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Eating Low Carb? Be Informed About Mad Cow

By Kathryn Martyn, M.NLP

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Finding Mad Cow in Oregon puts a new wrinkle in the high protein diet, doesn't it? What's a person to do that wants to eat more meat, not less?

Are you Eating Less Meat Due to Mad Cow Disease?

Not the people I've spoken with. Most are saying, "Yipee, beef's on sale!" The food industry has done a great job of convincing us they are providing a safe food supply and we've been lulled into a false sense of security. Nothing could be further from the truth.

In July 1988, a ban was introduced in the UK which prohibited the use of the remains of sheep in cattle feed. BSE is thought to have spread to cattle from feed including meat and bone meal made from sheep suffering from a similar brain disease, called scrapie.

Ban Not Properly Enforced

Unfortunately the ban was not enforced properly for many years and remained a paper exercise (exactly as it has been in the US ever since).

Francis Anthony, a Herefordshire veterinary surgeon, and the British Veterinary Association's spokesman on BSE said, "If the ban had been enforced properly from the start, I have no hesitation in saying categorically that we should be seeing only a few cases today. But that contaminated feed was being given to

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animals until at least 1995, and possibly a year later."

The false sense of security for us in the US came from it being widely reported that the practice had been banned. They failed to make it clear that this was a "voluntary ban." Even I falsely believed they had long ago ended this practice until the recent news reports that it is still being done. Despite there being a clear connection between feeding rendered animals to animals causing Mad Cow disease, the meat and dairy industry continues the practice to this day. Why? Corporate greed, plain and simple. It is a cheap source of "protein" and makes cows and other animals fatten faster. A fatter animal weighs more, and they are

sold by weight.

I have no doubt that people in the US aren't getting excited about the threat or beginning to avoid beef simply because no people have been reported with the disease. After all, this was a sick cow, not a human. Hence, people do not consider it a direct threat. Amazingly they don't consider those with CJD (Creutzfeldt–Jakob disease) a variant of Mad Cow as being related when clearly it is.

The Costs of Clean Meat Supply

The meat and dairy industry will now begin a campaign to make the higher cost of clean meat seem a ridiculous indulgence rather than a possibly life saving measure. It does cost more to have a clean food supply. I and my family are worth it, are you and yours?

For excellent reference materials read *Fast Food Nation* by Eric Schlosser, *The Crazy Makers* by Carol Simontacchi, and *Mad Cowboy: Plain Truth from the Cattle Rancher who Won't Eat Meat* by Howard F. Lyman. Be informed then make the choice for you and your family.

Food politics aside, I'm interested in my and my families health and well being, and I'm not interested in supporting an industry that doesn't care about the quality of their products or whether those products are potentially dangerous or even deadly.

What You Can Do to Avoid Dangerous Meat

Buy all your meat from the local butcher. He gets the animals

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from local farmers, and can tell you which Farms, if you ask.
Buy all your meat from local stores that certify it is grain fed.
Visit sites such as EatWild.com
Cut back on your consumption of all meat in general, substituting
beans for instance for protein.
Eat a "special occasion" steak at the best restaurants such as
Ruth Chris' Steak House. Now that's a steak!
More Info on Mad Cow and it's Variant CJD

MadCow.org: Everything you ever wanted to know about Mad Cow.

Human BSE Foundation: An organization for those with CJD (the
human variant of Mad Cow)

Mad Cow Facts

You don't have to be a fanatic, just be informed and then make

the best choices you can for yourself and your family.

Kathryn Martyn, Master NLP Practitioner, author of the free e-book: *Changing Beliefs, Your First Step to Permanent WeightLoss*, and owner of <http://www.OneMoreBite-Weightloss.com> Get The Daily Bites: Inspirational Mini Lessons Using EFT and NLP for Ending the Struggle with Weight Loss. <http://www.onemorebite-weightloss.com/getnews.html>

Do The Trick With Low Carb Foods

By Belina Storrey

You can hardly turn your head these days without seeing new studies that have been done that show the importance of cutting carbs out of your diet. New diet plans are coming out all the time that claim to have the perfect combinations of foods that will magically allow you to lose all of your extra weight without lifting a finger or sacrificing any of the tastes you love so much. Eating low carb foods sounds so boring and hard, but it doesn't have to.

As a registered dietician, it is my job and my joy to work with people in finding healthy food plans that are the best for them in achieving their health goals. I love sitting down with a client and discussing with them why they have made the decision to see me. Because you see, people have to get to a certain level of desperation and desire to change before they will go out of their way and make room in their tight budgets to see a dietician. I love hearing people talk about their struggles with weight and with making healthy eating choices. So many people desire to hear the truth about things like low carb foods but they have been so mis-informed by media.

Out of all the things people ask me, the questions I get most have to do with the truth about low carb

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foods and about switching to a low carb diet. People want to know whether or not it is an effective way to live, and if so, how they can do it without making their meals boring and bland. I love having this discussion about low carb foods because I happen to be a carb lover that has re-adjusted my eating habits in the past few years.

I tell all my clients that an important key to any health or eating program is balance. I tell them that this is why it is unrealistic and even harmful to think that we are doing good for our bodies by eliminated all carbs or all of anything from our diets. The purpose of low carb foods, which can be great, is to still enjoy the tastes and the health benefits (yes, benefits) of carbs while keeping them under control and trying to maintain your health and weight in the process.

Find some good information and read up about the truth about low carb foods if you don't have the time or money to make an appointment with a dietician. Your health is worth it. Be proactive and learn the truth.

Belina Storrey is a dietician that loves to expose the truth about fads such as eating all low carb foods. See

for more on this topic.



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