

# Nutrition Therapy

## Highlights

## Butter from Milk

Good Bacteria



for digesting food



**Why Butter is Good For You**



### [Is Butter Secretly Ruining Your Health?](#)

Growing up, butter was an absolute staple in my household. We thankfully never got into the margarine craze because my mother believed that butter was good for the brain. Turns out, she was right about that and scientists have now concluded that butter is actually good for you in other areas too. It's high in a compound call CLA that protects you from [tumor growth and cancer](#), is not inflammatory like man-made oils from corn, canola or soy, and provides a nice dose of Omega 3 fatty acids, if you get it from the right source. But finding the right source can be tricky given all the buzz words and fancy marketing these days. Choosing the wrong type of butter can secretly ruin your health without you even knowing it! Here's a look at what's really going on and how to choose the healthiest butter for you and your family.

### [For a Healthy Heart, Stick to Butter](#)

I've written before about the [dangers of omega-6 PUFAs](#) in the diet, and how high intake of PUFAs in the Western diet may be a culprit in the significant increase in inflammatory diseases, including cardiovascular disease, type 2 diabetes, obesity, cancer, autoimmune disease, and more. (1, 2) We've known for a while now that a correlation exists between a rising intake of n-6 and increased mortality from heart disease. (3)



You may have already changed your diet back to one containing high saturated fat from butter, meat, and coconut products, much to the dismay of your doctor and perhaps even your skeptical family members. The belief that omega-6 rich vegetable oils are the "heart healthy" choice is pervasive, despite limited and controversial evidence. It can be difficult to convince others that you're not asking for a heart attack by eating saturated fat.

### [Fatty foods are good. Carbs are bad. Wait, what?](#)

In a provocative cover story, "Eat Butter," Time magazine says scientists were wrong to label saturated fats the enemy — that carbs, sugar and processed foods are mainly to blame for obesity, diabetes and other weight-related diseases, according to a growing body of research.

The research doesn't specifically focus on butter, but suggests that Americans should reconsider the role saturated fats play in our diets. A recent study from University of Cambridge in England questioned the link between so-called "bad" fats, such as butter, and

heart disease. The Cambridge researcher also found no evidence that polyunsaturated fats, or "good" fatty acids such as salmon, walnuts and healthy oils, lower risk of heart disease.

Some of the confusion comes from the decades-long war on trans fats, the artery-clogging ingredient found in baked goods and desserts. Science has shown that trans fats are harmful because they increase risk of heart disease because they both raise level of bad cholesterol (LDL) and lower levels of good cholesterol (HDL). Last year, the Food and Drug Administration said it would require food makers to phase out trans fats.

But saturated fats are different from trans fats.

"I do agree butter, along with other saturated fats like poultry skin, coconut oil, full fat dairy and certain cuts of red meat, are no longer the enemy," TODAY diet expert Joy Bauer said Thursday. "But, before people go slathering butter on things like bagels, mashed potatoes and pasta, they need to know that it's way more complicated than that."

"We always knew that saturated fats elevate LDL-cholesterol (also known as the bad cholesterol)," said TODAY diet expert Joy Bauer Thursday. "

However, scientists now know that there are two different kinds of bad cholesterol particles — one is small and dense (the kind linked to heart disease) and the other is large and fluffy (the kind that seems to be mostly benign). Saturated fat raises the level of larger particles that don't appear to be harmful.

On the other hand, refined carbohydrates (white bread, bagels, crackers, baked goods, cookies and soda), do increase the smaller, more dangerous LDL particles.

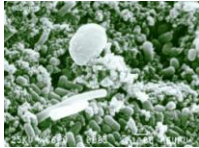
"And unfortunately when fat was vilified back in the 1970s, we replaced those fats with...you guessed it...refined carbohydrates. That's why we're in trouble now," Bauer said.

That's why it's important to reduce intake of refined carbs.

Bauer advises: "if you love butter, add a small amount on vegetables, not a big hunk of bread. If you're into full-fat milk, add it into your coffee —and nix or minimize the sugar — versus drinking a glass with a stack of cookies."

The Time report isn't the first to support eating saturated fats. In a recent story in The New York Times, scientist Fred Kummerow, a pioneer in trans fat research and one of the first researchers to link heart disease and processed foods, said moderate amounts of saturated fat in butter, cheese and meat don't clog arteries and may be beneficial in moderate amounts.

Moderate consumption is key. While the Time article says we can end the war on butter, other research points to risks from eating a lot of red meat. A study from Harvard suggests women who eat a lot of red meat may have a slightly higher risk of developing breast cancer.



Milk Kefir



Milk Yogurt



Milk Cheese



Milk



Milk Ghee

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