

‘NUTRITIONAL TIPS’

THE MARGARINE CRIME

The ‘FDA’ is complicit in a multi-billion-dollar crime in the way of scaring us into replacing butter with artificial petrochemicals that have become known as ‘**Margarine**’ and other butter substitutes. The facts are clear. Margarine is cardio-vascularly damaging. Its petroleum base when burned (heated and oxidized) converts to ‘**Linolaic Acid**’ which is a primary component of ‘**Linoleum**’. Linolaic acid causes irritation to the circulatory linings of arteries and veins. This creates scars and lesions better known as ‘Hardening Of The Arteries’. This kills people. Heart disease is the number one killer of good decent Americans with children and grandchildren. The pharmaceutical industry produces billions of dollars of heart medication in direct proportion to heart disease! A vicious circle in which good people suffer!

Similar to the also multi-billion-dollar scam to replace sugar with products like saccharine and aspartame, these chemical substances are proven carcinogens. The power of lobbying is beyond belief! It even kills innocent people who are striving to improve their health via false programs fostered by quasi criminals. Is it criminal to sell dangerous food stuffs to trusting consumers? You decide!

Remember how healthy the farmer and his children have always been? I do! My ancestors were mid-west dairy farmers. You may not know this, but atherosclerosis is a relatively new disease. It was not but a minor problem until post second world war. Why? There are answers to all good questions. Preservatives and unnatural foods!

Margarine contributes to the problem.

If you utilize reasonable amounts of real butter in your food preparation and personal consumption, as generations have, you will enjoy its taste and nutrition.

By the way, the Eskimos and Inuit peoples, who historically live almost exclusively on animal fatty tissues, do NOT suffer but minimally from coronary arterial disease. We are what we eat!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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