



BOLETIN INFORMATIVO N° 2

Hello

Welcome to the second issue of our health and nutrition news letter.

I am looking forward to being back in Coyhaique soon.

I plan to arrive on the following date: December 1. I will be serving patients soon after that date.

If you care to schedule appointments please call the Parque Austral tele# 23 08 73 and speak with the receptionista

In this issue:

I have created an in depth description of the differences between butter and margarine.

I hope you find this valuable information in making healthy decisions.

See you soon

Sincerely

Dra Michael

NUTRITION

Topic: *For your health, is butter better than margarine?*

Some of us have been told that margarine is better than butter for your health. This is as far from the truth as you can get. When you consider what margarine is made of, compared to natural unpasteurized butter. The evidence will be clear to you.

Margarine is made from the partially- hydrogenated oils commonly known as trans-fats. Even the soft spreads that are advertized as healthier, they still have trans-fat consisting of mono-diglycerides. These trans-fats get digested and stored into the cell membranes, and at that site, these newly unrecognized fats do not allow for normal enzymatic reactions to occur...for example the insulin receptors on the cell no longer respond to insulin and do not allow the sugar to get into the cell, causing the pancreas to produce more insulin putting the body into a state of hyperinsulinism and leading to the disease of diabetes.

Hydrogenated oils also known as trans-fats have been proven to cause or exacerbate the following

DIS-EASES:

Atherosclerosis, Heart Disease, Cancer, Degenerative joints and tendons, Osteoporosis, Diabetes, Auto-immune Disease, Eczema, Psoriasis, PMS, decrease in testosterone, Lower sperm count, Failure to grow, learning Disabilities, Low Birth weight, Reduces visual Acuity, Reduced Fat content



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How Margarine is made?

1. first you take the cheapest oils on the market: soybean, corn, cottonseed or canola seed
2. extract the oil by very high temperatures
3. hexane and other caustic solvents are added to extract the remaining oils in the seeds
4. the oils have now turned rancid, so they have to be steamed cleaned to remove all the vitamins, and anti-oxidants
5. oils are then mixed with nickel a catalyst, (there is concern about nickel in our diets)
6. oils with this catalyst are subjected to hydrogen gas at high pressures and temperatures (this is the process of hydrogenation)
7. Then a soap like emulsifiers are added to get rid of any lumps
8. oil is steam cleaned to remove the horrible smell
9. you now have a grey material (some people might remember their mothers adding color to the margarine)
10. artificial flavors and vitamins and natural color is added
11. mixture is packaged in blocks
12. Advertized as a healthier choice..

How is butter made?

1. Milk the animal
2. take the cream (hopefully fresh, but not ultra pasteurized, in a box)
3. churn it
4. strain butter solids from the butter milk
5. rinse
6. form into a ball
7. pat dry
8. store in a cool place

All these steps to make butter, you can accomplish in your kitchen. (except, of course, milking the animal)

You cannot make margarine at home..

Good things in Butter

Vit A**; Shorter chain fatty acids; Vit D**; Essential fatty acids; Vit E**; Vit K; Lecithin; Copper**; Wulzer Factor*; Zinc**; Activator X**; Chromium**; Cholertrol; Selenium**;
Conguated Linoleic Acid (CLA); Iodine**

*destroyed by pasteurization

** contains much more if cows eat green grass



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Differences between saturated fats and trans fats:

	Saturated fats <i>(For example, butter)</i>	Trans-fats <i>(For example, margarine)</i>
Cell membrane	<i>essential for healthy function</i>	<i>Interferes with healthy function</i>
Hormones	<i>enhances hormone production</i>	<i>Interferes with hormone production</i>
Inflamation	<i>suppresses</i>	<i>encourages</i>
Heart disease	<i>lowers Lp(a) raise L n good cholestol</i>	<i>raises Lp(a)lower good cholestol</i>
Omega 3	<i>puts in tissues and is conserved</i>	<i>reduced levels in tissues</i>
Diabetes	<i>Helps the insulin receptors</i>	<i>inhibits insulin receptors</i>
Immune system	<i>enhances</i>	<i>depresses</i>
Prostaglandins	<i>encourages production and balance</i>	<i>depresses production and causes an inbalance</i>

GOOD FATS	BAD FATS
<i>Butter, Beef Tallow, Lamb Tallow, Lard(manteca), chicken, goose, duck fat, cold pressed olive oil, sesame oil, flax seed oil(consume in small amounts, it goes rancid quickly, so keep refrigerated in a dark bottle),tropical oils- coconut oil, palm oil, fish liver oils(cod liver oil)</i>	<i>Hydrogenated or Partially hydrogenated oil (also found in crackers and chips), margarine, vegetable shorting, vegetable oils, ie. soy, safflower, corn, cottonseed and canola oil.</i>

COMMENT

Animals are very smart !!! Try this experiment:

Take a package of margarine and one of butter place out side in two dishes apart from each other, in front of a window, so you can watch what happens.. The animals will eat the butter but not the margarine..they know what is real food and what is not!!!

References: www.westonprice.org; Nourishing Traditions, de Sally Fallon