

CLA – An Omega 6 Fatty Acid

Even being a “city kid” I remember the importance of having a garden and my mother spending hours canning in preparation for the winter. I also remember that we bought our beef from a family friend. We could visit their farm and watch the cattle grazing on natural, Colorado grasses. The cattle were not “grain finished”. I would not understand the nutritional importance of that beef until recently.

You see, all these naturally grown products such as corn and greens contain Omega-3 fatty acids and grass-fed beef contains Omega-6 fatty acids which includes a beneficial fatty acid called CLA – conjugated linoleic acid. Our business, Rocky Plains Quality Meats, is devoted to looking back to those more “natural” times and bringing forward the nutrition that may be missing today. That is why our buffalo are grass-fed only from grazing the natural grasses of Colorado to nibbling on hay that we raise in Colorado. And, if you visit us you can see the buffalo contentedly grazing for yourself.

The meat that we sell from our Colorado, grass-fed bison is high in CLA. CLA was discovered when two researchers, Gayda and Pariza, were looking at the carcinogenic effects of grilled meats. They came upon a compound that appeared to have anti-tumor activity. When they were able to isolate the compound, it was identified as CLA.

Since that time many studies have shown that CLA can either prevent or halt the spread of several types of cancers, including breast, ovarian, colon, and prostate, as well as leukemia. Studies have shown that CLA is important in halting cancer in the initiation stage where normal cells are transformed into endlessly dividing cancer cells; in the promotion stage where cancer cells multiply and collect into tumors and in the progression or metastasis stage where cancer invades other areas.

We have customers that believe in CLA that are recovering and/or in remission from cancer that rely on our grass-fed bison. If eating grass-fed helps halt cancer, it seems to me it just makes sense to rely on grass-fed as a preventative.

Give us a call for more information or stop in and see us and see the bison. We have calves now too! Call 303-833-3791. Visit our store at 4022 County Rd. 11 (just east of the Colorado National Speedway).