

Benefits of butter

Butter is better; better than margarine, better than most oils (coconut oil and olive oil excluded) and it has some great health benefits to boot. I love butter and use it generously when I do use it. I strongly encourage every individual to use butter in all of their cooking needs. Does this scare you? Well it shouldn't!

The great butter controversy has a long history. If you go back about 120 years in America's history, you will see that animal fats and butter were the only available and exclusively used fats in the American diet. With this, there was still a low incidence of heart disease, heart related illnesses, type 2 diabetes and obesity. So if the saturated fat that is found in butter is not the culprit for these diseases, what is?

The answer to that question is right in front of our faces, on television, in most people's pantries, and in nearly every restaurant out there. Processed and prepackaged foods, refined sugars and flours, and the increase in the use of unhealthy fats that are found in margarine and other oils are what's really to blame for such trends, not butter! In fact, here are a number of health benefits that we can derive from consuming butter on a daily basis.

- Butter helps to supply your body with essential fatty acids
- Consuming appropriate amounts of saturated fats, such as those found in butter, help in maintaining proper hormone balance
- Organic butter is a great source of heart health as it keeps the arteries supple and flexible due to its high lauric acid content
- Butter from organic grass fed cows encourages healthy glowing skin and hair
- Vitamins K, D, and E are plentiful in butter
- Butter contains antioxidants that help to fight free radicals
- The conjugated linoleic acid that is found in butter has been shown to be an anti-cancer agent while assisting in building muscle and boosting the immune system
- The cholesterol found in organic butter fats has been shown to play a significant role in the development of the brain and nervous system in children

The list can go on and on, but I think you are starting to get the picture that butter is better for numerous health reasons. With that said, not all butters are created equal. I only advocate consuming butter that comes from grass fed cows, it's organic, and its antibiotic and hormone free, and has not been pasteurized. As we all know, pasteurization kills any and all beneficial bacteria and enzymes that occur naturally and changes the beneficial structure of butter.