the cancer preventer found in both beef and dairy products.
- ❑ Type 2 CLA is only found in ruminant **meat** products. This is the form of CLA that prevents obesity.
- ❑ CLA is most highly concentrated in milk fat. In fat-free milk, there is virtually no CLA.
- ❑ Researcher Tilak Dhiman from Utah State University estimates that you may be able to lower your risk of cancer simply by eating the following grass-fed products each day: **one glass of whole milk, one ounce of cheese, and one serving of meat.**
- ❑ Meat and dairy products from grass-fed ruminants are the richest known source of “Conjugated Linoleic Acid” or CLA.
- ❑ Lean beef and lean milk do not contain high CLA levels

- ▣ When ruminants are raised on fresh pasture alone, their products contain from three to five times more CLA than products from animals fed conventional diets.
- ▣ A steak from the most marbled grass-fed animals will have the most CLA .
- ▣ CLA may be one of our most potent defenses against cancer. In laboratory animals, a very small percentage of CLA—a mere 0.1 percent of total calories—greatly reduced tumor growth.
- ▣ In a Finnish study, women who had the highest levels of CLA in their diet, had a 60 percent lower risk of breast cancer than those with the lowest levels.

Grass-Fed Butter

- ❑ Researchers have determined that the easier butter spreads, the better it is for your health.
- ❑ The firmness of butter depends on its ratio of saturated and unsaturated fat. At refrigerator temperatures, saturated fat is hard and unsaturated fat is soft, or even liquid.
- ❑ Cows that get all their nutrients from grass have the softest butterfat of all.

Dr. Weston A Price has shown that butter from spring grass lowers mortality



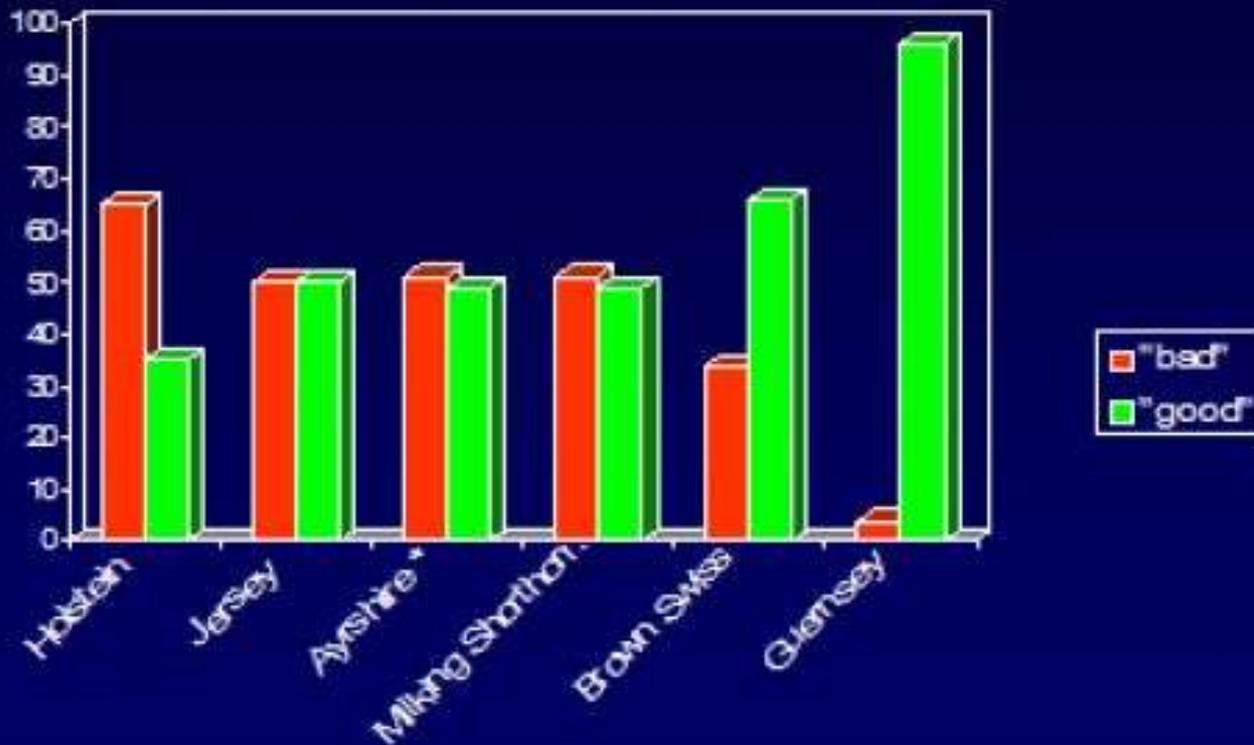
Compared with grain-fed beef and milk, grass-fed was:

- ▣ Lower in total fat
- ▣ Higher in beta-carotene
- ▣ Higher in vitamin E (*alpha-tocopherol*)
- ▣ Higher in the B-vitamins thiamin and riboflavin
- ▣ Higher in the minerals calcium, magnesium, and potassium***

- Higher in total omega-3s
- A healthier ratio of omega-6 to omega-3 fatty acids (1.65 vs. 14.84)
- Higher in CLA (*cis-9 trans-11*), a potential cancer fighter
- Higher in Trans Vaccenic acid (*which can be transformed into CLA in our bodies*)
- Lower in the saturated fats linked with heart disease

The "GOOD" and the "BAD"

*based on California, 1991 and Finland, 2001**



A1
vs.
A2
Milk

"Jaw bone" of the animal

Paleo Diet

- ▣ When we switch from grain-fed to grass-fed meat, we are simply returning to the diet of our long-ago ancestors, the diet that is most in harmony with our physiology.
- ▣ Every cell and every system of our bodies will function better when we eat products from animals raised on grass.

1973 Russian crops failed

- ❑ Earl Butz “Fence row to fence row”
- ❑ In 1974 we are sitting on a mountain of corn and other grains
- ❑ By the 1970’s an efficient process had evolved to make high fructose corn syrup (HFCS)
- ❑ From 1974- 2004 a 700% increase in HFCS
- ❑ From 1974-2004 a 700% increase in Type 2 Diabetes

Dr. Robert Lustig UCMCSF

- ▣ Three types of Cholesterol
- ▣ HDL...the good stuff
- ▣ LDL
 - Large buoyant from fat
 - Small dense from sugar
- ▣ Triglyceride number lets you know which type
 - Low triglyceride = large buoyant
 - High triglyceride = small dense

Who is funding most studies????

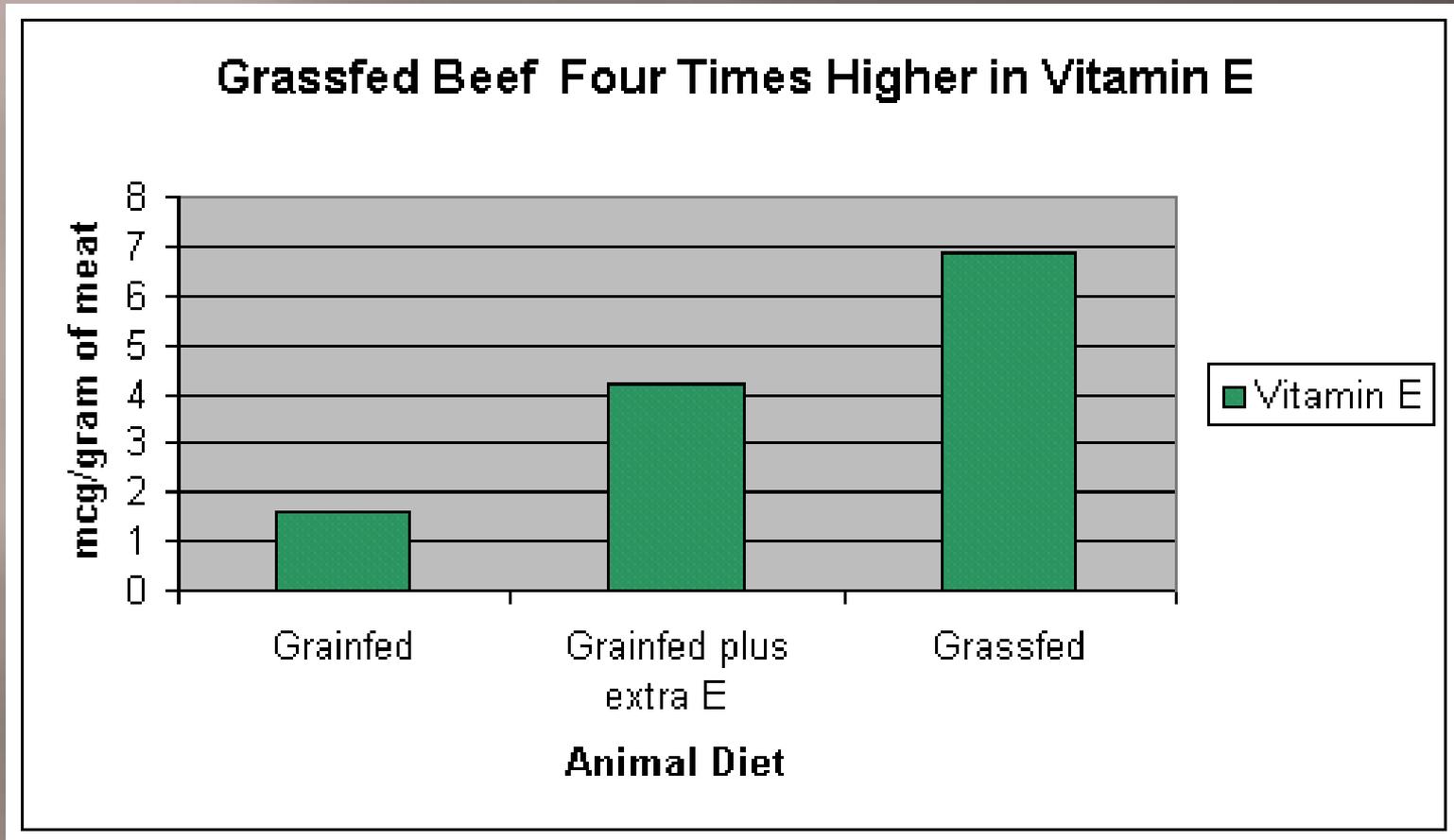
The need for Organic ... Fat

- All pesticides, herbicides, antibiotics, hormones have an affinity for the fat.
- Organic fats are the first place to clean up your diet.
 - *We go hunting and then have the butcher grind the worst thing that comes out of the CAFO system into our “organic” deer or Elk*
- Dr Weston Price found we need fat to assimilate certain minerals and Vitamins

Grass-fed Vitamin bonus

- ▣ Eggs from hens raised outdoors on pasture have from *three to six times more vitamin D* than eggs from hens raised in confinement. Pastured hens are exposed to direct sunlight, which their bodies convert to vitamin D and then pass on to the eggs
- ▣ “Vitamin K2 and the calcium Paradox” *Dr. Kate Rheum-Bleu*
- ▣ “If you do not have grass fed foods specific fermented products, Brie or Gouda cheese ...you can pretty much be certain you are K2 deficient.”

It doesn't take very much high quality food to make people feel a lot better.



In humans, vitamin E is linked with a lower risk of heart disease and cancer. This potent may also have anti-aging properties. Most Americans are deficient in vitamin E.

Redmond *(Sequestered salt)* “Brine”

- ▣ 5 ounces of Redmond #10 L/S salt per 5 gallons of water.
- ▣ Stir vigorously and then let settle overnight.
- ▣ Carefully pour off clear liquid into another 5 gallon bucket. Use the “red-mainder” to kill weeds.
- ▣ 1 gallon of brine to 75 gallons of livestock drinking water and put out free choice!
- ▣ Fewer fly, eye, hoof, and hair coat problems

Anecdotal Brine stories

- ▣ *When wed started giving a mixture of brine/ACV/ flaxseed oil free choice our **cows quit consuming all other minerals**. They also decreased their alfalfa consumption and increased their milk production.” D.J. Idaho*
- ▣ *“My four year old son, who has had eczema ever since birth, after two weeks of adding brine to his drinking water, 90% of all of his symptoms went away.” M.H. Idaho*
- ▣ *“One ewe would wait to drink her water until after I put the brine in.” T.C. New Hampshire*
- ▣ *“I was on blood pressure medicine. Within 6 weeks of switching to Redmond Real Salt and adding brine to my every day drinking water, I was able to go off my blood pressure medication. “ C.E. Oklahoma*

The “clean” alternative

- ▣ Most grass-fed producers have a different mind-set than conventional producers
- ▣ Typically this leads them to the “NO’s”
 - Hormones
 - Antibiotics
 - Pesticides
 - Herbicides
 - GMO feeds or GMO by-products
- ▣ Eventually we find Organic (*or Country Organic*) best fits our “new” mindset

The big four things to get out of your diet

- Bleached Flour
- White sugar (HFCS)
- Hydrogenated oil
 - GMO foods

The earth and all of God's creatures need more Grass based food production

- ▣ According to a recent paper by South Dakota State University researchers, grasslands in the “Western corn belt” is being **converted to grow** corn and soy at a rate “comparable to deforestation rates in Brazil, Malaysia, and Indonesia”
- ▣ This trend may have a significant impact on global climate change, and subsequently, our ability to secure our food supply long-term.
- ▣ According to another research paper, converting sections of Midwestern corn fields into pasture for cows could reduce greenhouse gas emissions from agriculture by as much as 36 percent



“We” were the doctors of the past
“We” will be the doctors of the future

- We are not in the beef or dairy business
- We, as producers, are the first leg of the nutrient-rich food chain
- Our first responsibility is to the health, longevity & intelligence of our families and our customers through the food we produce
- Quality (*nutritional density and types of fat*) of what our customers eat determines the outcomes of their lives...and ours
- You and I are in control of the **food that can give life** to our customers with the genetic selections & management practices that takes place on our farms!