

FATS-Good or Bad?

Fats typically do not influence fat MAKING hormones but are VITAL to stimulate fat BURNING hormones. However, they do have the ability to stress the liver if it is already in a weakened state, which indirectly can affect the hormones that flow through the liver. Fat DOES NOT make you fat!! In most cases, carbohydrates (breads, sugars, wine, juice, etc.) will be turned into fat much more readily than fat and cholesterol laden foods.

Many people put too much emphasis on restricting fats in the diet. It is true that with the liver and thyroid body types, low fats are best; however, this is not because fat turns into fat, but because too much fat stresses the liver. In general, the worse your liver/gallbladder, the less fat you can tolerate in your diet. During a cleanse, all body types go light on the fat to give the liver a chance to heal, but otherwise fat is VITAL for good health!!

Did you know: your brain is about 60% fat? Fats are essential for proper brain function; building healthy cell membranes; proper blood clotting; absorbing essential vitamins like A, D, E, & K as well as protecting vital organs. Fat is necessary for healthy skin and plays a central role in promoting healthy eyesight and brain development-especially in babies and children.

Purpose of Fats: Fats in the diet are important for many reasons including hormone production, an energy supply and for reducing cravings. Cravings come from either letting your blood sugars drop too low or from vitamin deficiencies. When you eat fats, hormones are triggered to make you feel satisfied and eliminate cravings. Eggs (with the yolks), raw nuts, avocados, fish and cheese are excellent sources of good fat. Fat is stored energy. The key is figuring out how to tap into that stored energy. Fat also contains lecithin which helps to dissolve cholesterol. If you restrict fats in the diet, the body compensates by slowing the breakdown of fats and cholesterol; it goes into a holding mode. Sometimes when a person is doing all the right things but still struggles with weight loss, adding more good fats may speed up the weight loss.

Types of Fats:

Essential Fats (Essential Fatty Acids) – These vital fats cannot be made by the body therefore MUST be received from your diet. They include the omega 3 and omega 6 groups. You need a 1:1 ratio of omega 3 and omega 6 fatty acids.

Omega 3 sources include – fish, fish oil, walnuts & flax (flax oil is one of the best sources of Omega 3 fats).

Omega 6 sources include – sunflower seeds, sesame seeds, pumpkin seeds, evening primrose oil, borage oil, olives & olive oil, almonds, pine nuts, pistachio nuts, brazil nuts, walnuts, hazelnuts, peanut oil (unprocessed), avocados, grass fed beef, free range chickens, and eggs from free range chickens.

Trans Fats (trans fatty acids, hydrogenated or partially hydrogenated fats) These are man made or processed fats, produced by adding hydrogen gas to a liquid fat or oil to make it thicker or more solid (margarine, artificial butters). If you are eating trans fats your liver will be stressed. Eating them is like eating edible plastic, which is very hard on the liver.

Saturated Fats – are the fats found in animal products and certain plant foods. Consuming excessive heavy saturated fats such as bacon, sausage and overcooked beef, can stress the liver and especially the gallbladder. If a person has a healthy liver, some better quality saturated fats can help with weight loss by stimulating the release of hormones that dissolve stored fat. Recommend fats include coconut oil, butter, avocado, cream, cream cheese, rare steak, and bison/buffalo meat (ground or steak).

“Bacon” is a simple acronym to use to remember which fats are best for you:

B= Butter/ghee (*clarified butter*)

A= Avocado and Avocado oil

C= Coconut oil, cream/milk (*unrefined, full fat, unsweetened, guar gum acceptable*)

O= Olive oil (*extra virgin*) and olives (*packed in water or plain vinegar, preservative-free*)

N= Nut oils (*unrefined, expeller pressed*)

Additional sources of healthy fats include fish oil, flaxseed, flax oil, hemp oil, and grape seed oil. Look for raw, unrefined oils from a reputable source.

Here are some guidelines for cooking with fats:

When cooking with fats it’s important to not overheat the fat, as this can turn a good fat into a rancid fat. Look for oils that list the degree of heat the oil can withstand.

Very-high heat oils =400 degrees and higher, can be used for frying, naturally refined only: Avocado oil, grape seed oil (*expeller pressed*), peanut oil (*high oleic*), sesame oil.

Medium oils =350-400 degrees, quick fry in pan, naturally refined only: almond oil, butter or ghee, olive oil (*extra virgin*), peanut oil (*expeller pressed*), walnut oil (*naturally refined only*).

Raw to low heat =under 350 degrees, most unrefined oils: hemp oil, fish oil, flaxseed oil, olive oil (*extra virgin*), sesame oil, any nut oil.

How Margarine and Shortenings are Made

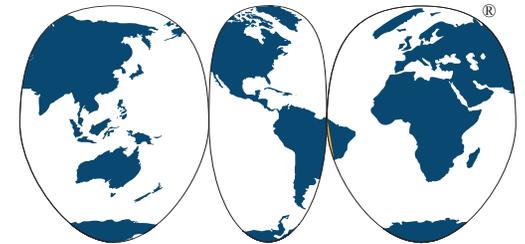
- ♦ Manufacturers start with the cheapest vegetable oils, extracted at high temperatures and pressures from corn, cottonseed, soybeans, safflower seeds and canola.
- ♦ The last fraction of oil is removed with hexane, a toxic solvent.
- ♦ The oils, already rancid from the extraction process, are steam cleaned. This destroys all the vitamins and antioxidants, but pesticides and solvents remain.
- ♦ The oils are mixed with a finely ground nickel catalyst.
- ♦ The oils are then put in a reactor where at high temperatures and pressures, they are flooded with hydrogen gas. The molecular structure is rearranged—what goes into the reactor is a liquid oil, what comes out is a smelly, lumpy, grey semi-solid.
- ♦ Soap-like emulsifiers are mixed in to remove all the lumps.
- ♦ The oil is steam cleaned (again!) to remove the odor of chemicals.
- ♦ The oil is then bleached to get rid of the grey color.
- ♦ Synthetic vitamins and artificial flavors are mixed in.
- ♦ A natural yellow color is added to margarine—synthetic coloring is not allowed!
- ♦ The mixture is packaged in blocks or tubs and promoted to the public as a health food.

Trans Fats vs. Saturated Fats

Dietitians and government spokespersons are finally admitting that *trans* fats have many harmful effects; unfortunately, they continue to insist that *trans* fats are “just as bad” as saturated fats (the kind found in butter, meat fat and the tropical oils), implying that saturated fats are very harmful. In fact, saturated fats play many important roles in the body chemistry and have the opposite effect of *trans* fats.

- ♦ *Trans* fats raise Lp(a) (indicating they cause heart disease), while saturated fats lower Lp(a).
- ♦ *Trans* fats interfere with immune function, while saturated fats enhance immune function.
- ♦ *Trans* fats inhibit the body’s use of omega-3 fatty acids and the production of long-chain omega-3 fatty acids, while saturated fats enhance the body’s use of omega-3 fatty acids and the production of the long-chain versions.
- ♦ Foods containing *trans* fats are associated with increased asthma; saturated fats are needed for the proper functioning of the lungs.
- ♦ *Trans* fats contribute to weight gain, while some types of saturated fats (the medium-chain triglycerides) boost metabolism and help with weight loss.
- ♦ *Trans* fats are associated with increased cancer and decreased fertility. Sources of saturated fat, such as butter and meat fats, contain many nutrients that fight against cancer and promote fertility.

All About *Trans* Fats



THE
WESTON A. PRICE
FOUNDATION®
for **Wise Traditions**
IN FOOD, FARMING AND THE HEALING ARTS
Education • Research • Activism

PMB Box 106-380
4200 Wisconsin Avenue, NW
Washington, DC 20016
(202) 363-4394
info@westonaprice.org
www.westonaprice.org

What are *Trans* Fatty Acids?

Trans fatty acids are a type of fat molecule produced by a process called “partial hydrogenation,” which rearranges the hydrogen atoms in liquid unsaturated fatty acids to produce an unnatural fat, which, like saturated fat is solid at room temperature.

Natural saturated fatty acids are straight molecules which pack together easily so they tend to be solid at room temperature. In a saturated fatty acid such as stearic acid, each carbon atom is joined to two hydrogen atoms. The hydrogen atoms are arranged in pairs, thus creating electron clouds. Each one of our cell membranes is composed of billions of fatty acids; chemical reactions occur in the cell membranes at sites where two hydrogen molecules form electron clouds.

Natural unsaturated fatty acids, such as oleic acid, tend to be liquid at room temperature. They have two or more hydrogen atoms missing where the carbons are double bonded together, but the remaining hydrogen atoms at the double bond are paired on the same side—called the *cis* configuration—forming an electron cloud where reactions can take place in the cell membrane.

During the process of partial hydrogenation, one of the hydrogen atoms in a pair is moved to the other side of the molecule, forming a *trans* fatty acid, such as elaidic acid—*trans* means “across.” This causes the molecules to straighten out so that they pack together easily and form a solid fat at room temperature. This is the kind of fat that manufacturers use for frying and to make cookies, crackers and other baked goods; it is less expensive for manufacturers to use partially hydrogenated vegetable oils for these purposes than natural saturated fats like butter, lard, tallow, palm oil and coconut oil.

Unfortunately, when these *trans* fatty acids are incorporated into the cell membrane, they are missing the hydrogen pairs needed for chemical reactions to occur. The result is dysfunction and chaos on the cellular level.

How to Avoid *Trans* Fat

Trans fats are used in most processed foods, such as commercial cakes, pies, cookies, crackers, bread, chips, pretzels, snack foods, breaded foods and salad dressings. Most restaurants fry foods in oil blends containing *trans* fats.

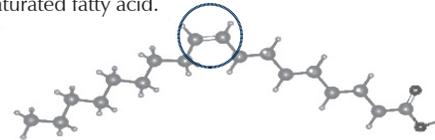
Any food item containing “partially hydrogenated” oil contains *trans* fats. Small amounts of *trans* fats occurring in deodorized vegetable oils (such as canola oil) and mono- and di-glycerides are not labeled.

The only way to avoid *trans* fats is to avoid processed foods. Instead, prepare your own foods using fresh, natural ingredients. Use traditional fats such as butter, lard, tallow, goose fat, duck fat, palm oil and coconut oil for cooking and baking; and olive oil for salad dressing. Use butter instead of margarine or spreads. (Even “low-*trans*” spreads should be avoided as they are made from highly processed vegetable oils and contain many additives.)

Note: Butter and tallow (fat from beef and lamb) contain small amounts of natural *trans* fats that are not harmful.



STEARIC ACID, a naturally saturated fatty acid.



OLEIC ACID, a monounsaturated fatty acid with two hydrogens forming a pair at the double bond, in the *cis* configuration.



TRANS ELAIDIC ACID, one of the common man-made *trans* fatty acids, with two hydrogens across from each other at the double bond.

SOURCES AND FURTHER INFORMATION

Trans Fatty Acids in the Food Supply by Mary G. Enig, PhD, Enig Associates (301) 680-8600.
Know Your Fats by Mary G. Enig, PhD, Bethesda Press (301) 680-8600.

Dangers of *Trans* Fats

CANCER: Consumption of *trans* fats is associated with increased rates of cancer in many studies; *trans* fats interfere with enzymes the body uses to protect itself against cancer.

DIABETES: *Trans* fatty acids interfere with the insulin receptors in the cell membranes, thus triggering Type II diabetes.

HEART DISEASE: *Trans* fats raise the levels of atherogenic lipoprotein-a (Lp(a)) in humans.

IMMUNE FUNCTION: *Trans* fats interfere with both B and T cell functions, thus reducing immune response.

FERTILITY AND REPRODUCTION: *Trans* fats interfere with enzymes needed to produce sex hormones; they decrease the levels of testosterone in male animals and increase the level of abnormal sperm.

LACTATION: In animals and humans, consumption of *trans* fats lowers the overall fat content in mother's milk, thus compromising the nourishment to the infant. In addition, *trans* fats can cross the mammary gland into mother's milk and interfere with neurological and visual development of the infant.

DEVELOPMENT AND GROWTH: *Trans* fats can cross the placenta, creating many problems for the developing fetus including low birth weight; they also interfere with the formation of long-chain polyunsaturated fatty acids needed for growth and development, especially development of the brain.

OBESITY: Women who consume *trans* fatty acids weigh more than women who do not consume *trans* fats, even though caloric intake is the same.

Cod Liver Oil Manufacture

Most modern industrial cod liver oil processing takes place in Iceland and Norway, and includes the following steps:

- Alkali refining, which removes free fatty acids and some metals.
- Bleaching, which removes color substances, metals and dioxins. This is a chelation type of process that uses clay or other natural earth absorbents.
- Winterization, which removes sterins (stabilizing saturated fats).
- Deodorization, which removes pesticides, PCBs, heavy metals, etc. This process is done by molecular distillation, which keeps the oils at up to 250 degrees C for up to six hours under vacuum. The process damages the fragile unsaturated fatty acids in cod liver oil and eliminates most of the vitamin D and a considerable amount of the vitamin A.
- Addition of vitamins (usually synthetic) to meet standards or the requirements of the retailers.

Recently one U.S. manufacturer has returned to old-fashioned processing techniques, which involve fermentation and a proprietary filtering method, all at low temperatures. The resulting product retains the natural vitamins at double the levels of most industrially processed brands of cod liver oil, with an excellent ratio of vitamins A to D. High-vitamin fermented cod liver oil is available through several distributors. For further information on sources of cod liver oil, visit www.westonaprice.org.

How to Take Cod Liver Oil

Not on a spoon! The oiliness plus the fishy taste have turned many people off cod liver oil.

The best way to take cod liver oil is to mix it with a small amount of warm water or fresh juice. Stir and swallow quickly. Children enjoy taking this "cowboy whiskey" in a shot glass. To avoid an aftertaste, take immediately before a meal.

For babies, use an eye dropper.

You may also take cod liver oil in capsules, although this will be more expensive than taking the liquid oil.

FOR FURTHER INFORMATION
and recommended brands visit
westonaprice.org/basicnutrition/cod-liver-oil-menu.html

Myths & Truths About Cod Liver Oil

MYTH: Cod liver oil is a good source of vitamin D.

TRUTH: Not necessarily! Cod liver oil that is subject to molecular distillation loses most of its natural vitamin D. Some companies add manufactured vitamin D₃ back to the cod liver oil, but many do not.

MYTH: Cod liver oil contains dangerous amounts of vitamin A.

TRUTH: Vitamins A and D work together in the body. Consumption of large amounts of vitamin A can lead to symptoms of vitamin D deficiency when the diet is lacking in vitamin D. Unfortunately, many brands of cod liver oil contain very little vitamin D; studies from Europe indicate that prolonged intake of vitamin A from these brands could result in osteoporosis and other problems indicative of vitamin D deficiency. But if cod liver oil contains sufficient vitamin D, the vitamin A it contains is safe and healthy. Look for brands with at least one unit of vitamin D to ten units of vitamin A.

MYTH: The best cod liver oil has more units of vitamin D than vitamin A.

TRUTH: Natural cod liver oil contains two to ten times more vitamin A than vitamin D. Some manufacturers are removing most of the vitamin A and adding manufactured vitamin D₃ on the mistaken premise that the vitamin A in cod liver oil is toxic. But vitamin D with only small amounts of vitamin A can lead to health problems indicative of vitamin A deficiency.

MYTH: Cod Liver Oil contains mercury, dioxins and other toxins.

TRUTH: All modern processing techniques remove heavy metals, dioxins and other toxins, and cod liver oil is routinely tested for purity.

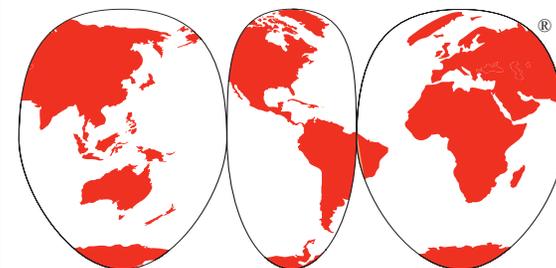
MYTH: It is better to take fish oil than cod liver oil

TRUTH: Most fish oils come from farmed fish that are processed using caustic chemicals, solvents and high temperatures. With few exceptions they contain very low amounts of vitamins A and D, and the fragile omega-3 fatty acids (EPA and DHA) are likely to be damaged by the processing.

MYTH: Cod liver oil tastes terrible.

TRUTH: Modern versions of cod liver oil do not taste very fishy, and cod liver oil is now available in many flavors and also in capsules.

Cod Liver Oil Our Number One Superfood



THE WESTON A. PRICE FOUNDATION®

for **Wise Traditions**
IN FOOD, FARMING AND THE HEALING ARTS
Education • Research • Activism

PMB Box 106-380
4200 Wisconsin Avenue, NW
Washington, DC 20016
(202) 363-4394
info@westonaprice.org
www.westonaprice.org

Copyright © 2010 The Weston A. Price Foundation
All Rights Reserved

A Short History of Cod Liver Oil

Cultures ranging from the South Seas, the Eskimos, the Scandinavians and the ancient Romans valued fish liver oils for their health-giving properties. Hippocrates first recorded the medicinal use of fish oils, and the first century naturalist, Pliny the Elder, recorded the use of dolphin liver oil as a remedy for chronic skin eruptions. In 1848, the British physician John Hughes Bennett observed that cod liver oil had been used from time immemorial by the northern fishing populations for its general medicinal and strengthening properties. For centuries before producing the oil itself, the British used the blackish residue left behind by barreled cod livers as a balm. In 1766, the Manchester Infirmary began prescribing ingestion of cod liver oil for rheumatism after a patient cured herself of the disease on two occasions by ingesting her topical treatment. The infirmary thereafter used 50-60 gallons of cod liver oil per year, and after comparing its use to that of a placebo in a number of individual patients, the physician Percival added it to the British pharmacopoeia in 1771.

Physicians used cod liver oil to treat the vitamin D deficiency disease rickets at least as far back as 1799, and by the 1820s use of cod liver oil for this purpose was widespread in Germany, Holland and the Netherlands. During the same century, its use expanded to include the treatment of eye diseases and tuberculosis. Research between 1920 and 1940 further expanded the use of cod liver oil to prevent or treat measles, industrial absenteeism, and puerperal fever, a fatal infection occurring in women just after giving birth. The advent of sulfa antibiotics and later penicillin mostly eliminated medical interest in cod liver oil as an anti-infective agent, but a number of trials conducted before 1940 provided solid evidence of its efficacy. In clinical trials, cod liver oil reduced measles mortality by more than one-half and reduced industrial absenteeism by up to two-thirds.

Today the medical establishment frowns upon cod liver oil, but many health conscious consumers are rediscovering its health-building properties.

How Much Cod Liver Oil?

MAINTENANCE DOSE: A dose that gives about 10,000 IU vitamin A and at least 1000 IU vitamin D per day, supplied by about 2 teaspoons regular cod liver oil or 1 teaspoon high-vitamin fermented cod liver oil, more for periods of stress and for the elderly.

PREGNANT AND NURSING WOMEN: A dose that gives about 20,000 IU vitamin A and at least 2000 IU vitamin D per day.

BABIES and CHILDREN: A dose that gives about 5,000 IU vitamin A and at least 500 IU vitamin D per day.

SERIOUS ILLNESS and RECOVERY FROM OPERATIONS: Up to 90,000 IU vitamin A and at least 9,000 IU vitamin D from cod liver oil may be taken for several weeks to support healing, in the context of a nutrient-dense diet that supplies liberal amounts of vitamin K₂, saturated fat, calcium and magnesium.

NOTE: These recommendations represent maximum dosages of vitamin A and should be reduced if you are eating foods to which vitamin A has been added, or taking supplements containing vitamin A, such as pre-natal vitamins.

Cod Liver Oil: A Key Source of Vital Nutrients

VITAMIN A: Necessary for mineral metabolism, strong bones, immunity, normal growth, successful reproduction, healthy skin and good eyesight.

VITAMIN D: Necessary for mineral metabolism, nervous system function, insulin production, immunity and protection against depression.

VITAMIN K₂: Found in fermented cod liver oil, is necessary for normal facial development, strong bones, healthy arteries, and optimal function of the brain and nervous system.

VITAMIN E: Necessary for normal reproduction and protection against free radical damage.

DHA: Supports optimal visual and brain function, helps resolve inflammation and supports the immune system.

FOR EDUCATIONAL PURPOSES

This flyer is for educational purposes only and should not be construed as medical advice. Please consult your health care practitioner to determine dosages when taking cod liver oil for therapeutic purposes.

Cod Liver Oil Synergy

The vitamins in cod liver oil work synergistically, that is, in concert with other nutrients; in fact, taking cod liver oil in the context of a diet that is lacking these nutrients will hamper its effectiveness and may even lead to severe deficiencies of nutrients already lacking. Likewise, taking cod liver oil in the context of a diet high in processed foods containing synthetic vitamins may lead to an overdose of vitamin A and other nutrients.

HIGH-VITAMIN BUTTER OIL: Dr. Weston Price always gave cod liver oil with high-vitamin butter oil, made from high-vitamin Spring butter by a low-temperature centrifuge process. The result was a product particularly rich in what Dr. Price called Activator X, now thought to be vitamin K₂, the animal form of vitamin K. Vitamin K₂ works synergistically with vitamins A and D supplied by cod liver oil. Vitamins A, D and K₂ together ensure efficient assimilation of the minerals and water-soluble vitamins in our diet. When consumed in liberal amounts by pregnant and nursing mothers, and by growing children, these fat-soluble vitamins ensure the development of attractive, strong bodies, freedom from tooth decay and a high immunity to disease.

GRASS-FED BUTTER: Butter from grass-fed cows provides vitamin K₂ and also saturated fats, which work synergistically with the omega-3 fatty acid DHA in cod liver oil, ensuring proper function of the brain and nervous system, and protection against inflammation.

SATURATED FAT: Saturated fats from lard, tallow, butter and the tropical oils ensure proper use of the omega-3 fatty acids in cod liver oil.

CALCIUM: Calcium from dairy products and bone broth works with vitamins A, D and K₂ to build strong bones and teeth.

MAGNESIUM: In the absence of magnesium, vitamin D will not protect against rickets. Use vitamin D-rich cod liver oil in the context of a diet rich in magnesium from green vegetables, nuts, whole grains, legumes and organ meats.

Understanding Protein and Tweaking Your Program

All body types need the same basic foods. However, the amount of protein and fat will vary depending on the body type. To determine the amount of protein that is right for you, you must keep adding protein until you and your program practitioner find the amount that gives the best overall improvement. Weight loss (if appropriate) is just one indicator of improvement; we must look at all factors below.

SIGNS YOU MAY NEED MORE PROTEIN:

1. Energy level is low (includes moodiness, irritability, lethargy or depression.)
2. Sleep quality is poor (hard to fall asleep or stay asleep)
3. Unable to get at least 7 hours of sleep every night even though you try (physically can't sleep-not schedule related)
4. Easily chilled
5. Have thin or brittle hair
6. Ridges in your nails
7. Slow recovery from injury
8. Poor muscle tone
9. Muscle and/or joint pain.
10. Cravings have not gone away
11. Digestion is poor
12. Not losing either: Inches (clothing feeling looser) or Weight (if appropriate)

Only add additional protein if one or more of these indicators are NOT doing well. Stick with the modifications until something changes in a negative way.

Remember, your goal is to GET HEALTHY so that your body can burn fat (or stay in fat burning so you do not gain). Getting healthy requires an initial healing phase, which might not show up at first in weight loss, but may show up as improvements in the above factors and feeling better in general. As you continue through the different phases of healing, your need for protein, potassium and fat may change. Be sure to experiment and find the appropriate amount during each phase.

WHEN YOUR WEIGHT LOSS PLATEAUS- DO THE FOLLOWING BEFORE ASSUMING IT IS A NORMAL (MUSCLE REBUILDING) PLATEAU:

- 1.) Adjust Protein levels: First up for 1 week, and then down
- 2.) Increase Potassium for 1 week
- 3.) Adjust Fat Levels: First up for 1 week, then down
 - A.) Start by increasing the above items in the order they are listed. Only adjust them ONE AT A TIME and in 1 week increments to avoid confusion about which item was the issue. For example, increase protein for a week. If that does not help, put the protein level back to where it was. Next, go to potassium and fat if need be-(also in 1 week increments each).
 - B.) If still no improvement, do the same thing but DECREASE the levels at 1 week intervals. Potassium rarely needs to be decreased from ½ an avocado. If none of this stimulates additional weight loss (or allows you to achieve the desired goal), review the Fat Burning Triggers and Blockers sheet and determine if some other issue is preventing weight loss.
 - C.) Be sure to analyze your exercise program to determine if you are following the correct program for your body type.
 - D.) Be sure that you have not run out of any supplements and that you are taking them as directed.

E.) Be sure you are drinking the Lemon/limeade drink, eating kale and avocado as directed.

F.) Decrease the amount of sugar you are consuming (in form of fruit, carbs & sweets) if needed.

G.) Be sure you are getting to bed by 10/10:30 and are getting at least 7-8 hrs of sleep.

If nothing changes after doing all of this above, you may be in normal plateau.

Ideal Protein Choices:

- Raw foods: including non-roasted nuts and minimally processed cheese. Meat from grass-fed, free-range and cage-free sources without added hormones. Avoid farm-raised and Atlantic fish when possible. Choose cold-water fish like salmon, sardines, mahi-mahi, mackerel, etc.
- Organic eggs from free-range chickens
- Grass-fed beef
- Grass-fed, free-range, organic poultry
- Grass-fed lamb
- Wild game birds (Pheasant, duck, goose, and grouse)
- Venison
- Wild game (elk, bear, beaver, etc.)
- Whey Protein

Understanding Eggs:

Organic- Chickens labeled organic must be cage-free with the ability to go outdoors. They cannot have had any antibiotics and must be fed organic, vegetarian food.

Free-range- Chickens are out of cages and can roam freely around the farmyard at least part of the day. There is no regulation on what the chickens can be fed.

Cage-free- Chickens are out of cages, but not necessarily with access to the outdoors. Chickens do have access to a continuous supply of food and water, but there is no regulation on the type of food.

Why Butter Is Better

Sally Fallon and Mary G. Enig,
PhD

January 1,
2000

Read this article in: [French](#) | [Portuguese](#) | [Spanish](#)

When the fabricated food folks and apologists for the corporate farm realized that they couldn't block America's growing interest in diet and nutrition, a movement that would ultimately put an end to America's biggest and most monopolistic industries, they infiltrated the movement and put a few sinister twists on information going out to the public. Item number one in the disinformation campaign was the assertion that naturally saturated fats from animal sources are the root cause of the current heart disease and cancer plague. Butter bore the brunt of the attack, and was accused of terrible crimes. The Diet Dictocrats told us that it was better to switch to polyunsaturated margarine and most Americans did. Butter all but disappeared from our tables, shunned as a miscreant.

This would come as a surprise to many people around the globe who have valued butter for its life-sustaining properties for millennia. When Dr. Weston Price studied native diets in the 1930's he found that butter was a staple in the diets of many supremely healthy peoples.¹ Isolated Swiss villagers placed a bowl of butter on their church altars, set a wick in it, and let it burn throughout the year as a sign of divinity in the butter. Arab groups also put a high value on butter, especially deep yellow-orange butter from livestock feeding on green grass in the spring and fall. American folk wisdom recognized that children raised on butter were robust and sturdy; but that children given skim milk during their growing years were pale and thin, with "pinched" faces.²

Does butter cause disease? On the contrary, butter protects us against many diseases.

Butter & Heart Disease

Heart disease was rare in America at the turn of the century. Between 1920 and 1960, the incidence of heart disease rose precipitously to become America's number one killer. During the same period butter consumption plummeted from eighteen pounds per person per year to four. It doesn't take a Ph.D. in statistics to conclude that butter is not a cause. Actually butter contains many nutrients that protect us from heart disease. First among these is vitamin A which is needed for the health of the thyroid and adrenal glands, both of which play a role in maintaining the proper functioning of the heart and cardiovascular system. Abnormalities of the heart and larger blood vessels occur in babies born to vitamin A deficient mothers. Butter is America's best and most easily absorbed source of vitamin A.

Butter contains lecithin, a substance that assists in the proper assimilation and metabolism of cholesterol and other fat constituents.

Butter also contains a number of anti-oxidants that protect against the kind of free radical damage that weakens the arteries. Vitamin A and vitamin E found in butter both play a strong anti-oxidant role. Butter is a very rich source of selenium, a vital anti-oxidant—containing more per gram than herring or wheat germ.

Butter is also a good dietary source cholesterol. What?? Cholesterol an anti-oxidant?? Yes indeed, cholesterol is a potent anti-oxidant that is flooded into the blood when we take in too many harmful free-radicals—usually from damaged and rancid fats in margarine and highly processed vegetable oils.³ A Medical Research Council survey showed that men eating butter ran half the risk of developing heart disease as those using margarine.⁴

Butter & Cancer

In the 1940's research indicated that increased fat intake caused cancer.⁵ The abandonment of butter accelerated; margarine—formerly a poor man's food— was accepted by the well-to-do. But there was a small problem with the way this research was presented to the public. The popular press neglected to stress that fact that the “saturated” fats used in these experiments were not naturally saturated fats but partially hydrogenated or hardened fats—the kind found mostly in margarine but not in butter. Researchers stated—they may have even believed it—that there was no difference between naturally saturated fats in butter and artificially hardened fats in margarine and shortening. So butter was tarred with the black brush of the fabricated fats, and in such a way that the villains got passed off as heroes.

Actually many of the saturated fats in butter have strong anti-cancer properties. Butter is rich in short and medium chain fatty acid chains that have strong anti-tumor effects.⁶ Butter also contains conjugated linoleic acid which gives excellent protection against cancer.⁷

Vitamin A and the anti-oxidants in butter—vitamin E, selenium and cholesterol—protect against cancer as well as heart disease.

Butter & the Immune System

Vitamin A found in butter is essential to a healthy immune system; short and medium chain fatty acids also have immune system strengthening properties. But hydrogenated fats and an excess of long chain fatty acids found in polyunsaturated oils and many butter substitutes both have a deleterious effect on the immune system.⁸

Butter & Arthritis

The Wulzen or “anti-stiffness” factor is a nutrient unique to butter. Dutch researcher Wulzen found that it protects against calcification of the joints—degenerative arthritis—as well as hardening of the arteries, cataracts and calcification of the pineal gland.⁹ Unfortunately this vital substance is destroyed during pasteurization. Calves fed pasteurized milk or skim milk develop joint stiffness and do not thrive. Their symptoms are reversed when raw butterfat is added to the diet.

Butter & Osteoporosis

Vitamins A and D in butter are essential to the proper absorption of calcium and hence necessary for strong bones and teeth. The plague of osteoporosis in milk-drinking western nations may be due to the fact that most people choose skim milk over whole, thinking it is good for them. Butter also has anti-cariogenic effects, that is, it protects against tooth decay.¹⁰

Butter & the Thyroid Gland

Butter is a good source of iodine, in highly absorbable form. Butter consumption prevents goiter in mountainous areas where seafood is not available. In addition, vitamin A in butter is essential for proper functioning of the thyroid gland.¹¹

Butter & Gastrointestinal Health

Butterfat contains glycosphingolipids, a special category of fatty acids that protect against gastro-intestinal infection, especially in the very young and the elderly. For this reason, children who drink skim milk have diarrhea at rates three to five times greater than children who drink whole milk.¹² Cholesterol in butterfat promotes health of the intestinal

wall and protects against cancer of the colon.¹³ Short and medium chain fatty acids protect against pathogens and have strong anti-fungal effects.¹⁴ Butter thus has an important role to play in the treatment of candida overgrowth.

Butter & Weight Gain

The notion that butter causes weight gain is a sad misconception. The short and medium chain fatty acids in butter are not stored in the adipose tissue, but are used for quick energy. Fat tissue in humans is composed mainly of longer chain fatty acids.¹⁵ These come from olive oil and polyunsaturated oils as well as from refined carbohydrates. Because butter is rich in nutrients, it confers a feeling of satisfaction when consumed. Can it be that consumption of margarine and other butter substitutes results in cravings and bingeing because these highly fabricated products don't give the body what it needs?.

Butter for Growth & Development

Many factors in butter ensure optimal growth of children. Chief among them is vitamin A. Individuals who have been deprived of sufficient vitamin A during gestation tend to have narrow faces and skeletal structure, small palates and crowded teeth.¹⁶ Extreme vitamin A deprivation results in blindness, skeletal problems and other birth defects.¹⁷ Individuals receiving optimal vitamin A from the time of conception have broad handsome faces, strong straight teeth, and excellent bone structure. Vitamin A also plays an important role in the development of the sex characteristics. Calves fed butter substitutes sicken and die before reaching maturity.¹⁸

[The X factor, discovered by Dr. Weston Price \(and now believed to be vitamin K₂\)](#), is also essential for optimum growth. It is only present in butterfat from cows on green pasture.¹⁹ Cholesterol found in butterfat plays an important role in the development of the brain and nervous system.²⁰ Mother's milk is high in cholesterol and contains over 50 percent of its calories as butterfat. Low fat diets have been linked to failure to thrive in children²¹—yet low-fat diets are often recommended for youngsters! Children need the many factors in butter and other animal fats for optimal development.

Beyond Margarine

It's no longer a secret that the margarine Americans have been spreading on their toast, and the hydrogenated fats they eat in commercial baked goods like cookies and crackers, is the chief culprit in our current plague of cancer and heart disease.²² But mainline nutrition writers continue to denigrate butter—recommending new fangled tub spreads instead.²³ These may not contain hydrogenated fats but they are composed of highly processed rancid vegetable oils, soy protein isolate and a host of additives. A glitzy cookbook called *Butter Busters* promotes butter buds, made from maltodextrin, a carbohydrate derived from corn, along with dozens of other highly processed so-called low-fat commercial products.

Who benefits from the propaganda blitz against butter? The list is a long one and includes orthodox medicine, hospitals, the drug companies and food processors. But the chief beneficiary is the large corporate farm and the cartels that buy their products—chiefly cotton, corn and soy—America's three main crops, which are usually grown as monocultures on large farms, requiring extensive use of artificial fertilizers and pesticides. All three—soy, cotton and corn—can be used to make both margarine and the new designer spreads. In order to make these products acceptable to the up-scale consumer, food processors and agribusiness see to it that they are promoted as health foods. We are fools to believe them.

Butter & the Family Farm

A nation that consumes butterfat, on the other hand, is a nation that sustains the family farm. If Americans were

willing to pay a good price for high quality butter and cream, from cows raised on natural pasturage—every owner of a small- or medium-sized farm could derive financial benefits from owning a few Jersey or Guernsey cows. In order to give them green pasture, he would naturally need to rotate crops, leaving different sections of his farm for his cows to graze and at the same time giving the earth the benefit of a period of fallow—not to mention the benefit of high quality manure. Fields tended in this way produce very high quality vegetables and grains in subsequent seasons, without the addition of nitrogen fertilizers and with minimal use of pesticides. Chickens running around his barnyard, and feeding off bugs that gather under cowpaddies, would produce eggs with superb nutritional qualities—absolutely bursting with vitamin A and highly beneficial fatty acids.

If you wish to reestablish America as a nation of prosperous farmers in the best Jeffersonian tradition, buy organic butter, cream, whole milk, whole yoghurt, and barn-free eggs. These bring good and fair profits to the yeoman producer without concentrating power in the hands of conglomerates.

Ethnic groups that do not use butter obtain the same nutrients from things like insects, organ meats, fish eggs and the fat of marine animals, food items most of us find repulsive. For Americans—who do not eat bugs or blubber—butter is not just better, it is essential.

Notes

1. Price, Weston, *DDS Nutrition and Physical Degeneration*, 1945, Price Pottenger Nutrition Foundation, Inc., La Mesa, California
2. Representative of American folk traditions about butterfat is this passage from “Neighbor Rosicky”, by American author Willa Cather: [The Rosickys] had been at one accord not to hurry through life, not to be always skimping and saving. They saw their neighbours buy more land and feed more stock than they did, without discontent. Once when the creamery agent came to the Rosickys to persuade them to sell him their cream, he told them how much the Fasslers, their nearest neighbours, had made on their cream last year. “Yes,” said Mary, “and look at them Fassler children! Pale, pinched little things, they look like skimmed milk. I’d rather put some colour into my children’s faces than put money into the bank.”
3. Cranton, EM, MD and JP Frackelton, MD, *Journal of Holistic Medicine*, Spring/Summer 1984
4. *Nutrition Week* Mar 22, 1991 21:12:2-3
5. Enig, Mary G, PhD, *Nutrition Quarterly*, 1993 Vol 17, No 4
6. Cohen, LA et al, *J Natl Cancer Inst* 1986 77:43
7. Belury, *MA Nutrition Reviews*, April 1995 53:(4) 83-89
8. Cohen, *op cit*
9. *American Journal of Physical Medicine*, 1941, 133; *Physiological Zoology*, 1935 8:457
10. Kabara, J J, *The Pharmacological Effects of Lipids*, J J Kabara, ed, The American Oil Chemists Society, Champaign, IL 1978 pp 1-14
11. Jennings, *IW Vitamins in Endocrine Metabolism*, Charles C. Thomas Publisher, Springfield, Ill, pp 41-57
12. Koopman, JS, et al *American Journal of Public Health* 1984 74(12):1371-1373
13. Addis, Paul, *Food and Nutrition News*, March/April 1990 62:2:7-10
14. Prasad, KN, *Life Science*, 1980, 27:1351-8; Gershon, Herman and Larry Shanks, *Symposium on the Pharmacological Effect of Lipids*, Jon J Kabara Ed, American Oil Chemists Society, Champaign, Illinois 1978 51-62
15. Levels of linoleic acid in adipose tissues reflect the amount of linoleic acid in the diet. Valero, et al *Annals of Nutritional Metabolism*, Nov/Dec 1990 34:6:323-327; Felton, CV et al, *Lancet* 1994 344:1195-96
16. Price, *op cit*

17. Jennings, *op cit*
18. DeCava, Judith *Journal of the National Academy of Research Biochemists*, September 1988 1053-1059
19. Price, *op cit*
20. Alfin-Slater, R B and L Aftergood, "Lipids", *Modern Nutrition in Health and Disease*, Chapter 5, 6th ed, R S Goodhart and M E Shils, eds, Lea and Febiger, Philadelphia 1980, p 131
21. Smith, MM, MNS RD and F Lifshitz, MD *Pediatrics*, Mar 1994 93:3:438-443
22. Enig, *op cit*
23. "Diet Roulette", *The New York Times*, May 20, 1994.