

# THE TRUMPET SOUND

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## Meat

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### Quote

Grass fed beef are very high in omega-3 fats which are beneficial for heart health.

- Dr. Mercola



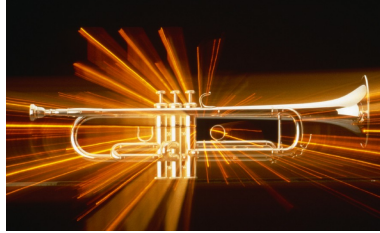
#### FLAG FACT:

Have you ever played the game, Capture the Flag? You can attempt to take prisoners or rescue members of your team, but the only way to win the game is to capture the flag. This game is based in history.

During the Civil War, more than a third of the 1,520 Medals of Honor awarded went to soldiers for either capturing the enemies flag or for saving the Union flag. That is because capturing the enemies flag was just like capturing an entire enemy unit, and saving your own flag was like saving your entire unit.

Major General McArthur (father of WWII General Douglas McArthur) was awarded the Medal of Honor for saving the flag during the Civil War.

([www.homeofheroes.com](http://www.homeofheroes.com))



## WHAT IS REALLY IN THE MEAT YOU EAT?

Today the mainstay of a typical American diet is beef with the average person eating over 60% a year but have you ever considered where it came from or what is in your ground beef?

In a November 2011 article, CBS news told its readers some interesting facts about the McRib sandwich from McDonalds. It is made of 70 ingredients with one of them being pork; however, the pork is a restructured meat product made from all the less expensive inards and cast offs from the pig and can barely pass as meat. Reporter Vince Gerasole and Cassie Vanderwell, a registered dietitian, inform viewers that one ingredient is azodicarbonamide, a rubbery substance that can be found in gym shoes, your yoga mat, or anything rubbery. Vanderwell said the McRib ingredient list "reminds me of a chemistry list." View video, and more information: [The Unsavory](#)



### Truth of the McRib and Other Fake Foods and Why Russia Banned US Meat.

Russia who imports about \$50 million of beef and pork from the United States has recently banned US meat supplies because they found it contains ractopamine. The drug has already been banned in 160 countries including Russia, but it is allowed in the US and 23 other countries. The US Department of Agriculture considers

it safe, but Russia's chief inspector says the use of the drug is "accompanied with reduction in body mass, suppression of reproductive function, and increase of mastitis in dairy herds leading to a decline in the safety of milk". The drug may also be responsible for hyperactivity, muscle breakdown, and increased death and disability in livestock. In humans, the drug is known to affect the cardiovascular

...continued pg. 2.

## WITHOUT OMEGA 3 DISEASE INCREASES IN OUR BODIES

Omega 6 and Omega 3 are types of polyunsaturated fats that are called essential because our bodies can not manufacture them. We get them from our food. Scientific experiments have determined that if the ratio of omega 6 fats to omega 3

fats exceed 4:1, people have more health problems. Omega 3 are important for the prevention of coronary artery disease, hypertension, arthritis, cancer, and other inflammatory and autoimmune disorders.

Furthermore, almost all conven-

tionally raised cattle are fed corn and other grains in feedlots before slaughter altering the balance of these essential fats. Studies show that the longer cattle are fed grain, the greater the fatty acid imbalance becomes.

....continued page 2

## Wisdom Corner

Instead of holding a grudge against someone, choose a more excellent route and forgive.



For most families, the ideal meal is fast, cheap, and tasty. This DVD, *Food, Inc.* examines the costs of putting value and convenience over nutrition. This story may change your life for the better...much better.

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National Vaccine Information Center  
 Phone: 1-703-938-0342  
[www.nvic.org](http://www.nvic.org)

**WHAT IS REALLY IN THE MEAT YOU EAT?  
 ...CONTINUE FROM PG 1**

system and may cause food poisoning. Livestock are given the drug in the last days before slaughter. Veterinarian, Michael Fox says as much as 20 percent remains in the meat we buy from the store. The drug is used in 45 percent of US pigs, 30 percent of ration fed cattle, and an un-



known percentage of turkeys.

Today United States supermarkets use a cheap filler called "pink slime" in approximately 70% of ground beef sold. This mixture consists of beef scraps, cow intestines, and cow connective tissue and is treated with ammonia hydroxide (ammonia in water). Because ammonia is considered a processing agent and not technically an ingredient, the USDA does not require it to be on the label and you do not know how much ammonia you are ingesting. Amazingly, pink slime can legally make up 15% of any given beef

product.

Pink slime is treated because the trimmings are parts that are most likely to contain the E. Coli bacteria. Most cattle are shipped to feed lots where they are fed corn—not grass; however, if cows are taken off a corn diet and fed

grass for 5 days, they will shed 80% of the E. Coli bacteria in their gut without the use of ammonia.

Recently, a law suit has been filed against Taco Bell for false advertising. Note: I find this extremely interesting, the lawsuit is not asking for any money,

just truth in their labeling of "meat filling". Taco Bell says their meat is 100% USDA approved; but, the USDA requires that any food labeled "taco meat filling" contain at least 40% fresh meat. According to an Alabama law firm, the filling is only 36% - not even half meat. The meat filling also contains water and phosphates and the USDA says ground beef shall not contain either. Can you really call Taco Bell's filling meat? - according to the USDA...no. [Read more...](#)

Most commercially-raised, factory-farmed meats sold in

supermarkets are loaded with antibiotics, concentrated toxins, and disease-causing bacteria states Dr. Mercola in *This Is What Really Hides In Taco Bell's "Beef"*. However, grass fed beef from cows that never see a feed lot is a natural source of vitamins and minerals, as well as CLA (conjugated linoleic acid) - a fat that reduces cancer, obesity, diabetes, and other immune diseases. (Cattle fed grain lose their ability to produce CLA. Grass fed animals have 300-400% more CLA.)

The food you place on your dinner table should benefit your health and sustain your life. Therefore, when you purchase meat for your family, make a quality decision to purchase grass fed beef.

Local farms and ranches are a good source of supply for grass fed beef and your purchase aids these small enterprises to stay in business and become successful. Big companies have tried to put small ranches and farms out of business but if we support them, we will help bring back our rural communities and our health!

- Lesa Hukill

[Find one near you—Farmers Markets & Local Food Marketing](#)

**WITHOUT OMEGA 3 DISEASE INCREASES IN OUR BODIES....CONTINUED FROM PAGE 1**

Many cattle in the United States, are fed grain for 200 days or more in these lots. After 200 days, the Omega 6 to Omega 3 ratios exceed 20 to 1. Studies by North Dakota State University on grass fed and grain fed bison reveal a 4 to 1 ratio of Omega 6 to Omega 3 for grass fed and a ratio of 21 to 1 for grain fed - meaning grass fed are closest to the ideal ratio of 1 to 1.

Additionally, there is also a difference in chickens fed

grain and those allowed to roam in their natural habitat. The Omega 6 to Omega 3 ratio from range fed chicken eggs is 1.5 to 1, while the supermarket eggs have a ratio of 20 to 1.

With these studies regarding ratios,



Free Range Chickens

we can clearly see that grass fed products are rich in fats proven to be health enhancing, but low in fats that are linked with disease. Our bodies will function better and our health will reap the rewards of diligently seeking out grass fed products and supporting grass fed ranches and dairies.

- Lesa Hukill