

Say Thank you to the Cow for the Steak on your Plate

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Menopause, Andropause And Other Hormone Imbalances
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By Robina Hearle

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Have you ever said thank-you to the cow that provided you with the steak for your dinner! I expect you think the idea preposterous. If you were to say thank-you: to the cow for its meat, milk, butter and cheese, to the vegetables for their sacrifice of life so that you can live, to the air, water and fire and earth for their contributions to your life - then you may have to start thinking a bit harder about yourself and your connection to earth.

Saying `Thank-you'. We are all taught this as children, why? Just think how it feels when someone does say `thank-you' for something you have done. It makes you feel good and then you are open to doing something else for that person. That person, by saying `thank-you', is honouring you and what you have done, thus paving the way for more abundance. Once you actually live the attitude of gratitude, it's amazing what comes your way. So what have you done by saying `thank-you'? You have raised the vibrational frequency of the deed you did; the steak and vegetables or fruit you have eaten or the glass of water you drank, to a spiritual one. You are working on a higher level of connection to all that is.

Further, by saying `thank-you to the cow for the steak' we can connect with its energy---that's a scary thought - who wants to connect with a cow? Well, my friends, it is a fact that we are connected to everything. We are not separate from other consciousnesses on the planet or from the consciousness of the planet herself. We in the West, technological, greedy, corrupt, consumed with self, have lost our way. The Aborigines and the Native American Indians (before the white man destroyed their cultures) as well as other indigenous tribes, all have this close connection to earth. They have not raped and pillaged the earth; they have nurtured and cared for it as much as they can. They say thank-you to the animal they have killed, thereby honouring it, also they do not take more than they need. They know that, in their gratitude they create further abundance.

Take a look at the vegetables in the supermarket. Don't they look wonderful? Have you ever wondered why it is that the World Health Organisation keeps increasing our daily recommended input of fruit and vegetables? Well, it is because those beautiful vegetables have hardly any vitamins, minerals or life force energy. This means we have to eat more to get what we require in order to survive. We have lost

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our connection to and understanding of the earth so much so that our farming methods just plunder the soil. Feed the soil, nurture it and rest it and you will get good crops with high vitamin and mineral content as well as life force energy. Say Thank–you!

Even better, connect with the earth yourself; grow some of your own vegetables (try containers if space is limited). Come back to the being who is part of planet earth, part of the tapestry of life integral to the planet instead of trying to be separated. There is actually nothing lacking on this planet, it is the management and distribution systems that have gone awry, together with our own lack of connection.

There is abundance for all! We can create it in our lives by living an attitude of gratitude and beginning the realisation that we are not separate from anyone or anything.

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Buffalo Steak - Try Something New

By George Royal

When looking for something altogether new and unusual to put on the grill, buffalo steak has a familiar flavor that is just unusual enough to make itself memorable. Very similar to beef it has a comforting familiarity. However, it also has a certain something that people notice and will look forward to having again. Which explains why buffalo steak is becoming a popular alternative to beef.

Buffalo steak is usually described as having a sweeter flavor than beef, giving it an enjoyably distinctive taste. It is flavorful without being gamey, it is tender without being greasy, and it can be prepared just like steak. In fact, because buffalos and cows have essentially the same muscle groups, the cuts of meat are the same as you would find with beef. So, when you select a buffalo steak, you will know exactly what to expect from your meal.

However, the flavor is not the only reason to try buffalo steak. In fact, one of the best reasons to try buffalo steak is the fact that it is actually very good for you. Because buffalo is much lower in fat than beef or pork, buffalo steak is much easier on your body than other forms of red meat. Buffalo is remarkably lean for red meat, allowing people to feel much better about their selection of meat. So even the healthy crowd can feel good about choosing buffalo.

In fact, buffalo is so lean that you have to be careful with it when you cook it. Because fat is an insulator, it makes beef cook slowly. But, since buffalo is a very lean animal, the meat is very low in fat and, therefore, much healthier. Which also means that you need to be careful cooking a buffalo steak, since it will cook much faster than beef. So you should always be careful with buffalo on the grill or in the oven.

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While the low fat and low cholesterol of buffalo steak is attractive, modern concerns about meat make buffalo even more attractive. Because buffalo graze on the free range, they are not as susceptible to mad cow disease as, let's say, cows. This is because buffalo are allowed to go out onto the prairies and eat grass like normal herbivores, rather than eat cow renderings, such as regular cattle. And buffalo do not defecate in the streams and ponds where they drink, making them that much more sanitary. And, even more, they don't require the steroids and antibiotics that cattle require, since buffalo tend to grow much larger than cows and are much more resistant to disease. Thus, buffalo are permitted to grow on their own and don't require as many chemicals to stay healthy. Which means that buffalo steak is not as filled with chemicals as beef, making it a meat that is almost untainted by modern science.

Admittedly, buffalo steak is not the least expensive meat available. But, when you consider the fact that buffalo is a very healthy, very tasty alternative to beef, it is clearly an alternative worth exploring. So, if you are in the mood to stretch out and try something new, exciting, and well worth the effort, give a buffalo steak a try and see what a difference it can make.

Everything about steaks from cooking steaks, ordering them by mail, preparing steaks and much more including favorite recipes.



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