

## **Internet Blog News Flash**

I'm sure you have heard all of the news over the last couple of years about the health benefits of wild salmon and other fatty fish that contain high levels of omega-3 fatty acids.

However, I bet you didn't know that there is a "land meat" that has similar omega-3 to omega-6 fatty acid ratios as is found in wild salmon and other fatty fish. Yep, you heard me right! In fact, this "land meat" not only contains similar or even higher levels of omega-3 fatty acids as wild fatty fish, but without the possible negative compounds such as heavy metals (mercury, etc) and PCBs that can be found in fish many times.

I have talked about this type of meat before and how it is one of the healthiest types of meat that you can possibly eat. What I'm referring to is grass-fed beef and other grass-fed ruminant animal meats such as bison, buffalo, lamb, and venison.

Now I know that a lot of well-meaning, but misinformed people will try to convince you that meat is not good for you... and to be honest I partially agree with them when referring to your typical factory farm-raised meat where the animals are fattened up with huge quantities of soy and grains that are not their natural diet and given unhealthy doses of hormones, antibiotics, etc.

However, when animals are healthy and are allowed to eat the diet they were meant to eat naturally, the meat is not bad for us and is actually a very healthy food.

Let us take beef for example... When cattle are fed mostly soy and grain based diets, the fat composition of their meat becomes higher in inflammatory omega-6 fatty acids and lower in beneficial omega-3 fatty acids.

On the other hand, when cattle are allowed to graze freely and eat mostly grass instead of grains and soy, their meat becomes higher in omega-3 fatty acids and lower in omega-6 fatty acids. In addition, grass-fed beef also contains much higher levels of conjugated linoleic acid (CLA), which has shown some potential benefits in studies for losing body fat and gaining lean muscle mass over time.

A similar comparison can be made between wild salmon and farm raised salmon. Wild salmon is a much healthier option for you than farm raised salmon and has higher levels of omega-3 fatty acids because the wild salmon eat what they are supposed to eat naturally and instinctively. On the other hand, farm raised salmon are fattened up un-naturally with grain and soy based food pellets which negatively changes the salmon's fat ratio of omega-6 to omega-3 fatty acids.

The problem is that it is VERY hard to find healthy grass fed meats in typical grocery stores. In fact, even at health food stores, you might find some "organic" meats (which is at least a little better than standard), but it is often hard to find any real grass-fed meats.

Well, about two weeks ago, I did some searching and found a great website that sells all kinds of varieties of grassfed beef and other healthy grassfed meats. They have everything you could ever want... grassfed burgers, filet mignon & any other quality beef cuts, grass-fed buffalo, grassfed cheeses, and even free-range chicken and turkey!

And better yet, they deliver it right to your house with no shipping costs either... and I actually found that the prices were pretty comparable to what I usually pay at the grocery store anyway.

I'll tell you what... I was like a kid in a candy store when I found this site. I placed my order for all kinds of goodies on a friday, I got a shipping notification email that Monday, and my delivery came right to my door the very next day in a sealed cooler... I couldn't give credit to the service I got from this company.

Wouldn't it give you peace of mind to know that you and your family are eating meat that is actually good for you instead of the mass produced junk at most grocery stores? I know I'm getting most of my meat from them from now on, and choosing grassfed options whenever I can in the futurity.