

Margarine Is Bad for You. Here's Why.



Pop Quiz: If you put a lump of margarine by an ant hole, the ants will:

- A) Ignore it.
- B) Bury it.
- C) Close up shop and move away.

Answer: B or C.

Ants know the difference between butter and margarine. Do you? Our friends at the Pure Body Institute are here to tell you all about it.

BUTTER

- Butter is slightly higher in saturated fats at 8 grams compared to 5 grams. That's not a bad thing. It's good fat.
- Eating butter increases the absorption of many other nutrients in other foods.
- Butter tastes better than margarine and it enhances the flavors of other foods.

- Butter has been around for centuries where margarine has been around for less than 100 years.
- I heard a story about the original manufacturers of margarine. Their plan was to use it to fatten turkeys. Guess what? The turkeys died.
- Butter has many nutritional benefits where margarine has a few only because they are added!

MARGARINE

- According to a recent Harvard Medical Study, eating margarine can increase heart disease in women by 53% over eating the same amount of butter.
- Margarine is very high in trans-fatty acids.
- Margarine carries a triple risk of coronary heart disease.
- Margarine increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol (the good cholesterol).
- Increases the risk of cancers by up to fivefold.
- Lowers the quality of breast milk.
- Decreases immune response.
- Decreases insulin response.

And here is the most disturbing fact...

Margarine is but ONE MOLECULE away from being PLASTIC.

This fact alone is enough for most people to swear off margarine for life. It is also a good idea to swear off of anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

Try this experiment at home:

Purchase a tub of margarine and leave it uncovered in your garage or a shaded area for a few days. Soon you will note a couple of things:

- No flies, not even those pesky fruit flies will go near it (that should tell you something).
- Margarine will not rot or smell differently, because not only does it have no nutritional value, but like plastic, it is dead. As a non-organic compound, margarine cannot be grown, only manufactured.
- Like plastic, it takes 1000's of years to decompose even under perfect conditions. Like plastic, nothing – absolutely nothing – will grow in it or on it.

What does margarine do in the body?

It adheres to our cells walls, effectively coating them. This prevents them from breaking down as nature or our body intended.

What does this actually mean?

Imagine that every cell in your body has a lifespan of 20 minutes. Based on that, new cells grow every 20 minutes to replace the newly dead cells. Imagine now, that something is introduced into the body that increases the lifespan of your cells to 40 minutes! But new cells are still being generated every 20 minutes.

Get the picture?

The result is, we are preserved. Our cell life is increased. If you continue to draw this out, it spells weight gain, bizarre growth and trouble. A snail's pace metabolism leads to all kinds of trouble.

I ought to know. The University of Wisconsin's Obesity Clinic declared my metabolism "Kaput." They could not figure out why I could not lose weight.

In my "old days" I used to cook with things like "I Can't Believe It's Not Butter." I thought it was good for me. I used

it to saute. I loved the way it melted so easily and didn't burn. I spread it on my baked potato because I thought it was keeping my calories down. The whole time I kept getting fatter and could not figure out what I was doing wrong.

Now I know better.

Clearly, the way to eat butter is by eating real butter.

Cheers,

Zola



Buttered Mushrooms