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Butter /ghee contains tributyrin en.wikipedia.org/.../Tributyryn Tributyrin Tributyrin is a triglyceride naturally present in butter. It is an ester composed of butyric acid and glycerol.[1] Among other things, it is used as an ingredient in making margarine. It is present in butter and can be described as a liquid fat with an acid taste. Tributyrin is also used in microbiological laboratories to identify the bacterium *Moraxella catarrhalis*. [2] Tributyrin is a stable and rapidly absorbed prodrug of butyric acid which enhances antiproliferative effects of dihydroxycholecalciferol in human colon cancer cells.[3]

www.academia.edu/28158401/Anticarcinogenic_Actions_of_Tributyryn_A_But.. Google: tributyrin +patent tributyrin+cancer

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Making ghee destroys many procancerogenic proteins from milk www.13.waisays.com/cancer2.htm

Bombesine ; Milk contains both bombesine and GRP (bombesine-like peptide). (43) Milk-bombesine-level is 3 times higher as blood-bombesine-level. (12) GRP and bombesine enhance lung cancer (44) (: Small-Cell Lung Cancer ; only 7% of the patients survives the first 5 years.), breast cancer (45), prostate cancer (46), brain tumors (47), pancreas cancer (48) and colon cancer. (49) Substance P ; Substance P (SP) increases vascular permeability (50) and stimulates histamine secretion (51), causing allergic reactions. SP can enhance stomach cancer (52), brain tumors (53) and Small-cell lung cancer. (54)

EGF ; Like IGF, EGF is quite resistant against decomposing enzymes. (55) EGF enhances breast- (56), prostate- (57), and pancreas-cancer. (58) IGF-and IGF-2 are quite resistant against decomposing enzymes. (59) IGF-1 and -2 both enhance breast- (60), ovary- (61), lung- (62) and prostate cancer. (63) IGF-1 also enhances colon cancer (64), leukemia (65), and pancreas cancer. (66) IGF-2 also enhances bladder cancer. (67)

Growth hormone (GH) ; GH enhances prostate- (68), breast- (69) and pancreas-cancer (70), brain-tumors (71), bone cancer (72) and leukemia (73). Prolactin ; To be able to breastfeed, the female body is well equipped to cope with a temporarily enlarged prolactin production. Man isn't, and prolactin-producing tumors in men are therefore larger, more active and resistant. (74) Prolactin enhances breast cancer (75), brain tumors (76), prostate cancer (77) and leukemia (78)

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Shasha

People from India use ghee. Maybe that is how they help heal their gut lining. Many doctors in America are from India now. They are healthy/smart/wise with natural help and more. I hope they don't eat American food which the gluten/GMO/Roundup/pesticides etc hurt them.

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One_Angel

Does anyone have any experience with using ghee for Chinese stir fry recipes? I have a wok I haven't used in a long time because I want to avoid cooking with oils - even butter is very limited and usually cut with almond flour so it clings better to the veggies and not sit mostly in the bowl. The time should be very, very short with stir fries anyway - should be just to tender crisp. I just adore Chinese food but I don't like eating it in local restaurants. The quality is just never as good - and who knows how many times they reuse that heated oil. I also want to be able to make my own egg rolls but just brush them lightly with something and oven bake them.

Really woo-woo that this article showed up because it's been on my mind a lot lately. I looked for Chinese recipes or articles using ghee and this is all I found: www.jessicagavin.com/chicken-stir-fry-whole30 - I will have to spend some time on this lady's site as it looks like she knows what she's doing. Also this site for some comments - food52.com/hotline/5916-i-have-a-stirfry-recipe-that-calls-for-using-g... . Olive oil I reserve for cleaning my skin - it makes a nice facial cleanser - and using it with essential oil of rosemary to condition my hair. Not crazy about it for internal use. Never use vegetable oils and peanut and coconut oils are also out of the question. I think I would still have to load up on antioxidants when consuming any cooked fats or oils because of the high propensity for free radicals. We get into trouble when the presence of free radicals exceed our antioxidant store.

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slimandslim

I use home made ghee all the time for all frying, cooking, sautéing and yes, I also use it in the wok for stir fried Chinese recipes. The outcome is very good. The thing with ghee is that it is quite expensive, as you need a larger quantity than for instance coconut oil, and I buy the best organic butter which comes at a price too. The only thing that does not work with ghee is baking.

Something to watch out: when you store and use your ghee, please be careful to always use a clean, dry spoon or fork when removing ghee from the glass container. No humidity should touch the ghee or enter the container, or the ghee will turn bad!

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One_Angel

Thank you so much Slimandslim. Your answer was very helpful! Much appreciated.

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Guillermou

Hi Angel and slimandslim. Dr. Mercola reports important properties of butyrate. Butyrate activates the transcription factor Nrf2 that acts as a main regulator of detoxification, with cytoprotective and anti-inflammatory mechanisms, promoting potent antioxidants such as quinone oxidoreductase and glutathione S-transferases, and many others, which are contemplated in the link. The mechanism of the induction of enzymes of phase 2 detoxification with butyrate, is related to the increase of factor Nrf2, and the decrease of nuclear p53 fraction levels.

www.mygenefood.com/activating-nrf2-pathway-nutrition-need-know/

(2017) www.healthline.com/.../different-types-of-fiber

(2018) articles.mercola.com/sites/articles/archive/2018/01/11/fiber-food-foun..

link.springer.com/.../s11010-012-1392-x

Butyrate is essential for intestinal health and immunity. In the mitochondria of the colon cells the butyrate generates a large amount of ATP energy.

(2017) microbialcellfactories.biomedcentral.com/articles/10.1186/s12934-017-0..

Butyrate activates the AMPK pathway, with increased mitochondrial function, aiding weight control

journals.plos.org/plosone/article?id=10.1371/journal.pone.0035240

(2018) www.academia.edu/35907084/Effect_of_Butyrate_on_Genetic_Expression_of_..

Butyrate protects nerve cells, is an antidepressant and prevents Parkinson's and Alzheimer's. (2017) content.iospress.com/articles/journal-of-alzheimers-disease/jad170020

(2017) www.ncbi.nlm.nih.gov/.../28991675 .

(2016) www.ncbi.nlm.nih.gov/.../26957230

www.ncbi.nlm.nih.gov/.../21593570

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One_Angel

Hi, GUI, looks like your first link to My Gene Food confirmed what I said in the last sentence of my initial post: "We get into trouble when the presence of free radicals exceed our antioxidant store." I feel so much smarter when you find references like this - like I can actually remember what I learned in college and then some. Thanks! Oh - and by the way, that's an interesting article. Cheers for leafy greens again! Confirming, also, that ghee is a healthy choice according to Dr. Mercola's article.

QUOTE: "This is where antioxidants step in, it's their function to mop up these highly reactive species making sure they don't interact with any of the important molecules in a cell. This mopping up occurs constantly in the body, however, when antioxidant function in the body becomes overwhelmed by free radicals, oxidative stress can occur (R).

It is important to understand that free radicals in themselves are not bad, their formation is part and parcel of cellular energy generation, and they serve a vital role in other functions such as bacterial killing (R). So your aim should never be to remove free radicals, but rather ensure your system is in balance."

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dav2942

Guillermou i love everything you say man as someone with aspergers I'm so intrigue by the research and Effort you provide for the commuunity Sadly I haven't been on Mercola in 2 weeks I got some catching up to do

Posted On 05/20/2018

grulla

Due to partially calcified carotid artery health issues, I have eliminated over 85% of all dairy, and that worked miracles in eliminating most all my amaurosis fugax problems of the left eye. I blame all my eye issues on a history of low grade, no or negligible Vit K2 dairy. What little dairy I use has to be high fat, high Vit K2, and low calcium, such as ghee. nutritiondata.self.com/.../2 <http://www.a2a2milk.com/>

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If you want MCFA there is also goat butter. Goat -lat. Capro- means that there are caproic, caprylic and capric acids . Hexanoic acid (caproic acid) is the carboxylic acid derived from hexane with the chemical formula $\text{CH}_3(\text{CH}_2)_4\text{COOH}$. It is a colorless oily liquid with an odor that is fatty, cheesy, waxy, and like that of goats[1] or other barnyard animals. It is a fatty acid found naturally in various animal fats and oils, and is one of the chemicals that give the decomposing fleshy seed coat of the ginkgo its characteristic unpleasant odor.[3] It is also one of the components of vanilla. The primary use of hexanoic acid is in the manufacture of its esters for artificial flavors, and in the manufacture of hexyl derivatives, such as hexylphenols.[1]

The salts and esters of this acid are known as hexanoates or caproates. Two other acids are named after goats: caprylic (C8) and capric (C10). Along with hexanoic acid, these total 15% in goat milk fat. Caproic, caprylic, and capric acids (capric is a crystal- or wax-like substance, whereas the other two are mobile liquids) are not only used for the formation of esters, but also commonly used "neat" in: butter, milk, cream, strawberry, bread, beer, nut, and other flavors.en.wikipedia.org/.../Hexanoic_acid

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You can check also camel ghee

<https://draxe.com/camel-milk/>

www.alibaba.com/product-detail/Camelicious-Camel-Milk-Ghee_50037824373..

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vampireslayer

These days I don't fry or saute' I think I made ghee by accident a few decades ago when frying w butter. Nowadays I put grass fed butter on my warm potatoes and eat a few scallions to prevent acrylamide absorption. Saturated fat (butter/coconut oil) does not raise blood sugar.

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ban816749

Thanks for the instruction making ghee. In India I noticed that they simmer the ghee for an hour or so.

Will this not improve the end product?

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