



## "FAT SOLUBLE ACTIVATORS"

Good Saturated Fats are important to our body chemistry...they strengthen our immune system and protect us against cancer. By helping the receptors on our cell membranes, they protect us from diabetes. Our kidney function is also dependent upon good saturated fats for hormone production. Over half the fat in the brain is saturated, and these fats are required for our nervous system to function properly. Saturated fats from animal products carry the essential fat-soluble vitamins A, D, and K2....all needed in large amounts for good health.

These "Fat Soluble Activators" (A, D, & K2) are found in fats and organ meats of pasture-fed livestock, or grass-fed animals. They are also found in seafood such as fish eggs, shellfish, oily fish, and fish liver oil. These vitamins were referred to as "Activators" by Dr. Weston A. Price because they serve as catalysts for mineral absorption.

If domestic animals are not consuming green grass, then their fat, organ meats, butterfat, and egg yolks will be deficient in Vitamins A and K. If animals are raised in confinement and away from sunlight, then Vitamin D will also be missing from these foods.

## Sources of Vitamins A & D

### Seafood

Fish eggs  
Fish livers  
Fish liver oil  
Fish heads  
Oily fish  
Sea mammals

### Grass Fed Land Animals

Insects  
Butter & cream  
Egg yolks  
Liver, organ meats  
Animal fat  
(Especially mono-gastric animals  
such as birds, pig)