



Grass- Fed Meat
48 Day
 Transformation
 With Dr. Michele Menzel, ND

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Meet Dr. Michele Menzel

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Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.

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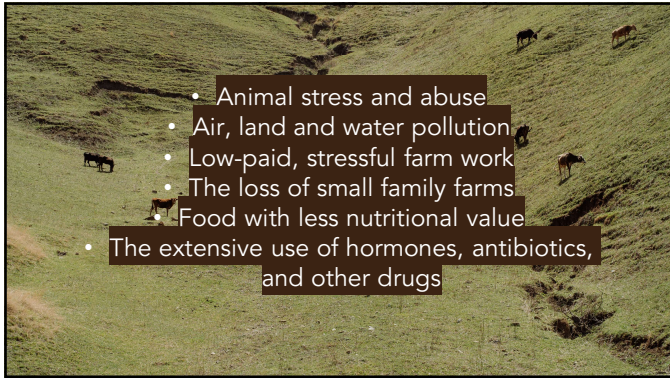
Animal Products



- Raising animals on pasture is dramatically different from the status quo.
 - Meat, eggs, and dairy="Confined Animal Feeding Operations"
- Provides food cheaply and convenient year-round...but at what cost?

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- Animal stress and abuse
- Air, land and water pollution
- Low-paid, stressful farm work
- The loss of small family farms
- Food with less nutritional value
- The extensive use of hormones, antibiotics, and other drugs

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*First and Most Importantly
Grass-Fed meat is humane!*




Good health for animals is influenced by:

- What they eat
- Fresh air
- Sunshine
- Clean water
- And FREEDOM

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Grass Fed > Grain Fed



An animal's diet has a profound influence on the nutrient content of its products.

Grass-fed beef has about the same amount of fat as skinless chicken!

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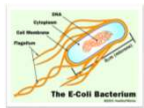
Factory Farm Nutrition



- Unnatural
- Genetically Modified Corn & Soy
- Many feed "byproduct feedstuffs"-waste products from the manufacture of human food
- Until 1977 some cattle were forced to be carnivores!

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Is your meat also grass-finished?



- Most beef is actually "finished" on grain
- Grain boosts E. Coli because it is unnatural to them
- Grocery store meat may contain high levels of E. Coli

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GRASS-FED BEEF

V.S.

GRAIN-FED BEEF



FOOD



• Live grazing out on a pasture

LIFESTYLE

• Live in small, crowded feedlots

• Do not fatten as quickly on a grass-only diet
• 3x more nutrients and up to 6x more omega-3 fatty acids
• Typically need little to no antibiotics

NUTRITION

• Raised on a mixture of corn and grain byproducts
• Fatten more quickly resulting in greater less juicy meats
• Higher in inflammatory omega 6 fatty acids

CONCLUSION

Check your labels before you buy. Look for 100% Grass-Fed (as opposed to grass-finished) and buy organic as often as possible to keep livestock, the environment, and your body as well-nourished as possible.

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The Body NEEDS OMEGA-3s

They play a vital role in EVERY cell and system in the body! They are also the most heart friendly and are essential for your brain!!!

A lack of good fat could contribute to many ailments:

- Depression
- Schizophrenia
- Hyperactivity
- Multiple sclerosis
- Alzheimer's

Omega-3s help the body to heal better, reduce inflammation, and increases weight loss.

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Conjugated Linoleic Acid



What is CLA?

- Newly discovered fat
- blocks initiation/promotion of cancer in animals
- May promote similar benefits in humans

Where to get CLA?

- Grass-fed Dairy
- Grass-fed Meat

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No Synthetics!



SIDE AFFECTS:

Insulin Resistance
Raising Glucose Levels
Reducing HDL cholesterol

CLA is found in NATURE

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Grass-fed animals just taste better!

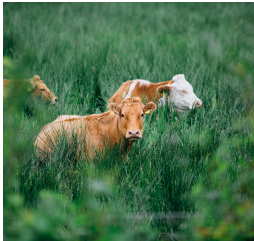


- Products have a distinct flavor based on terrain, grass, & legumes they have access to.
- Nutritious and natural diet requires healthy soil and pasture management
- Many pasture-based ranchers refer to themselves as "grass farmers." They raise great grass; the animals will do the rest.



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Grass-Fed Farming is Great For the Ecosystem Too!



- Preserves soil fertility by building organic matter in the soil.
- By maintaining a diverse plant life, they ensure a healthy ecosystem and balanced nutrition for the animals, reduce erosion, and eliminate the waste-management problems associated with industrial feedlots.



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BEEF THE TRUTH

Grassfed	Grainfed
Cattle roam free on pasture & get their natural diet of grasses.	Cattle confined in feedlots & fed ready grain.
No Antibiotics	Antibiotics: Over 40 million of pounds used for livestock in 2012 for disease and growth promotion.
No Hormones	Hormones: Synthetic hormones are used to increase growth rate in cattle.
Cattle naturally shed a coat to mature.	More to Maturity: The combination of high energy feed, drugs, and antibiotics leads cows into cheap meat in half the time.
Leaner and juicier, thanks to higher moisture content. Rich in omega-3 fatty acids, vitamin E, & beta-carotene. Available in 1/2 lb cubes per serving. Lower cholesterol.	Grainfed will give "tenderloin" on a variety of grain or corn by products. Regular consumption not recommended as part of a healthy diet. Higher cholesterol.

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Bottom Line:

Find a local 100% grass-fed farmer. When you are shopping, ask for 100% grass-fed beef, bison, and lamb. Choosing products from grass-fed animals supports small farmers, safeguards the environment, and promotes animal welfare.



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