

## Grass-Fed Beef

### Even Cows Need to Eat Their Greens



NATURAL MARKET

#### Health Desk

In the last few articles, we've discussed how the health of farm animals affects the quality of the food you consume. Excessive antibiotic use can lead to the development of super bugs like MRSA.

Hormones used in meat production have been linked to cancer, and rBGH, a hormone used in dairy cows, significantly increases chances of mastitis, birth defects and fertility problems. Milk from cows treated with rBGH is more likely to contain larger amounts of pus and bacteria than milk from untreated cows.

It's not too hard to see how external factors like added hormones and antibiotics might negatively affect an animal's health. But just like you need to eat healthy food, diet is an essential factor in the health of an animal. So, in this article, you're going to learn why the term "grass-fed" should influence which meat and milk products you buy.

Cows, pigs and other farm animals should feed on grass. Chickens don't eat grass, but they do eat insects and grains from tall grass. Grass-fed and free range sort of tie together. The animals benefit from the exercise of walking around in a pasture and a healthy diet of greens. In fact, pasture-raised cows live an average of 12-15 years, while cows raised on factory farms live less than four years.

How does a healthier cow benefit you? We'll take a look at the milk first. Milk from free range, grass-fed cows naturally contains beneficial bacteria, vitamins, minerals and enzymes. A few enzymes of interest include lactase, which breaks down lactose, and lipase, which helps break down fat.

That's right. Raw milk actually helps you digest lactose, the sugar responsible for most people's aversion to dairy prod-



Grass-fed cows are happy cows.

ucts. Since vitamins A and D are fat soluble, the lipase makes them easier to absorb as fat breaks down.

Pasteurization kills probiotics, destroys important enzymes and depletes naturally occurring vitamins. It is only "necessary" because of the practices used by most commercial farms. Raw milk produced by local farmers is often a much healthier alternative. In fact, some people who can't normally drink pasteurized milk can tolerate raw milk.

Beef from grass-fed cows also has additional health benefits. Grasses are rich in vitamin K<sub>1</sub>, which converts to vitamin K<sub>2</sub> in animal tissue. Recently, K<sub>2</sub> has been linked to bone health, mineral absorption

and cardiovascular health. More specifically, vitamin K helps prevent calcification of arteries. As a result, it helps protect against certain types of heart disease.

Grass-fed beef also contains conjugated linoleic acid or CLA. CLA is a beneficial fatty acid that has been shown to protect against cancer in laboratory animals, but it's probably better known as a weight loss supplement. It can help keep excess fat from building, while also helping your body maintain lean muscle mass.

It might seem like a lot to take in at first. Especially since most of us have only heard of beef and milk leading to weight gain and heart disease. And yes, grass-fed beef and raw milk do contain fat, but the fat helps animals (and the people who eat them) absorb beneficial nutrients.

So next time you're looking for something to put on the grill, try some grass-fed meat. Healthier animals make healthier food.



**Buddy A. Touchinsky, D.C.**

#### A "New" Old Treatment for Chronic Muscle Pain Found in Pain and Injury Care

As the saying goes, "everything old is new again."

I want to share with you one of the most effective treatments I've found for chronic muscle tightness and chronic muscle injuries. It's generically called "instrument assisted soft tissue mobilization", meaning that an instrument is used to perform therapy to muscles, tendons, and associated structures.

The principles are similar to other types of muscle therapies like deep tissue massage, trigger point therapy, etc. Goals are to work over the problem areas of the body to help break down adhesions, increase blood flow, and improve function. However, in this case...

Continued at [drtouchinsky.com](http://drtouchinsky.com)



**Store Information**

Healthy Habits Natural Market  
 1120 Centre Turnpike  
 Orwigsburg, PA 17961  
 Phone: 570-366-2620  
[www.healthyhabitsnaturalmarket.com](http://www.healthyhabitsnaturalmarket.com)

**Hours**

Mon-Fri..... 9 a.m.-7p.m.  
 Sat ..... 9 a.m.-5 p.m.

Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.

**Event Info**

To request a special event or program, contact:  
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**Quick ~ Healthy ~ Delicious**



**Grass-Fed Beef Stir Fry**

- |                                |                            |
|--------------------------------|----------------------------|
| 1 lb grass-fed steak           | 2-3 tablespoons peanut oil |
| 1 onion                        | 1/2 lb asparagus           |
| 1 red pepper                   | <b>Marinade:</b>           |
| 2 tablespoons balsamic vinegar | 1 tablespoon sherry        |
| 1/2 cup chicken stock          | 1 tablespoon soy sauce     |
| 1 teaspoon sugar               | 2 teaspoons cornstarch     |

Marinate beef slices for at least 20 minutes. Slice pepper, onion and asparagus and simmer asparagus for 2-3 minutes. Drain and dry asparagus, then brown meat in 1 tablespoon of oil for 2-3 minutes. Set meat aside then stir fry asparagus for 3-4 minutes. Brown onion (about 7-10 minutes) then add peppers, sugar and vinegar. When onions caramelize, add stock and simmer for 2 minutes. Return beef and asparagus to the pan and stir for about one minute. Serve with brown or white rice.

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