

HOW EATING 100% GRASS-FED BEEF CAN HEAL AND PROTECT THE LIVER

The LIVER is the hardest-working organ in the body. The average adult consumes about one ton of food a year and the liver must sort, digest, detoxify and help absorb the nutrients from this huge pile of food. It must also facilitate the excretion of the waste. In addition most of us consume alcohol, sugar, and, inadvertently, thousands of other liver toxins. NATURALLY-RAISED, 100% GRASS-FED MEAT can heal, strengthen, protect and energize the liver. HERE ARE THE TOP 10 WAYS IT WORKS....

1) OMEGA 3 ESSENTIAL FATTY ACID- Even a tiny quantity of this ‘GOOD FAT”, which is found in good supply in 100% grass-fed beef, has an anti-inflammatory effect on every cell in the body. This helps prevent obesity, diabetes, heart disease and degeneration of the organs. Eating 100% grass-fed beef improves the blood lipid profile (total cholesterol, HDL, LDL, and triglycerides) which in turn can avoid the need to take STATIN (cholesterol-lowering) drugs, a known liver toxin.

2) CONJUGATED LINOLEIC ACID (CLA)- Similar to EPA and DHA in wild salmon this essential fat from 100% grass-fed beef is perhaps the single healthiest nutrient we can eat. It is both anti-cancer and anti-cardiovascular disease. Since the liver is constantly exposed to carcinogens it needs this extra protection.

3) VITAMIN E- 100% grass-fed beef is 3-6 times as high as feedlot beef in this protective fat-soluble vitamin which serves as the #1 anti-oxidant in the body and protects us from free radicals. Vitamin E protects the arteries in the body and boosts the immunity.

4) FOLIC ACID (FOLATE), B-12, OTHER B-VITAMINS- These vitamins are very high in 100% grass-fed beef and are used by the liver and other organs, along with minerals, to manufacture blood cells, create DNA for new cells and protect the liver from cirrhosis.

5) BETA-CAROTENE, ZEAXANTHIN, LUTEIN These are the hard-working antioxidants that are found in levels up to four times as high in 100% grass-fed beef. They can be seen in the creamy golden color of the fat as opposed to the stark white of feedlot fat. Antioxidants are the tools the liver uses every day to protect our body from the ravages of toxins and pollutants.

6) SELENIUM, ZINC, IRON, PHOSPHORUS, CALCIUM These minerals are needed to make the enzymes that the immune system uses to protect the body from infectious organisms that can cause hepatitis and other infections. Rich in all the minerals, 100% grass-fed beef gives the immune system it strength and underpins the mechanism the body uses to prevent acidosis or pH imbalance. Mineral dense food satisfies our appetite and helps prevent liver-choking obesity.

7) CHOLESTEROL AND FAT 100% grass-fed beef is startlingly lean by nature and the fat is considered now as “good fat”. When cattle get corn and soybeans they make too much of the wrong kind of fat. This non-oxidized cholesterol is used by the liver to create a normal flow of bile to prevent gallstones and sludge in the gallbladder.

8) CLEAN MEAT -There is no need to use common feedlot toxins in the production of 100% grass-fed meat so it is very clean. By avoiding feed antibiotics, treatment antibiotics, growth hormones, wormers and pesticides, ie, corrosive chemicals that are stored in the liver awaiting detoxification and excretion, a major burden is lifted from the work being done by our detoxification organ. Likewise, 100% grass-fed never eat corn and soybeans, thus they do not have grain allergy particles, nor do they get mold toxins (now more prevalent in grain farming). Aflatoxin from mold causes serious permanent liver destruction and is one of the most hazardous substances on the planet. The result of eating only clean meat is that not only do we live longer, we have more energy, feel less aches and pains and can think more clearly.

9) NO FEEDLOT PATHOGENS- Perhaps the most dangerous item in the grocery store are the new levels of E. coli O:157, Salmonella, Listeria, Campylobacter and others. 100% grass-fed beef comes from animals that live every day of their life on a beautiful grassy farm without feedlot crowding, mud, flies or other agents of infection. All of these pathogens strike the liver first.

10) BEST OF ALL- Eat 100% grass-fed liver! People who say “I hate liver” have usually only tasted commodity-produced liver which usually does taste awful! If you want to heal your liver, nourish your body, anthropological research shows that small but regular quantities of healthy organ meat should be eaten, especially to prepare for pregnancy and nursing. Nothing heals the liver like eating a small quantity of good healthy organ meat on a regular basis. Make sure the liver you eat is healthy, delicious and from 100% grass-fed animals.

See www.thousandhillscattleco.com for more detailed information, sources of 100% grass-fed beef, recipes, dietary recommendations and a complete bibliography for the scientific references for this article. Facts compiled by William G. Winter DVM.