“Pasture Perfect”

Author: Jo Robinson
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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,[1] arthritis,[2] Parkinson's disease[3] as well as the top 3 killers of Americans,[4] heart disease,[5] cancer,[6] and stroke.[7]

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)

Reference:


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