Is All Grass-fed Beef Created Equal?

A local butcher shop has the answer. The Arctic Market & Butcher in Point Pleasant, NJ is a hidden gem when it comes to finding 100% organic, grass-fed & finished beef. Michael Sirchio, owner of The Arctic, explains that there are many options for consumers, but not all grass-fed beef is created equal.

Throughout the United States, due to climate, many areas do not allow for cattle to feed in open green pastures year round. The harsher winter months may require farmers to feed their cattle alfalfa hay and other harvested forage.

For this reason, Sirchio sources his grass-fed & finished beef from Silver Fern Farms, where cattle graze on green, grassy pastures, year-round, for their entire life. They are humanely raised on a pristine, open range where they roam and graze as nature intended. This healthy, stress-free lifestyle allows for a better product that’s lower in saturated fat and contains higher levels of vitamins A & E, conjugated linoleic acid, and omega-3 fatty acids. In addition, the cut sizes & quality are always consistent, without the use of hormones.

Walk into this friendly, small-town butcher shop and the Arctic staff will treat you like one of their own. Sirchio takes great pride in offering his customers clean, healthy products and works with local farms that are committed to sustainable practices and the humane treatment of animals.

Michael Sirchio, The Arctic Market & Butcher. For more information, contact The Arctic Butcher @ 732-899-6328 or find them on the web at www.arcticbutcher.com.

Getting Back Into Shape After Baby Isn’t Hard Any More!

Every new mom knows how hard it is to get back in shape after having a baby. The first challenge is separating from your little one. But now there are new mommies and me yoga class that focus on whipping mom back into shape, and baby comes too. Babies sing lullabies, practicing their first baby yoga moves, see other babies and interact with mom. Meanwhile, moms focus on core and pelvic floor strengthening, improving posture and opening the front of the body which helps the tendency of rolling the shoulders and collapsing the heart center caused by nursing. Moms also work on balancing the body which is off balance due to carrying the baby and holding the car seat. Moms can start these class as soon as the OB gives the OK to exercise which is usually about 6 weeks after having a vaginal delivery and a little longer for C-section. There are babies as young as 6 weeks to crawling or about 12 months. The best is, some studios like Cola Yoga in Little Silver let you drop in and pay as you go or buy a package, and you have 1 year to use the classes.

Lila Avery is an experienced yoga teacher and opened Cola Yoga studio 2 ½ years ago in Little Silver. For more info visit: www.colayoga.com

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