

**Acknowledged copying is allowed & quoting is encouraged.**

The word 'grass' has been changed to 'pasture' because its quality, digestibility, etc., are even better, partly because animal health is better with legumes which also make artificial nitrogen unnecessary.

### **CLA Benefits**

A host of research has been conducted on animals, under microscopes, and with humans to determine the impact of CLA on disease. Results have shown CLA to be a potent ally for combating -

- Cancer. Animal studies show that as little as 0.5 percent CLA in your diet could reduce tumours by over 50 percent, including the following types of cancer.

- Breast
- Colorectal
- Lung
- Skin
- Stomach

- Asthma. Individuals get asthma when they produce much higher levels of leukotrienes, which are fatty molecules of the immune system and at least 1,000 times more potent than histamine at causing bronchial constriction. These highly inflammatory leukotrienes are produced when an enzyme known as 5-lipoxygenase (5-lipox) acts on a particular fat called arachidonic acid (AA).

- CLA helps fight 5-lipox and AA inflammation without harming your arteries. CLA does this by converting inside your body to both DHA and EPA, both of which have powerful anti-inflammatory properties.

- Cardiovascular disease
- High blood pressure.
- High cholesterol and triglycerides.
- Osteoporosis.
- Insulin resistance.

- CLA's actions actually mimic the effect of synthetic diabetic drugs. Testing on mice with type 2 diabetes has shown CLA to improve insulin action and reduce circulating glucose. Even better, the early results from human trials are just as positive when consuming CLA for longer than eight weeks.

- Inflammation.
- Immune system invaders.
- Food-induced allergic reactions.

- Body Composition: Exciting research on humans has shown that CLA has been beneficial in lowering body fat, with even greater improvement in those who combine exercise with regular dietary intake of CLA. Animal research has been even more promising, with significant improvements seen in both reducing body fat and increasing lean body mass.

- Previous studies have shown that CLA reduces body fat while preserving muscle tissue, and may also increase your metabolic rate. A study published in the American Journal of Clinical Nutrition found that individuals who took 3.2 grams of CLA per day had a drop in fat mass of about 0.2 pounds each week (that's about one pound a month) compared to those given a placebo.

Since CLA cannot be manufactured in the human body, you must get it from your diet by consuming high-quality dietary sources such as pasture-fed beef and dairy.

### **What's the Deal with Pasture-Fed Beef?**

The natural diet for ruminant animals, such as cattle, is pasture. When left to feed on pasture-only diets, levels of CLA are three to five times more than those fed grain-based diets. And that's just the start.

A joint effort between the USDA and Clemson University researchers in 2009 determined a total of 10 key areas where pasture-fed is better than grain-fed beef for human health.

In a side-by-side comparison, they determined that pasture-fed beef was -

- 1 Lower in total fat.
- 2 Higher in beta-carotene.
- 3 Higher in vitamin E (alpha-tocopherol).
- 4 Higher in the B-vitamins thiamin and riboflavin.
- 5 Higher in the minerals calcium, magnesium and potassium.
- 6 Higher in total omega-3s.
- 7 Has a healthier ratio of omega-6 to omega-3 fatty acids (1.6 vs 4.8).
- 8 Higher in CLA, a potential cancer fighter.
- 9 Higher in Vaccenic acid (which can be transformed into CLA).
- 10 Lower in the saturated fats linked with heart disease.

When a ruminant is left to eat on its own, it doesn't choose corn or soy to munch on... it selects pasture. Therefore, when a cow grazes on natural pastures, its body composition is affected accordingly: the ratio of omega-6 to omega-3 fatty acids is slightly above two. In other words, two parts omega-6 to one part omega-3, which is very close to the ideal ratio between these two fats.

USA conventionally raised cattle, on the other hand, are shipped to giant feed lots and fed corn to fatten them up, this has an impact on their health and then yours.

When a cow's diet primarily consists of grains, its body's composition (and subsequently yours) changes. In fact, previous studies on grain-fed steer found the ratio of omega-6 to omega-3 fats was between 5 to 1 and 13 to 1, which is far from ideal.

Since you are what you eat, the beneficial effects of eating pasture-fed beef and dairy products with the proper balance of fatty acids are translated into health benefits for you. These foods are rich in all the fats now proven to be health-enhancing, and low in the fats that have been linked with disease.

Since meat from pasture-fed animals is lower in fat than meat from grain-fed animals, this means that it is lower in calories as well. By switching to lean pasture-fed beef, it is estimated that the average person in USA could reduce intake up to 17,000 calories a year, which is equal to losing about six pounds! Imagine how this could impact on the national epidemic of obesity.