

Grass-fed Dairy Products: Eat Healthy

What if I tell butter can be included into your healthy diet? Will it be easy for you to believe me?

Well, there are a whole lot of misconceptions prevailing regarding dietary products. There are not many people who are aware that grass fed dairy products is good for health.

Grass-fed butter is certainly one such fat that can be considered under healthy diet option. It contains five times the CLA contained in regular butter. Research says CLA or Conjugated Linoleic Acid is a fatty acid that helps increase fat loss, especially those around the belly.

Grass-fed Butter are rich in Omega 3 too that helps regularize and strengthen system function and health, immune support and cardiovascular system. The cows who feed on grass than grains produce milk rich in Vitamin K2. Consequently butter produced out of this milk is rich in Vitamin K2 helping in reduction of arterial plaque.

Nonetheless, grass-fed butter are tastier too! They are creamy and have a rich dark colour giving your taste buds a tantalizing experience. So, it makes sense that a grass-fed cow lends healthier butter than grain-fed ones.

The **grass-fed butter** from Gold Nugget ensures quality and richness. The company also offers handmade ghee that is made out of organic butter only. The butter is gotten from the milk produced by the cows feeding on grass pastures of Northern California. The ghee is churned out at home on slow flame separating milk solids and water. It finally turns out to be the finest quality ghee!

Ghee is believed to have delivered mental purification and physical strength with ability to cleanse and support wellness. Ghee benefits body from inside and out. It can be used to treat rashes and burns and moisturize skin and scalp.

Few more notes on Ghee:

- Rich caramel, aromatic, and nutty taste.
- Rich in good fat and Vitamin A, D, E and K.
- Devoid of Casein and Lactose
- Rich in CLA

Buy handmade ghee from Gold Nugget and enjoy taste and health both.