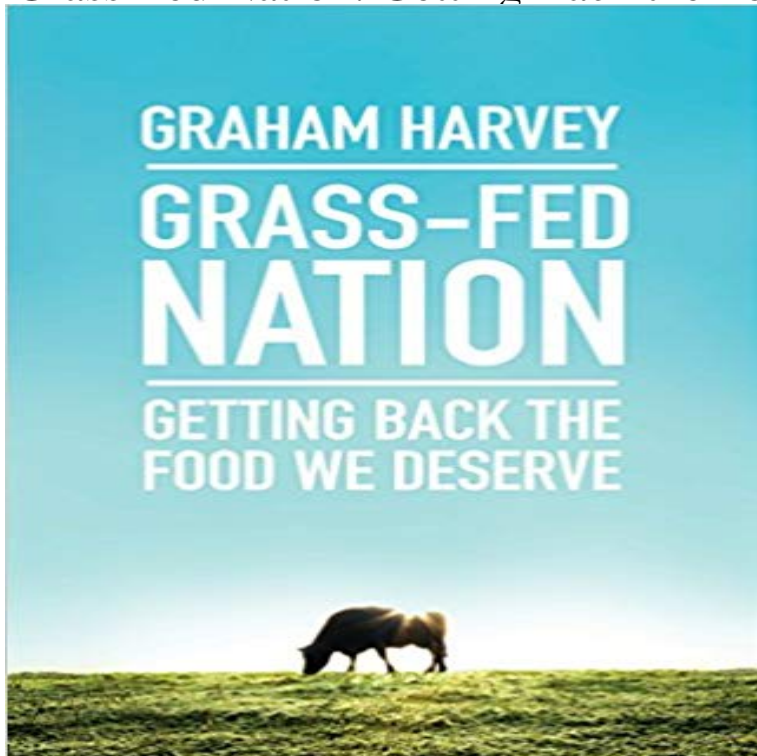


## Grass-Fed Nation: Getting Back the Food We Deserve



For years weve been told that traditional foods are unhealthy because of their saturated fat content. In place of grass-fed meat, grass-fed dairy products, and eggs from hens running on pasture, we now mostly eat grain-fed meat and processed factory foods and weve witnessed an epidemic of disease, from type-2 diabetes to heart disease and cancer. Modern agriculture has locked us into an unhealthy, vicious circle, with degraded foods pouring from an overstretched, impoverished landscape. Theres a simple remedy: the grass-fed movement. We can make sure that the meat, dairy foods and eggs we buy come from animals grazing on or running in pasture, as they always used to. This will also put life back into our soils and wildlife back onto our farmland. Graham Harvey, agricultural advisor to BBC Radio 4s The Archers, lays out all the arguments for grass-fed food why its good for us, and why its good for the planet.

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Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

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A Bíblia em 1 minuto - 1 Pedro 5:7-8

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## MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...  
[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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