

## V. Mac's Beef Tips ----February, 2013

### Did You Know?

#### There is More to Paleo than We Think

In my January newsletter, I reported on Paleo which is an eating style that reverts back to our ancestors. There are over 75 internet pages devoted to this subject. I have been following this way of eating since mid-December and amazingly the scales report that I have dropped over 10 pounds without missing a single meal or counting a single calorie. But this may not be the only story with Paleo---**there is much more.**

I subscribe to an farm periodical called " GRAZE". In the November, 2012 issue there is an article written by Janet McNally, who grazes sheep near Hickley, Minnesota. If you know anyone who has difficulty with autoimmune disorders, I strongly recommend that you Google GRAZE and order the back issue with Janet's article. Autoimmune covers disorders such as: Rheumatoid Arthritis, Fibromyalgia and Multiple Sclerosis

Janet has two sisters and each of these three ladies have one of the above disorders. What they have discovered is that they all improved when they changed their diet to Paleo.

Common denominators in their diet changes are as follows:

1. Eliminated Wheat and Dairy products (especially gluten and casein).
2. Eat generous helpings of leafy and colorful fresh vegetables daily.
3. Eat meats with the right kind of fatty acids (CLA and Omega-3) such as found in **grass-fed meats** and wild caught salmons.
4. Eat reasonable portions of nuts and fresh fruits daily.

In summary, it is said: "**We are what we eat**".-----About 2 out of 3 Americans are overweight and 1 out of 3 are obese. Let's start paying attention to what we eat ---- and focus on eating the natural foods that God make.

V. Mac and Peggy  
www.baldwinbeef.com  
cell 336-344-2333 "----the Lord  
owns the cattle on a thousand hills"  
Psalms 50:10



