

## 7 Reasons Why Butter is Good for You

Butter is one of those ingredients that can take a bland meal and make it into a *masterpiece*. In the past ‘dark’ decades butter has been blamed for everything from obesity to heart disease. However, more recently butter has been making a well-deserved comeback as a “health food.” Let’s investigate and embrace the truth - “that which actually is”, and dispense with myths - “widely held but false beliefs”.



Here are 7 important reasons why butter is good for your health.

### 1. Butter is Rich in Fat-Soluble Vitamins

There are a lot of fat soluble vitamins in butter, including vitamins **A**, **E** and **K2**. We all know about A and E; they are antioxidants that are also good for your eyes, skin and hair. If you’re eating a healthy diet, including animal and plant foods, then you are probably getting enough of those already. But do you know about **Vitamin K2**? This vitamin is incredibly important to your health and it’s fairly rare that people get enough of it in a modern diet. Many people don’t even know about Vitamin K2.

Vitamin K2 can have powerful effects on human health by stimulating two very important calcium ( $\text{Ca}^{2+}$ ) regulating proteins called **MGP** and **Osteocalcin**. Low intake of Vitamin K2 has been associated with many serious conditions. In fact, a study by a heart surgeon found that **cardiovascular disease** and **osteoporosis** go hand in hand with low K2 levels. This is because when activated by K2, MGP collects excess  $\text{Ca}^{2+}$  in the blood and then osteocalcin takes this to the bones! No hardening of the arteries and no brittle bones. Dairy foods from grass-fed cows are especially rich in Vitamin K2. Particularly *brie cheese*. If avoiding dairy, then try the delicious **natto** (fermented soybeans), which has the highest known K2 content of any food. Note: Very few find natto ‘delicious’ at first because it tastes like it’s good for you. Very good for you.

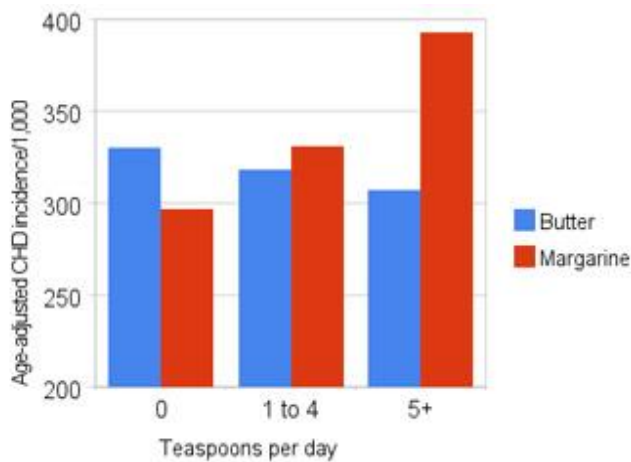
### 2. Butter Contains a Lot of Healthy Saturated Fats

The “war” against **saturated fat** was based on **bad science**, and that’s a kind term. It has never been demonstrated that saturated fat causes any harm. In fact, recent studies suggest that **there is no association at all between saturated fat and cardiovascular disease**. Saturated fats are protective and raise High Density Lipoproteins (HDL) in the blood, which is established as a good thing.

Additionally, butter contains a decent amount of short and **medium chain fats**, which are metabolized differently from other fats in the body, leading to improved satiety and increased fat burning metabolism. In other words, it makes you feel satisfied, plus it’s very compatible with human physiology.

### 3. Butter Lowers Heart Attack Risk Compared to Margarine

Mainstream nutritional guidelines tend to backfire and have the **opposite** effect of what they were intended to do. Gee, how surprising. A prime example was the recommendation to replace butter with **margarine**... which is something that creepy idiots have been telling us to do for a long time. What happened is we replaced butter, a healthy food, with a completely unnatural substance containing highly processed **trans fats**... which are literally **toxic** and wreak havoc on the body. In the Framingham heart study, they examined the effects of butter and margarine on cardiovascular disease (see graph below). For more information on the atrocity that margarine is see the article ‘Margarine vs Butter’.



### **Margarine vs Butter**

Margarine significantly increased the risk of cardiovascular disease, while butter had no effect. Another study revealed that high-fat dairy consumption **reduced** the risk of heart disease by an incredible **69%**, most likely due to increased Vitamin K2 intake.

This evidence also explains the perils of the “Low Fat” fad. In most instances the fat was replaced by sugar, leading to skyrocketing **diabetes mellitus**.

#### **4. Butter is a Good Source of the Fatty Acid Butyrate**

The 4-carbon fatty acid **butyrate** is created by bacteria in the large intestine - when they are lucky enough to be exposed to **dietary fiber** and **fermented** foods. This may be a main reason fiber and fermented cuisines have health benefits for humans. But there is another good dietary source of butyrate... it's **Butter**, which is about 3-4% butyrate. In fact, **butyrate** derived its name from butter.

In rats, butyrate supplementation prevents weight gain from an unhealthy diet by increasing energy expenditure and reducing food intake. No way! Yes. It also improves the function of mitochondria and lowers fasting triglycerides and insulin levels. Factoid. In humans, butyrate is **anti-inflammatory** and has powerful protective effects on the digestive system. Maybe grandma was right when she said to put butter on your burn. These powerful benefits should be common knowledge.

#### **5. Butter is Rich in Conjugated Linoleic Acid**

Butter, especially from grass-fed cows, is a great source of a fatty acid called **Conjugated Linoleic Acid** (CLA). This fatty acid has powerful effects on metabolism and is actually sold commercially as a weight loss supplement. CLA has been shown to have **anti-cancer properties** as well as lowering body fat percentage in humans. There were also some studies on CLA that showed no effect on body composition.

#### **6. Butter is Associated With a Lower Risk of Obesity**

Again, some ‘nutritional experts’ have been recommending that we choose low-fat dairy products for decades, and even still do to this day. The faulty premise is this: Drink non-fat milk and you can get the calcium needed without too many calories from all those “bad” fats. Counting calories is a meaningless endeavor, a total waste of time. Think of calories like friendships; it's **Quality** not Quantity.

How about this fact: Despite the **higher calorie content**, eating high-fat dairy products is **NOT associated with obesity**. In fact, a review paper from 2012 compared high-fat dairy consumption with obesity, cardiovascular disease and other metabolic disorders and discovered that high-fat dairy did NOT increase risk of metabolic disease and was associated with a significantly reduced risk of obesity.

#### **7. Butter is Delicious**

Finally, butter... makes everything better. Well, at least don't be frightened to try butter. Once you have the really good stuff, there is no going back. Despite having been demonized for what feels like a long time now, organic butter, especially from grass-fed cows, especially raw, is delicious and actually very healthy - it always has been.

## Be prepared for Resistance to these Facts

The **Brainwashing** has been extensive and continuous. It continues still. Google butter vs margarine today and below is a top result, the emphasis was in the original.

“Margarine can be used as a substitute for butter, and it is particularly useful in baking, since **it gives baked goods a softer texture than butter**, which some people prefer”

Ask a French person who bakes croissants if replacing the butter in the recipe with margarine is a good idea. You know, for that *softer texture* (?). As you await an answer, perhaps brace yourself for a possible slap in the face. It’s the butter that *makes* them what they are.



This article is not to encourage people to gorge on gallons of butter but to delicately point out that the planned vilification of butter was **based on false information**. The simple message here is do not fear it. Eating it is not being ‘naughty’.

On the contrary, it is good for you. A vegetarian/vegan alternative option to butter would be **coconut oil**, which has very similar health benefits to butter. A key component they both share is **saturated fats**. These have been falsely maligned as well. They are not bad, they are natural (read good). The **trans fats** in margarine and other horrific industrial products are **synthetically made in a lab** to increase the shelf life of processed food. Trans fats are unequivocally bad. They are unnatural and harmful, a mockery. A shabby imitation of the real thing. If you believe that margarine is good for anything other than a door stop or floor wax, you have been deceived.

If you were to share this info with others, you might find that there is still a **reflexive aversion** in many people to the thought of eating fats... especially animal fats like butter. Some are afraid of the calories in fat, because eating fats make you fat, right? **Wrong**. Consumption of processed refined carbohydrates, like sugar laden non-fat yogurt or pop tarts make people unhealthy. In addition, having chronically elevated blood sugar is a sure way of getting diabetes mellitus and being a sick and dependent person.



Maybe with new information, take another look at butter. Have a try at making it yourself, it’s fun and easy. Directions can be found in the article ‘Margarine vs Butter’. Basically you’ll need some cream and a jar. The wooden butter bowl (in picture at left) for churning butter is only if you have a lot of butter fans in the house. To make margarine you’d first need a few million dollars for the manufacturing plant and chemical factory in order to get all those hazmat ingredients. Stick with butter.

Lastly, there is a type of critical thinking called the **Trivium** – it involves **3** elements: **grammar** (knowledge or information), applying **logic** (reason) to determine what’s accurate, and then sharing that **rhetorically** (persuasively) with others. This method can be applied to any topic. Pick one and see what happens.

If you are not afraid of the truth and where it might take you, it’s amazing what you will find out.