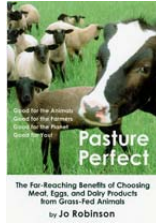


“Pasture Perfect”



Author: Jo Robinson
ISBN: 0-9678116-1-9
Format: Paperback, 150 pages
Publisher: Vashon Island Press
Date Reviewed: January 15, 2005

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

Reference:

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