

Dr. Fredda Branyon

*My life's mission is to Educate
people about the power of Hope*

BUTTER IN YOUR COFFEE?

What's This All About?

There's a new trend you may or may not have heard about. The trend is that people are putting butter into their coffee rather than the usual sugar and cream. Believe it or not, it's the best idea ever.



It may sound questionable to most people when they first hear about putting butter into their coffee.

Believe it or not, it is both safe and healthy. The first thing you need to realize, however, is that not every brand of butter is bad for you.

There is a kind of butter called grass-fed and this is the good kind.



Why Grass-Fed Butter?

Cows that feed on grass produce the best beef and milk. The butter created from the milk of grass-fed cows is both healthy and delicious.

So, how does Grass-fed butter help you?



Just two tablespoons can replace your breakfast

All you need to replace your meal for breakfast each morning is two tablespoons of grass-fed butter into your coffee.

It provides your body with calories and fat to produce better performance day in and day out, compared to oatmeal or other carbohydrates.

If you want to go one step further, go ahead and add in XCT oil, which boosts the focus of your brain in the morning.



Coffee + Butter = Bulletproof Coffee

Bulletproof coffee, which is what people call coffee with butter, will increase cognitive function and increase your energy. It works for about six hours and you can certainly feel it. The difference is that you don't go through the crash.

Mixed with coconut oil, this coffee produces ketones, which happens when your body takes energy from fat rather than from carbs.



Get into fat-burning mode

Each morning, when you drink butter-coffee, it puts your body into fat-burning mode all day. This helps you lose overall weight. Particularly in overweight people, grass-fed butter's CLA content reduces body fat mass. CLA stands for conjugated linoleic acid.



It is Brain Food

The hormones and membranes in your brain are made of healthy fat. Butyrate, a short-chain fatty acid is anti-inflammatory, increases energy expenditure and prevents brain disease. This is something that grass-fed butter provides.



It regulates Cholesterol

Cholesterol is regulated by the kind of fat in grass-fed butter. Instead of being bad for you, this is good for you. Butter from grass-fed cows has the best omega-six and omega-three ratios and end up reducing body fat as a result. It is also a good vitamin K source, which reduces the risks of heart disease.



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