

***“Courage doesn’t mean you don’t get afraid. Courage means you don’t let fear stop you.”***

- **Bethany Hamilton**

I absolutely love this quote. Think about people you know who you consider to be brave. Do you actually think they aren't afraid? Odds are, they probably are. But what sets them apart from many other people, is that their courage has the ability to overpower their fear. My September 2023 newsletter had a quote about fear and in my opening paragraph, I discussed how fear has ruled people's lives and how fear caused many people to make bad decisions they later regretted. Courage can definitely be contagious. I will however, say that I don't think the opposite of courage is cowardice. I think the opposite is compliance. The reason is because if you find a dead fish in the water, it will still move along with the current. None of us want to be like a dead fish! Many people think that courage is having the strength to push on. I actually think that courage is pushing on when you DON'T have the strength. The bottom line is this: just like you can CHOOSE happiness, I firmly believe you can CHOOSE to be courageous. Remember, courage is the triumph over fear. That is what will help you see through all the (F)alse (E)vidence (A)ppearing (R)eal.

### **Don't be Afraid of Beef**



I'll admit it. I'm a bit of a carnivore. My son is most definitely one. I know I'm writing this newsletter at the risk of alienating vegans, vegetarians and pescatarians, but it's an important message to deliver. Additionally, if the people pushing the green new scam had their way, meat would be a thing of the past and we'd be eating bugs. I still don't understand why the World Health Organization ("WHO") decided back in 2015 that red meat is a carcinogen. Like with most health-related topics and the WHO, they couldn't be more wrong. Their solution was to slap a 40% tax on beef. Give me a break. Like with COVID, there is so much they just don't understand, or they do and they just give you false information. The reality is that red meat doesn't cause heart disease, high blood pressure, colon cancer or any of the other illnesses they try to scare you into believing.

Here's what they're not telling you. Most commercially-raised beef is toxic. There are many unethical farmers and ranchers who inject their cows with growth hormones and antibiotics and feed them GMO-filled corn and soy, as well as pesticide-filled grain. They're putting profits ahead of quality and safety. These animals are supposed to be eating grass. The sad thing is that the toxic chemicals they're given and ingest not only show up in the meat, but also in milk. That's one of the many reasons I recommend raw milk from grass-fed cows, especially for growing kids. Yes, I'm aware there are some states in which buying raw milk is illegal unless you actually own a share of a cow. My own state of Virginia is one of those states and I'd love to understand the rationale for that ridiculous law. But I digress, as my focus this month is on meat.....REAL meat that comes from grass-fed, organic cows.

Not only does this beef taste so much better, but it's also so much healthier. Keep in mind that pretty much every cell in our body needs the protein and fat from meat to survive. Protein is crucial to help build and repair tissues and it's required for bones, muscles, skin, cartilage, blood, nails and even hair. Protein is also needed to make things like hormones and enzymes. The fat in meat helps move nutrients around in your body and takes them to where they're needed. I was pretty surprised to learn that there are a number of vitamins our body needs that can't be absorbed without fat. These include Vitamins A, D, E, K and Co-enzyme Q10.

The biggest problem with eating grain-fed beef (other than the growth hormones and antibiotics it contains) is it gives you an unhealthy ratio of the good omega-3 oils to the unhealthy and inflammation-causing omega-6 oils. The ideal ratio is 1:1. Most American diets are providing closer 20:1! You may recall that I've written about how inflammation leads to many types of illness, including cancer and Alzheimer's, as well as heart disease, to name just a few. However, if people were able to reduce that 20:1 omega-6 to omega-3 ratio to even 4:1, death rates would plummet.

Here are some of the benefits of grass-fed beef:

**Fewer calories:** A 6-ounce cut of grass-fed beef has about 92 fewer calories than grain-fed. If you eat beef twice a week, that would save you 9,568 calories over the year. That translates to almost 3 pounds.

**More CLA:** This stands for conjugated linoleic acid, which is a fatty acid found in meat and dairy products. Grass-fed beef provides 2 to 5 times more CLA than grain-fed. CLA is naturally occurring and is popular in some circles for weight loss because it's thought to aid with burning fat, building muscle and increasing energy. More studies are needed, but it does seem to support immune function and cardiovascular health.

**More Vitamin E:** Grass-fed beef provides 3 to 6 times more than grain-fed. This vitamin is known for being an antioxidant, which helps protect your cells from oxidative stress and helps support your immune system. It can also reduce LDL cholesterol (the bad one) as well as triglyceride levels, which I'll discuss in more detail below.

**More beta-carotene:** This is another powerful antioxidant and is what gives carrots and sweet potatoes their orange color. But interestingly enough, there are also high levels in dark leafy greens, broccoli and several other fruits and vegetables, in addition to several herbs and spices such as cayenne pepper, cilantro, paprika and sage, to name just a few. Grass-fed beef provides up to 4 times more beta-carotene than grain-fed. This is the supplement known for promoting eye health and cognitive function. When ingested, your body converts it into Vitamin A. Beta-carotene can also improve skin health.

**More B Vitamins, Zinc and CoQ10:** Grass-fed beef provides higher level of all these vitamins than grain-fed. There are a total of eight B vitamins and all serve a different purpose and are needed in different amounts. Supplements that contain all eight are called B-complex. I could do a whole newsletter on all of the eight. Zinc is an essential nutrient that plays a big role in immune function (especially when combined with quercetin) and inflammation. Your body doesn't naturally produce it. CoQ10 is a compound that helps generate energy in your cells. It's also an antioxidant that can help protect against oxidative stress. Your body makes less as you age.

**More omega-3s:** Grass-fed beef can have anywhere from 2 to 10 times more than grain-fed. Omega-3s can help lower blood pressure and prevent blood clots. This is especially important now and hopefully, you all know why. It can also help increase your cholesterol, which surprisingly, can be a good thing.

Before I close, I want to touch on something really important about cholesterol. I find it interesting that many people think eating beef and even eggs will raise your cholesterol, and they think that's a bad thing. But I'll let you in on a well-kept secret. It's not about the total number, it's about the components of the number. If a blood test shows your total cholesterol level is over 200, most doctors will freak out and want to put you on cholesterol-lowering medication. Like with most things, I wish they'd do some research, because through my research, I've learned there is NO evidence that high cholesterol is a problem **IF and only IF, your HDL level (the good cholesterol) is at least half of your triglyceride level.** Plus, if your HDL is higher than your triglycerides, that's even better. So before you start popping a pill for "high" cholesterol, look at the all numbers that comprise your cholesterol level and see how your HDL compares to your triglycerides.

As a real-life example, the last time I had my cholesterol checked, it was 211. That would concern some doctors. But, when I looked at the numbers, my HDL was 95 and my triglycerides were 64. That tells me I essentially have ZERO risk for heart issues right now. Remember, if your HDL level is at least HALF of your triglyceride level, there should be no reason for concern. My HDL level is **48% HIGHER** than my triglyceride level. So the next time your cholesterol is over 200 and your doctor wants to put you on medication, look at ALL the numbers, not just the one. Say thank you and then go find a new doctor who takes the time to research and understand what ALL the numbers mean.

Walking away from a doctor who simply "*practices medicine*" takes courage. Fighting for and advocating for your health takes courage. Asking questions and demanding answers takes courage. Remember, people who have courage may seem sinister, mean or even intimidating to those who don't. As Nelson Mandela once said: "*Courage is not the absence of fear, but the triumph over it. The brave man is he who does not feel afraid, but he who conquers that fear.*"

Now go enjoy some grass-fed beef and have a wonderful month!