

## **GRASS FED BEEF VS. FACTORY PRODUCED BEEF**

Cows are herbivores, and are designed to eat only grass. Grass gets energy from the sun, the cows get their energy from the grass, and we get our energy from the cows. The natural food chain was designed to operate in this fashion. The anatomical make up of cows is designed for eating grass. Cows have a four-chambered stomach designed to convert grass into healthy protein, and all the nutrients they need.

Grass fed beef contains omega-3 fatty acids important for every system in the body. It also contains CLA – conjugated linolenic acid a cancer-protective fatty acids, which also aids in weight loss. Grass fed cows are raised to eat grass from birth to slaughter time. Organically raised grass-fed cows are not pumped with hormones, they rarely get sick, and therefore rarely require antibiotics, and their grass is organic which means they are not eating pesticide-laden feed. The excess of growth hormones, antibiotics and pesticides from mass-produced beef ends up on our plates. Growth hormones have been implicated in higher rates of cancer. Antibiotics have been linked to the high rate of resistance in antibiotics. Pesticides mimic estrogen/hormones in human tissue thereby increasing/stimulating tumor growth in humans.

Fifty years ago grass was all that cattle ate. Many modern cows haven't seen a blade of grass since they were born. The modern farm was designed to fatten the cows and produce an ideal slaughter-weight in a fraction of the time it would traditionally take. In as little as 14 months, an 80lb. calf can grow into a 1400 lb. cow. Moving cattle off the grassy pastures and crowding them into feedlots accomplish this. Here they are fed unnatural diets of grain and trough making them prone to sickness since they were not designed to digest this kind of food and therefore require regular use of antibiotics to stave off deadly digestive disturbances. To super size these animals even faster, massive doses of growth-stimulating hormones are used. The grain feeding techniques produce excess omega-6 fatty acids that further imbalance our omega3 and omega 6 fatty acids ratio. Primitive cultures had an omega 6 to omega 3 ratio of 2:1. Modern man has a ratio of up to 50:1. This imbalance leads to all types of inflammatory diseases which are what most modern western diseases are caused by – inflammation i.e. cancer, heart disease, arthritis, etc.

### **What are modern day farms feeding their cattle?**

In a U.S. News and World Report, Michael Sacher and Stephen J. Hedges write that “feed” can be anything from “agricultural refuse-corncocks, rice hulls, fruit and vegetable peeling,” to “grain by-products...baked goods, cereal and beer... In addition 40 billion pounds per year of slaughterhouse waste like blood, bone and viscera, as well as the remains of millions of euthanized cats and dogs passed along by veterinarians and animal shelters, are rendered annually into livestock feed-in the process turning cattle (and hogs) which are natural herbivores into unwitting cannibals.” If this is not revolting enough, an industry expose’ “The Dark Side of Recycling” reveals that rendering plants [factories] operate where millions of tons of dead cats and dogs [with tick and flea collars still attached], skunks, rats, raccoons, hooves and heads from cattle, pigs, horses, animal manure, supermarket rejects [plastic wrap and all] covered with maggots are bulldozed into a pit, where they are cooked, shredded and pulverized into powder-animal feed. This powder is known as “animal protein” “bone meal” or “grain” which is doublespeak from the beef industry and the rendering plant PR firms. These indignities are then recycled back into the food chain into the cattle and on to our plates for human consumption.

### **Consumers fight back**

Public outrage from mad cow disease has forced the government to make some long needed changes. But don't expect the beef industry to clean up their act that quickly. We as consumers have choices and our buying choices speak for themselves. Purchasing power is what the industry understands most.

Food co-ops are springing up everywhere because consumers are becoming more aware of the dangers in the food supply. Finding a quality grass-fed beef supplier from trusted local farmers where the cows are raised on grass from start to finish is now easier than ever. These farmers are raising animals the old fashioned way. They raise pastured chickens, eggs, grass fed beef, unprocessed, raw dairy products such as butter, milk, cheese, cream, yogurt, and cultured dairy products like kefir. Eating these wholesome foods not only restores our health and well being, it also helps the small farmer to survive and maintain the family tradition of farming –the old-fashioned way.

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