

Eat MORE Butter



Butter has been under a lot of scrutiny recently. Following the "low fat" and "no fat" fad diets of the nineties, butter became vilified. Thankfully, it has slowly been making its way back into the diets of many. As more research is done on this beautiful product we better understand the pros and cons of eating butter. Butter is a fat, and considering that around anywhere from 19 - 31% of a woman's body is made of fat (a healthy woman) and that the brain is about 60% fat, it makes sense that we should include fats in our diets. Fat is necessary for fertility, temperature regulation (thermogenesis) and shock absorption.

Healthy fats are essential to body function and processes. The liver uses healthy fats to create

cholesterol when our body needs it; cholesterol is a fundamental component of the brain-- we cannot live without it. Additionally, it is used in cell walls and can play an important role in detoxifying the body. Butter and other healthy fats assist in the production and maintenance of hormones. High quality butter and meat improve lipid chemistry (HDL, LDL, triglycerides and other fats in the bloodstream).

The best fats to include in your diet are saturated and monounsaturated. Butter is a saturated fat, along with coconut oil and animal fat from healthy animals. This means it does not turn rancid easily and is very stable in air and heat. This makes butter a great oil to use when cooking as it is chemically stable with moderate heat (will not oxidize; molecules will not break down and release electrons).

When butter is added to starchy vegetables it slows the carbohydrate absorption and reduces the insulin boost that would ordinarily follow. You will absorb more nutrients from vegetables that are eaten with butter. Butter supports increased insulin sensitivity, which in turn supports weight loss. Butter is a satisfying food and can help to reduce hunger and cravings.

Butter is low in mycotoxins (molds; less than 2% present in conventional butter) and harmful milk proteins are enzymatically modified during the

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fermentation process that butter undergoes. Butter does not have significant amounts of the casein protein in comparison to other dairy products, and therefore does not irritate many people who are sensitive to other dairy products.

A quick note on margarine: It is not a replacement for butter, and in fact is damaging to the body. It is made of bad oils that are heavily processed. Margarine has been linked to heart disease, high blood pressure, and diabetes. If you are unable to use butter, find a natural substitute, such as ghee, coconut oil, palm oil, lard or bacon fat from healthy animals.

The type of butter you are using also has dramatic impact on your health. Conventional butter is not recommended, as many of the processes used in today's food market create inferior product. Additionally, do some research; just because butter is labeled organic does not inherently make it "good." Some things to look for when finding your butter are: grass fed (fat content is dramatically better for you), hormone free, and antibiotic free.

Grass fed is the buzzword; butter from grass fed cows has been shown to have more omega-3 (creating a healthy ratio between omega-6 to omega-3 fatty acids), more vitamins E and A, beta-carotene, and CLA, and butter from grass-fed animals is even lower in mycotoxins than conventional butter. Omega fats are nutritionally

essential in the proper ratio and are used in the brain to protect neurons and support brain function.

Butter can improve digestion in general. This is because butter (and ghee) contain the fatty acid butyric acid, which is also produced by healthy bacteria in the intestine. Butyric acid has been found to feed healthy cells of the colon, and supports the growth and maintenance of gastrointestinal mucosa. Butyric acid discourages the growth of bad bacteria in the intestinal tract while feeding healthy intestinal flora. Butter can help to regulate abnormal bowel movements. Lastly, butter supports the regulation of healthy water and electrolyte ratios in the intestinal tract.

Having a healthy amount of essential fats has a dramatic impact upon energy levels. You may experience an increase in energy without any crash afterward. Butter can build T cells which builds a strong immune system.

Here are some more ways you can add more butter to your diet:

- Use butter in soups, sauces and gravies.
- Try blending butter into your morning coffee (1-2 Tablespoons blended for 20 seconds), it is like a delicious and healthy latte.
- Add butter to smoothies.
- Use butter when sauteing foods.
- Add butter to oatmeal.

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- Use butter in baking (especially in place of synthetic oils)

What other ideas do you have?

You can make your own butter at home! Especially if you are near a dairy that raises grass-fed cows. But that, my friends is another article entirely.

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