

# Let's Get REAL



*Body Harmony Chiropractic/ 940-594-0795*

First you are told to eat  
butter...then you are told not to,  
let's clear up the confusion.



I realized that most of you are still confused over what's "good for you" and what's not. Advertising is very persuasive and over the years has sent you many mixed messages. Among the top of the food confusion is butter. You have been told that butter is bad for you and that it is fattening. You have been told to replace butter with artificial man-made margarine and other spreads because they are low fat and good for your heart. Let me do you and your heart a favor and clear up this controversy. Let me first explain how margarine is made: First an assortment of vegetable oils is heated to extremely high temperatures, which turns the oil rancid. Then a very highly toxic heavy metal, nickel, is added along with hydrogen to make the oils a solid. To top it all off, deodorants and colorings are added to remove the repulsive smell of the rancid oils and brighten up the deadly grey color. Does that sound like something you want to feed your family? Butter on the other hand is rich in vitamins, minerals, good fatty acids, cholesterol, and glycosphingolipids. The good fatty acids in butter are used by the body to protect the colon, as an anti-carcinogen, and are naturally an anti-microbial/anti-fungal. Glycosphingolipids are highly needed by the young and elderly to protect against gastrointestinal infections. The thought of eating something high in cholesterol may scare some of you, but what you don't know is that the body needs cholesterol. Cholesterol is key to proper intestinal health as well as nervous system development and proper hormone formation. With that being said, it is extremely important that children don't eat or drink low fat labeled foods. Children should be eating REAL butter and whole milk. Naturally breast milk is very high in saturated fat and cholesterol, to properly develop the nervous system and intestinal health.



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**"Back to Natural  
Health!"**

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**[www.BodyHarmony  
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As an adult, you may be thinking, "I don't want to gain weight, so I can't be eating real butter." Let me give you a phrase that you need to learn and repeat to yourself every time you reach for something "low fat" or "light": **FAT DOES NOT MAKE YOU FAT!** Write that down, learn it, and live it! The nutrients you are depriving yourself from when eating these man made "low fat" artificial substitutes for the **REAL** thing are going to kill you in the long run. Eat **REAL** food; don't be afraid of fat. Have you stopped to wonder why in a society with all the low fat, low cholesterol foods available we have the highest rate of heart disease and heart attacks than ever before? Let me give you a hint...it's because these "healthier choices" are **NOT** healthier. On the same note, with all the "low fat" options for everything now, why are the obesity rates in America higher than ever? Let me repeat myself: **FAT DOES NOT MAKE YOU FAT.**

Do your heart, nervous system, intestinal tract, and waist line a favor and eat **REAL** food. This applies to all foods! If it is man made...think twice about eating it. It's as simple as that. Whenever possible eat organic. Non-organic foods are packed with pesticides, hormones, and antibiotics, and will lack the nutrients found in organic foods.

Getting into the new mindset of eating **REAL** food might be very challenging for some of you. If this is a new lifestyle you would like to take on, please feel free to talk with me about it. I have much more information to give you on this topic and can help wipe any fears you may still have.

*Let's get REAL.*

*Do your body a favor and eat REAL food!*

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