



Our Family Newsletter

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to reach as many parents and children as we can!

Tupperware on your Toast?

Let's me tackle a big nutrition myth – Butter VS Margarine.

It is a topic which is very dear to all of us. It is so dear in fact, that almost every household in the western world has it.

I consider butter to be one of the healthiest whole foods you can include in your diet. *"What? I can hear many of you saying, isn't butter bad for you? I thought margarine and spreads were better because they're low in saturated fat and cholesterol?"*

Be not deceived folks! Butter is truly better than margarine or other vegetable spreads. Despite unjustified warnings about saturated fat from well-meaning, but misinformed nutritionists, the list of butter's benefits is impressive.

Let's look at some of these:

Vitamins

Butter is a rich source of easily absorbed vitamin A (used by the thyroid gland), needed for a wide range of functions in the body, from maintaining good vision and healing damaged epithelial tissues to keeping the endocrine system in top shape. Butter also contains all other fat-soluble vitamins (E, K, and D).

Minerals

Butter is rich in trace minerals, especially selenium, a powerful antioxidant. Ounce for ounce, butter has more selenium per gram than either whole wheat or garlic. Butter also supplies iodine, needed by the thyroid gland.



Fatty Acids

Butter has appreciable amounts of butyric acid, used by the colon as an energy source. This fatty acid is also a known anti-carcinogen. Lauric acid, a medium chain fatty acid, is a potent anti-microbial and antifungal substance. Butter also contains conjugated linoleic acid (CLA) which gives excellent protection against cancer.

Range-fed cows produce especially high levels of CLA as opposed to "stall-fed" cattle. It pays; then, to get your butter from a cow that has been fed properly. Butter also

has small, but equal amounts of omega 3 and 6 fatty acids, the so-called essential fatty acids.

And I need to add that butter made from raw milk is very much different than its pasteurized counterpart, and much better for you – against all government propaganda.

Glycosphingolipids

These are a special category of fatty acids that protect against gastrointestinal infections, especially in the very young and the elderly. Children, therefore, should not drink skim of low fat milk. Those that do, have higher rates of diarrhea than those that drink whole milk.

Cholesterol

Despite all of the misinformation you may have heard, cholesterol is needed to maintain intestinal health, and is also needed for brain and nervous system development in the young. Again, this emphasizes the need for cholesterol-rich foods for children. Human breast milk is extremely high in saturated fat and cholesterol.

In direct opposition to all of these healthful qualities, stands margarine and assorted vegetable oil spreads.

While these may be cheaper and promoted heavily as healthy and low in cholesterol, you'd never eat them again if you knew how they were made. So...let me tell you:

All margarines are made from assorted vegetable oils that have been heated to extremely high temperatures. This ensures that the oils will become rancid. A nickel catalyst is then added, along with hydrogen atoms, to solidify this goo. Nickel is a toxic heavy metal and certain amounts of it always remain in the finished product. Finally, deodorants and colorants are added to remove margarine's horrible smell (from the rancid oils) and its unappetizing grey colour.

And if that is not enough, in the solidification process, harmful trans-fatty acids are

created which are not only carcinogenic and mutagenic, but also difficult for the human digestive system to assimilate.

Yes, trans-fats.

Here's my favourite reason; margarine, in its processed form, is only one hydrogen molecule away from being a plastic. Would you like to spread a bit of Tupperware on your toast? No? What a surprise!

If you are still not convinced, try this simple experiment: Place an open container of margarine in the corner of your garage. You'll notice that it will not change over time or temperature. Flies will not attack it (they know better) and bacteria will not grow on it. Why? It is not a food.

So, here is the obvious question: What would you rather have, a real food with an abundance of healthful qualities or a stick of carcinogenic, bleached, and deodorized slop?

Some of you might be watching your weight and be rather hesitant to add butter into your diet. Have no fear. About 15% of the fatty acids in butter are of the short and medium chain variety, which are NOT stored as fat in the body, but are used by the vital organs for energy.

When looking for good quality butter, raw and cultured is best. This might be hard to find, however. Organic butter is your next best thing, with store-bought butter being at the bottom of the list. Remember what I've said about commercially-raised cows; it's worth a few extra cents to get high quality butter for you and your family.

The Math of a Happy Marriage:

Three cuddles a day and two me-nights a month?

The eternal question: What makes a marriage last?

Now, thanks to a survey of 3,000 Brits, there's not just a pat schmaltzy answer, but a by-the-numbers recipe: You need to say "I love you" daily, share two hobbies, and have sex three times a week.....And that's not all. You're supposed to communicate – phone, text or email – three times a day during work hours, enjoy two romantic meals a month and exchange four kisses and three cuddles daily.....

In other words, you have to work at it.

Researchers interviewed people who had been happily married for 10 years or longer about their opinions and experiences. The survey was done for confetti.co.uk, a wedding website. "People here are most surprised by the need for daily kisses and cuddles."

"Everyone seems amazed by that," says Confetti spokesperson Carol Richardson.

But Brits need to relax that stiff upper lip? They're not smooching and snuggling enough? "That's probably the case," says Richardson. "It's free, easy and we all should be doing it."

Researchers determined that the ideal couple in a good marriage likely met through friends and dated for three-and-a-half years before getting married. At the wedding, the groom was 31 and the bride was 29. They waited two years and two months to have kids. Somehow they manage to get away together three times a year for holidays and they spend three nights a week nestled together on the couch watching television. Presumably, to save time, this could be the same three nights a week they have sex.



But it's not all kissy-face. The ideal formula includes two separate outings a month – girls' nights and boy's nights.

"Your time apart to pursue your interests," says Richardson, "and bring something fresh back to the relationship."

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month.....