

Margarine vs Butter

For anyone who may not be aware, Margarine is nothing like Butter, in any kind of way.

Surprisingly, in the past and even currently, margarine has been heavily promoted as a *healthy replacement* for butter. Well who said butter ever needed to be replaced to begin with?

It actually turns out that **margarine is bad for health** and **butter is good**. Surely most people are beginning to understand that the deceptively false scaremongering about animal fats and cholesterol has always been completely unscientific nonsense, right? It may be shocking for some to realize that the campaign against butter and other whole foods was deliberately designed to remove simple good natural foods from our common diet.

As will be made clear below, the suggestion that margarine should replace butter is essentially sadistic in nature. There are few things more disgusting and harmful than margarine, so the deception was and still is replete, with intended harm. At one time this replacement of butter was virtually universally supported by all the health 'experts'. Expert-Shcmexpert. When you become more informed, no one will be able to fool you into deceiving yourself.

Compare below the processes of making **Margarine** and making **Butter**.

The Process of Making Yummy Margarine

Here's an overview of the typical steps involved in the Manufacture of Margarine

1. The manufacturing process begins with cheap vegetable oils from oil seeds such as **soybeans**, **corn**, **canola** and **cottonseed**. Some of these oils (canola and cottonseed), are not even suitable for human or animal consumption to begin with. That's another story.
2. The seeds are cleaned and crushed and the oil extracted using processes involving **high temperatures**, **pressures** and petrochemical solvents such as **benzene**. After this, most of these oils are rendered harmful, since the intense heat and light accelerate the reaction rate between polyunsaturated oils and oxygen, causing the oils to become **rancid**, producing unpleasant and noxious odors and flavors. *Mmm yum!*
3. Any oil left in the seed pulp is removed with noxious solvents such as **hexane**, a known neurotoxin.
4. The crude oil is then **degummed** with acid to remove other impurities, and **caustic soda** is added to remove the degumming acids.
5. The resulting gray and smelly oil is treated with **Fuller's earth**, a superabsorbent form of **aluminum silicate** (the same ingredient used in **cat litter**), as a deodorizer and then filtered. *Wow, hold me back, this is really sounding delicious so far.*

6. Most of the remaining rancid smells are removed through a high temperature steam cleaning and deodorization process. This destroys any remaining nutrients and antioxidants.
7. The refined oil is then mixed with a nickel catalyst and subjected to **hydrogen gas** in a high pressure, high temperature reactor. The extreme high temperature (about **500°F**) and pressure in the presence of the **nickel oxide** catalyst forces hydrogen into the oil molecules, creating a partially solid, '**saturated**' product. This process is called **hydrogenation**. It is at this point that dangerous **trans fats** have been created! Essentially, this artificially created partially saturated fat molecule makes double bonds in wrong (**unnatural**) places, i.e. in the *trans* rather than the *cis* formation. These molecular misfits have been linked to **allergic reactions, inflammation, blood platelet stickiness, insulin resistance** and other health problems.
8. This still gray and smelly greasy substance is filtered to remove the leftover toxic nickel and other suspended materials.
9. It must again be "**deodorized**" using high heat and chemical additives. So the grease is then mixed with soap-like emulsifiers, then steam cleaned again to remove the obnoxious odors.
10. Now who would want to eat grey globs of grease on their bread? So the mixture is **bleached** to remove the gray color. Then **artificial flavors, synthetic vitamins** and **colors** are added to improve appearance and taste and the so called *nutritional value* of this substance.

This amazing mixture is then extruded into toxic plastic tubs and sent to stores.

11. Finally, *clever* advertising and marketing campaigns are used in conjunction with corporate sponsored research to **falsely exalt the health benefits of their product**. All of these strategies are implemented to promote the final product as a health food to the **uninformed** public. This is often done with the full endorsement of many scientists, doctors, nutritionists and health experts.



Some of the industrial equipment required to make the yummy and nutritious margarine.

If you are thinking, gee I'd like to make my own margarine at home, you will have to be very committed to the idea of its alleged health benefits. You'll need to have several million dollars at your disposal and enough room for all of the industrial equipment, plus a hazmat suit for all of the toxic chemicals involved.

Now if you want to make **butter** all you'll need is some cream from a cow and a jar.

How to Make Butter by Hand – Child friendly, no machinery required!

From a healthy (organic) cow get the following: 1 pint heavy cream; ¼ cup milk; +/- ½ tsp sea salt.

1. Instead of going to a gym, fill a big glass jar with the above ingredients, put the lid on and start shaking.
2. Put on some music and keep shaking, jump around, but keep swinging and agitating that jar until the mixture begins to thicken. You will see it transform from heavy cream to whipped cream.
3. Keep shaking.

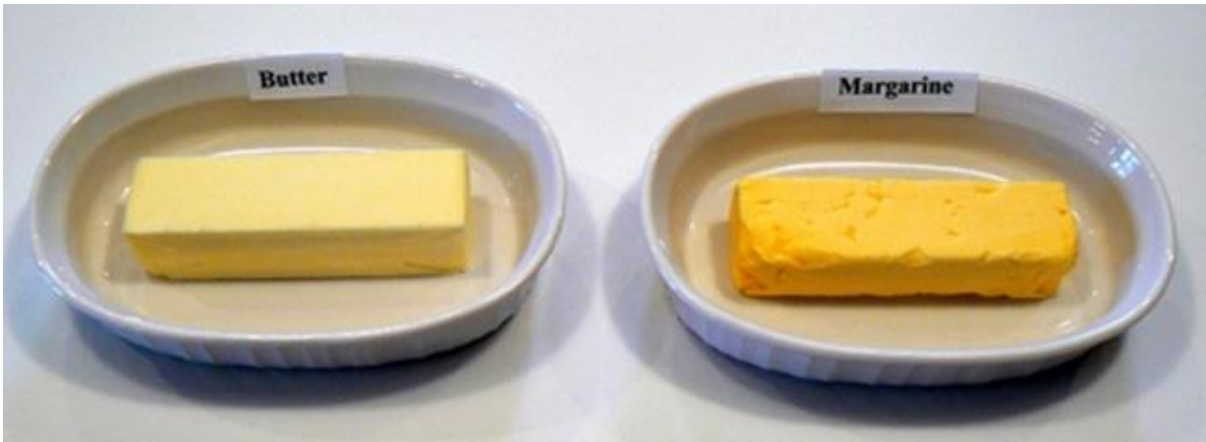


4. Suddenly it will happen. You'll feel something begin to knock around in the jar. Looking closely you'll see two components: Butter and Buttermilk.
5. Keep shaking!
6. Soon the butter will consolidate into one lump. To separate the butter from the residual milk, simply open the jar and pour out the contents through a mesh strainer.
7. Transfer the butter to a clean bowl.
8. Firmly press butter with a spoon for a few minutes to remove excess milk - your butter will spoil quickly if you skip this step!
9. Stop pressing when there is no more milk weeping out.
10. Rinse the butter with cold water and form into a block and pat dry.
11. Congratulations - Your butter is done!

You will not believe how delicious real hand-made organic butter actually tastes.

The Benefits of Butter

After making your own butter you'll feel pretty chuffed with yourself; plus when you understand the scientific fact that butter is actually good for you, you will feel even more chuffed – and you didn't even think that was possible! There are lots of creepy liars out there who do not want you to know the truth – but they have no seat at your table once you get informed. Read the article '[7 Reasons Why Butter is Good For You](#)' to get some excellent details on the scientific health benefits of butter.



After finding out the truth about butter and margarine, it may motivate you to keep looking into this and other myths. By the way, a **myth** is something that is widely believed but **false**. There is a lot to discover and do not think of it (these discoveries) as sad or aggravating, but rather as **liberating**. It is very exciting to know more about the wonderful place we live in, far away from gadgets, electronics and phony food.

Do not be Deterred When Seeking the Truth

Believe it or not, the myths about butter and margarine are still actively promoted to this day.

Top Google Search results (2023) for "Margarine vs Butter": (*original emphasis*)

"Margarine is a blend of oils that are mostly unsaturated fat. Butter is made from cream or milk. The type of fat found in animal products, such as cream, is mostly saturated fat. Replacing saturated fat with unsaturated fat may lower the risk of cardiovascular disease." ← That last sentence is a bald faced lie.

"Why would I choose to use margarine instead of butter? 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"

If you believe the 'results' above, then you now understand **Gas-lighting** as an established practice. Did you read the first 2 pages regarding how margarine is actually made? Is it really **crazy** to think that butter from nature is better in every conceivable way to the industrial toxic waste product of margarine? Google would have it be so. This is why it's worth writing and sharing an article like this. Get back to nature in every way that you possibly can, it is divine, providing true nourishment and medicine for all because that's what it was designed for.

Read up on the completely fraudulent work of **Dr. Ancel Keys**, the first bozo in the early 1960's paid to promote the "animal fats clog your arteries and cause heart disease" myth. His paper, we are told, is the most cited paper on nutrition, like ever. If you want a good laugh, you should read it. Like most other lauded studies it belongs in the fiction section of the library, and maybe the comedy/horror section too.