

Column 354 is a reprint of Column 34 and 35- stress and belly fat

Natural Healing Express Weekly

Column 352 Margarine versus Butter

This is one of the questions I get asked repeatedly and I always have fun with this analogy. If you want to see the difference of margarine versus butter, simply put a stick or tub of each outside near a tree.

Watch which one the animals eat. Watch which one can take a lot of heat, rain, blizzards and still be standing as if it were made of plastic. Then decide which one you think is best for your body.

Butter is a short-chain fat which means it is burned directly for energy. Butter does not enter the lymph system because even though it is a fat, it is reasonably water soluble. The above experiment will prove that to you.

Margarine has chemical by products as a result of its manufacturing process. This process is called partial hydrogenation. This means chemicals are added to make the liquid oils semi solid so the end product will spread easier without running. Does that make sense? Nickel, cadmium (no, not Cadbury) but CADMIUM and ALUMINUM are frequently used in the production of margarine. Sound tasty? Ever had cheap, cheap margarine that left a metal taste in your mouth? Uh, huh. Ya, that! Now you know why.

And, if one were to look back in history, Margarine's dangers have been being described in medical journals since 1956. Yes, the year of Elvis's first hit of all 170 hit singles - Heartbreak Hotel. Arguably, the year Rock and Roll was founded. And the debut of the Broadway hit My Fair Lady. And when Grace Kelly married Prince Rainer. Take you back? Or have you never heard of any of this? History dear young ones, our country is full of great cultural history – Google it.

Anyhow, to be fair, we do need to chat about the one downside of butter – And, honestly, here in God’s country, we don’t have such a big issue with this because we take care of our animals and our farms. Experts favor “organic” butter which means zero pesticides and hormones were exposed to the cows producing the milk that produces the butter. And, in all honesty, I prefer that as well, but reality here in Ag country is that some of both are probably being used. So, with that said, it is best to keep those amount as low as possible and to know your source! The antibiotics and hormones can be quite detrimental over long term usage as the animals and in turn us, whom consume their milk and butter, build up a resistance which can be an issue down the line as our immune system fights off any disharmony. Make sense?

So in short, Butter. Just plain ole butter.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express