

## **MARGARINE**

*“The question you have to ask is, does this minor drop in cholesterol levels, when combined with the total effect of these margarines, mean better health for you?”*

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If you are still consuming margarine for any reason, you need to rethink your eating habits. All margarines are liquid plastic, negatively affecting every cell in your body. You are much better off eating plain butter, but raw butter is even better if you can find it. Butter is a whole food, with fat, vitamins, and minerals. It also contains sterols, fat-soluble activators, trace minerals, and more, especially if it is raw.

### ***Why not Margarine?***

Margarines are made from oil (the quality of which you can never determine), which is industrially manipulated into a buttery tasting spread. We can never prove the cumulative, detrimental effects margarines have had on the health of the nation. Like all things, natural is better. And margarine is one of the most unnatural food products that you can consume.

Still think it is harmless? Workers in two states have come down with severe or deadly lung disease while working with vats of artificial butter flavoring popcorn. They probably breathed in fumes from this margarine-like substance while mixing and packaging microwave popcorn.

Nine of the workers developed the disabling lung disease ***bronchiolitis obliterans***. Their lung damage appears to be permanent and four are so seriously ill, they are on a lung transplant list! All this just from handling and breathing artificial butter flavoring. So, just say no to these artificial plastics.

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