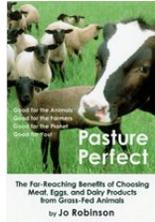


## “Pasture Perfect”



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### Synopsis

*Perfect Pasture* exposes how the diet given to livestock is setting up dangerous conditions in our body, especially the inflammation that is now being found to be a critical element in type 2 diabetes,<sup>[1]</sup> arthritis,<sup>[2]</sup> Parkinson's disease<sup>[3]</sup> as well as the top 3 killers of Americans,<sup>[4]</sup> heart disease,<sup>[5]</sup> cancer,<sup>[6]</sup> and stroke.<sup>[7]</sup>

### Strengths

- ✓ We get all of the information necessary to prove the nutritional and environmental benefits to consume grass-fed meat and dairy products instead of grain-fed products.
- ✓ By citing specific research, we find out that grass-fed products have more
  - ✓ Vitamin E and carotenoids, both well-known antioxidants
  - ✓ Conjugated Linoleic Acid, a fatty acid that may help prevent breast cancer
  - ✓ Omega-3 fatty acids, key players in decreasing inflammation in your body

While also having less

- ✓ Calories
- ✓ Fat
- ✓ Omega-6 fatty acids (which increase inflammation and clotting)

### Weaknesses

- ✓ As a book that can possibly lead to way to tremendous improvements in overall health, how can you possibly find any fault with that?

### Overall Recommendation

A wonderful book on the benefits of grass-fed products. For more information on the grass-fed products, including where to buy them, you can visit [www.eatwild.com](http://www.eatwild.com)

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