

BUTTER AND YOUR HEALTH

By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV

HEART DISEASE: Butter contains many nutrients that protect against heart disease including vitamins A, D, K, and E; lecithin, iodine and selenium. A Medical Research Council survey showed that men eating butter ran half the risk of developing heart disease as those using margarine.

CANCER: The short and medium chain fatty acids in butter have strong anti-tumor effects. Conjugated linoleic acid (CLA) in butter from grass-fed cows also gives excellent protection against cancer.

ARTHRITIS: The Wulzen or “anti-stiffness” factor in raw butter and also vitamin K, in grass fed butter, protect against calcification of the joints as well as hardening of the arteries, cataracts and calcification of the pineal gland. Calves fed pasteurized milk or skim milk develops joint stiffness and do not thrive.

OSTEOPOROSIS: vitamins A, D and K, in butter are essential for the proper absorption of calcium and phosphorous and hence necessary for strong bones and teeth.

THYROID HEALTH: Butter is a good source of Iodine, in a highly absorbable form. Butter consumption prevents goiter in mountainous areas where seafood is not available. In addition, vitamin A in butter is essential for proper functioning of the thyroid gland.

DIGESTION: Glycosphingolipids in butterfat protect against gastro-intestinal infection, especially in the very young and the elderly.

GROWTH AND DEVELOPMENT: Many factors in butter ensure optimal growth of children, especially iodine and vitamins A, D and K2, Low fat diets have been linked to failure to thrive in children – yet low fat diets are often recommended for youngsters.

ASTHMA: Saturated fats in butter are critical to lung function and protect against asthma

OVERWEIGHT: CLA and short and medium chain fatty acids in butter help control weight gain

FERTILITY: Many nutrients contained in butter are needed for fertility and normal reproduction

BAD THINGS IN MARGARINE SHORTENINGS AND SPREADS

TRANS FATS: These unnatural fats in margarine, shortenings and spreads are formed during the process of partial hydrogenation, which turns liquid vegetable oil into a solid fat. Trans fats contribute to heart disease, cancer, bone problems, hormonal imbalance and skin diseases; infertility, difficulties in pregnancy and problems with lactation, and low birth weight, growth problems and learning disabilities in children. Recently a US government panel of scientists determined that man made trans fats are unsafe at any level. (Small amounts of natural trans fats occur in butter and other animal fats, but these are not harmful)

FREE RADICALS: Free radicals and other toxic breakdown products are the result of high temperature industrial processing of vegetable oils. They contribute to numerous health problems, including cancer and heart disease.

SYNTHETIC VITAMINS: Synthetic vitamin A and other vitamins are added to margarine and spreads. These often have an opposite (and detrimental) effect compared to the natural vitamins in butter.

EMULSIFIERS AND PRESERVATIVES: Numerous additives of questionable safety are added to margarines and spreads. Most vegetable shortening is stabilized with preservatives like BHT

HEXANE AND OTHER SOLVENTS: Used in the extraction process, these industrial chemicals can have toxic effects.

BLEACH: The natural color of partially hydrogenated vegetable oil is grey so manufacturers bleach it to make it white. Yellow coloring is then added to margarine and spreads.

ARTIFICIAL FLAVOR: These help mask the terrible taste and odor of partially hydrogenated oils, and provide a fake butter taste.

MONO AND DI-GLYCERIDES: These contain trans fats that manufacturers do not have to list on the label. They are used in high amounts in so-called “low-trans” spreads.

SOY PROTEIN ISOLATE: This highly processed powder is added to “low-trans” spreads to give them body. It can contribute to thyroid dysfunction, digestive disorders and many other health problems.

STEROLS: Often added to spreads to give them cholesterol-lowering qualities, these estrogen compounds can cause endocrine problems; in animals these sterols contribute to sexual inversion.

HOW TO PURCHASE BUTTER

BEST: Raw butter from grass-fed cows.

GOOD: Pasteurized butter from grass-fed cows

STILL GOOD: Regular pasteurized butter from supermarkets – still a much healthier choice than margarine or spreads.

WHY BUTTER IS BETTER

VITAMINS: Butter is a rich source of easily absorbed vitamin A, needed for a wide range of functions, from maintaining good vision to keeping the endocrine system in top shape. Butter also contains all the other fat-soluble vitamins (D, E, and K2), which are often lacking in the modern industrial diet.

MINERALS: Butter is rich in important trace minerals, including manganese, chromium, zinc, copper and selenium (a powerful antioxidant). Butter provides more selenium per gram than wheat germ or herring. Butter is also an excellent source of iodine.

FATTY ACIDS: Butter provides appreciable amounts of short- and medium-chain fatty acids, which support immune function, boost metabolism and have anti-microbial properties; that is, they fight against pathogenic microorganisms in the intestinal tract. Butter also provides the perfect balance of omega-3 and omega 6 essential fatty acids. Arachidonic acid in butter is important for brain function, skin health and prostaglandin balance.

CLA: When butter comes from cows eating green grass, it contains high levels of conjugated linoleic acid (CLA), a compound that gives excellent protection against cancer and also helps the body build muscle rather than store fat.

GLYCOSPINGOLIPIDS: These are a special category of fatty acids that protect against gastro-intestinal infections, especially in the very young and elderly. Children given reduced fat milks have higher rates of diarrhea than those who drink whole milk.

CHOLESTEROL: Despite all of the misinformation you may have heard, cholesterol is needed to maintain intestinal health and for brain and nervous system development in the young.

WULZEN FACTOR: A hormone-like substance that prevents arthritis and joint stiffness, ensuring that calcium in the body is put into the bones rather than the joints and other tissues. The Wulzen factor is present only in raw butter and cream; it is destroyed by pasteurization.

Our office is a highly qualified facility capable of evaluating and treating patients. We pride ourselves in using the very best ancillary diagnostic facilities along with the specific products especially designed in addressing the health challenge(s) presented by our patients. Contact our office for a consultation regarding your health issues or concerns at 352-622-1151 or check us out at our websites at Dr. Badanek.com or alternativewholisitc health.com

