

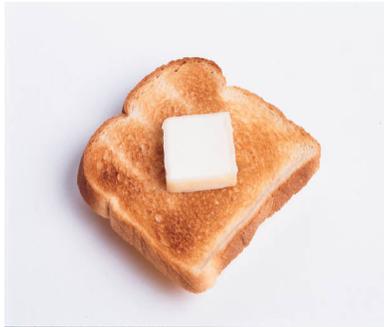
Pass the Marg . . .

Um, I mean, the Butter please.

Do you know the difference between margarine and butter?

Margarine was originally manufactured to fatten turkeys.

When it killed the turkeys, the people who had put all the money into the research wanted a payback, so they put their heads together to figure out what to do with this product to get their money back.



It was a white substance with no food appeal, so they added the yellow colouring and sold it to people to use in place of butter.

How do you like it? They have come out with some clever new flavourings.

So what is the difference?

- Both have the same amount of calories
- Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.
- Eating Margarine can increase heart disease in women by 53% over eating the same amount of Butter, according to a Harvard Medical study.
- Eating Butter increases the absorption of many other nutrients in other foods.
- Butter has many nutritional benefits where Margarine has a few, and only because they have been added!
- Butter tastes much better than Margarine and it can enhance the flavours of other foods.
- Butter has been around for centuries, where Margarine has been around for less than 100 years.

And now for Margarine . . .

Margarine is

- Very high in trans fatty acids.
- Triples the risk of coronary heart disease.
- Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol (the good cholesterol)
- Increases the risk of cancers up to 5 fold times.
- Lowers quality of breast milk.
- Decreases immune response.
- Decreases insulin response.

And here's the most disturbing fact . . .

- Margarine is 1 molecule away from being plastic!

This fact alone was enough to have me avoiding Margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance)

Try this for yourself . . .

Purchase a tub of margarine and leave it in the garage or shaded area. Within a couple of days you will note a couple of things:

1. No flies, not even those pesky fruit flies will go near it, - that should tell you something.
2. It does not rot or smell differently, because it has no nutritional value; nothing will grow on it, even those teeny weeny micro-organisms will not find a home to grow in.
3. Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

Share this with your friends – if you want to butter them up!



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From the desk of Vicki Turner, Life Business Coach

Vicki is a Coach who loves seeing her clients move forward to gain a new sense of control over issues. Vicki says, *People come to me for many reasons including clarity about life decisions, career and business issues and dealing with change.*

Contact Vicki for a complimentary coaching session, designed to allow you to experience the power of coaching techniques in your life.