

I thought red meat was not really that good for you?

Red meat, when it's raised the proper way - Nature's Way - is a superior source of nutrition! It's great for your health! And who doesn't want to a live long, active, healthy life? Good health is easily achieved, but only if you follow the laws of nature. There is no "Quick Fix"! I don't care how much this is promoted in the mainstream media - it just isn't true.

Why is grass fed beef better for you?

When a steer eats grass, the ratio of Omega-3 to Omega-6 EFAs stays in the range of 1 to 0.5 and 1 to 1, which is optimum for excellent health in humans. This is the similar ratio found in fish. Grain fed steers have a ratio that is between 1 to 15 and 1 to 20. Why is this important? Because the typical grain-based American diet is too heavy in Omega-6 EFAs, and grain fed meats do not help the problem. Many health professionals believe that high Omega 6/ Omega 3 ratios promotes disease - heart disease, cancer, diabetes and a whole list of other conditions.

When you eat a diet high in the correct types of fats, it actually cleans your arteries and improves your cholesterol!! It commonly accepted by doctors and nutritionists that Americans should incorporate more sources of Omega-3 EFAs in their diet to balance out their Omega-3/Omega-6 ratio.

For example, fish oil supplements have recently been recognized as somewhat of a "dietary magic bullet" - and the research seems to validate this point. Accordingly, there are only a few foods to obtain a healthy dose of Omega-3, such as eating cold water salmon, flax seeds, and grass fed meats

Holistic Medicine is becoming more mainstream, and the evidence is mounting that the body will heal itself if given the proper nutrition. You have to eat food in its natural state, and grass-fed beef can be your cornerstone for low-fat, highly nutritious, lean protein.

Why do Nutrition Professionals say - eat LESS saturated fat!

Grass-fed beef is naturally low in saturated fat (about 50% lower than grain-fed beef) - it is a great source of lean, nutrient-rich protein! Protein is considered the "building block" for your body's nutrition requirements, and when you eat our all-natural grass-fed beef, you can be assured you are supplying your body with the best nature has to offer!



Why are Omega-3 essential fatty acids (EFAs) good for us?

Studies have shown that a diet high in Omega-3 EFAs improves your cholesterol by increasing your "good" HDL cholesterol, and decreasing the "bad" LDL cholesterol. Additionally, Omega-3 EFAs are an anti-inflammatory. There is mounting evidence that inflammation of the arteries is just as important, if not more important, than your cholesterol levels in promoting heart disease.

The typical American diet is loaded with Omega-6 EFAs (primarily from vegetable oils), and combined with the trans-fatty acids found in hydrogenated oils (think deep fried foods like French fries), creates untold havoc on the heart! The problem is the ratio of Omega 3 to Omega 6 in our body chemistry.

What is Conjugated Linoleic Acid (CLA) ?

Grass-fed beef is also high in Conjugated Linoleic Acid (CLA), an essential fatty acid reported to boost your immune system and fight off all types of diseases! CLA is also a potent cancer fighter! Quite simply, CLA is tremendously important for your health! When a steer is fed grains, the CLA in their meat virtually disappears. Cows that are fed grass do not experience this problem.

What does "All-Natural" mean?

When we talk about our "all-natural" grass fed, lean beef, it means we have attempted to do everything according to the laws of nature. We also do not use any hormones (most of which are estrogen-based) or antibiotics on our steers. Should any calves get sick and are requiring treatment to recover; they are removed from our direct marketing program. Remember we eat what they eat. Our all natural grass fed calves are source, age, and process verified! We have a strict protocol for raising our beef; you know what you are getting!

Adapted from: <http://www.baldwinbeef.com>