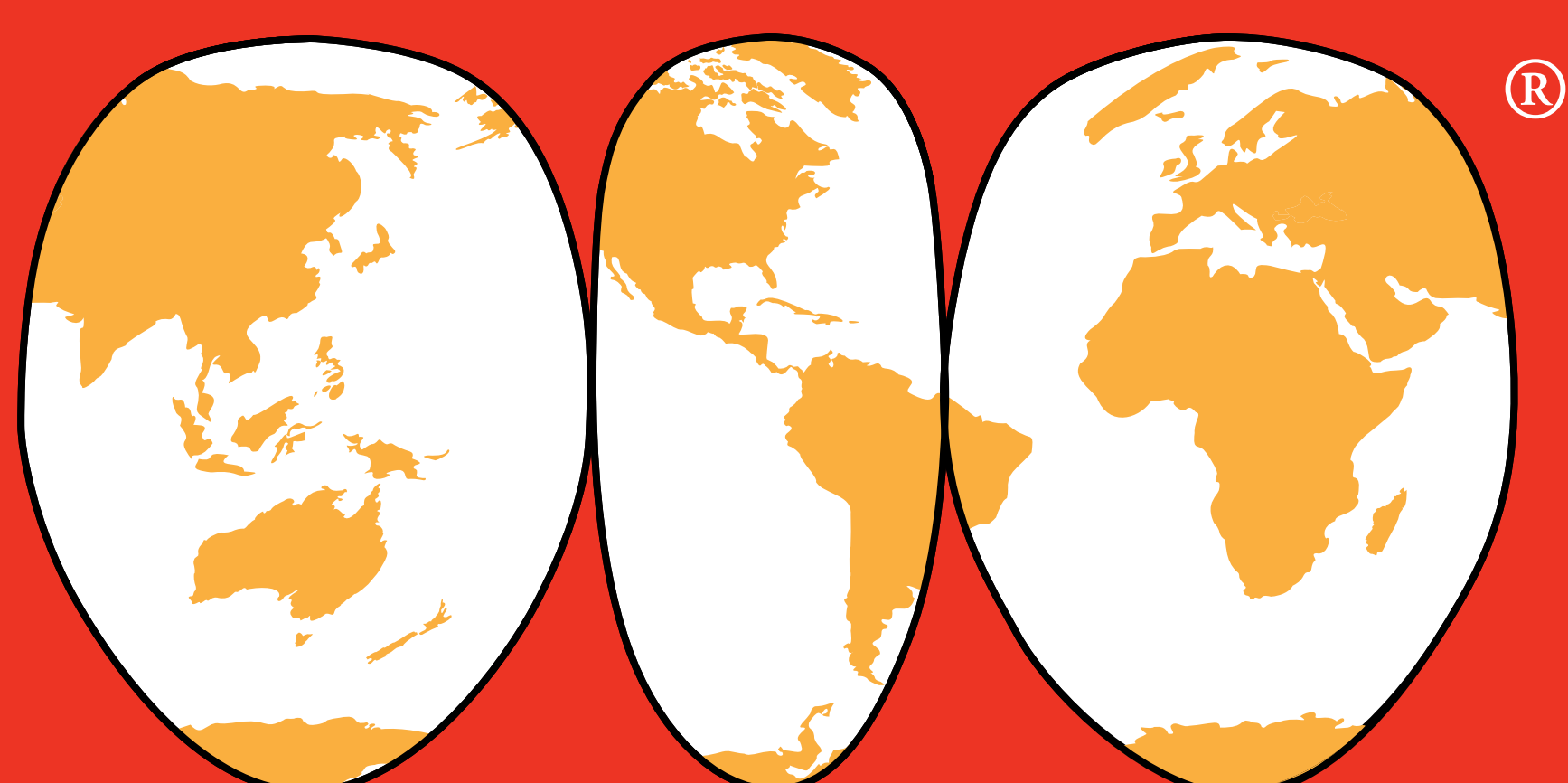


# They're happy because they eat butter!



They also eat plenty of  
eggs, seafood, cream,  
cheese, liver, meat,  
cod liver oil, raw milk,  
and other nutrient-dense  
foods that have nourished  
generations of healthy  
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