



Eat Well to Live Well

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May 05th 2014: Grass Fed, Pastured Meats Health Benefits PLUS a FREE GIVEAWAY

Activists have tried to make the consumption of animal products a black and white issue based on factory farmed meats. But there's another choice - grass-fed, pasture raised meats. Animals that are allowed to live freely, eat well, and contribute to the cycle of life on the planet. Kellie discusses the amazing health benefits of consuming grass fed beef and pastured meats with John Wood, founder of U.S. Wellness Meats which provides food delivery of these types of quality products to your doorstep. Plus, enter to win a \$75 gift certificate from U.S. Wellness Meats so you can choose your fa

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Featured Guest

Guest Image

John Wood

John Wood is the founder of U.S. Wellness Meats. A fifth-generation farmer, John was used to thinking like his ancestors and his neighbors when it came to raising animals. In a nutshell, this old method meant growing the animal on pasture, feeding them grain in confinement for the final four months, and then selling them off to a processor when it was time for them to be harvested. But with a little experimentation, he discovered the old method might not be the only method. In 1997, 1998 and 1999, John raised animals on a 100% forage diet and had the proof he needed: there was another way to get tender and exquisite-tasting beef, lamb, bison, goat and dairy products. Since then, John and t

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