



## **Make the Switch (No, I'm not crazy)**

Even though the food producing giants still try to convince us that the engineered yellow goo in a tub, commonly known as margarine, is better for us for than natural butter that our ancestors ate and lived healthier happier lives, WE NOW KNOW BETTER!!!

Doctors are no longer staying silent. They are now telling us that that butter (consumed in moderation, of course) is better for us than the engineered substitutes. Actually, if we practice common sense, we've know this true fact all along. Right?

Only buy organic butter in your local grocery store or health food store if you can, but if not, or if it's too expensive...MAKE IT YOURSELF in a jar! It's easy...really.



[See how simple it is to make](#)

Or use your processor and blend away. Remember, don't forget to squeeze out the buttermilk and rinse your butter a couple of times for it to last longer.

Enjoy!