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Top 100 nfl players 2020 number one

Herbivorous beef is almost always on the menu for Will Witherspoon, a 31-year-old linebacker for the Tennessee Titans. I eat a lot of red meat my blood is probably black from all iron, he quips. While 6-foot-2, 240-pound athletes and foodie are often quick to crack a joke or share a funny story, he actually spent Tuesday in Washington, D.C., on some very serious businesses: He wants Congress to get antibiotics out of the meat industry. Currently, farmers raise more than 30 million pounds of antibiotics for food-producing animals each year. Some experts believe that this is creating a dangerous spike in lethal superbug infections in humans. The more drugs are used on animals, the more susceptible bacteria become outsmarting drugs people rely on. For Witherspoon, the fight to remove the drug from the meat industry is personal. Better known for his fierce gaze on the pitch and his ability to level the field, the 10-year-old also has a secret weakness for the animals. Witherspoon owns Shire Gate Farm, an 800-a long-a long-a00-a long farm in Missouri where he raises (and sells) his own humanitarian supplies, herbivorous beef approved for animal welfare. Witherspoon, or Spoon, as his friends call him, testified against the regular use of low-dose antibiotics used in ordinary farm animals during a congressional meeting Tuesday. There are laws on the table that would ban the abuse of antibiotics in agriculture. This is why Witherspoon eats grass-eaters and why you should, too. (See where grass-fed beef ranks in our list of 40 Foods with Superpowers.) It's All About the TasteWitherspoon of cows that are healthy by default because they're raised on lush pastures, a natural diet for cows. Herbivorous grasses produce higher meat in the heart protecting omega-3 fatty acids, and they're less likely to harbor lethal e. coli O157:H7 strains of bacteria that thrive in the guts of cows eating a cereal diet. Grass-fed beef also boasts a strong dose of linoleic acid, or CLA, a good fat capable of stopping tumor growth, according to laboratory research. Plus, Witherspoon ensures better grazing tastes. It's a fuller, bolder flavour. A lot of older people say it tastes like beef used to taste, he explains. It has a darker red color, and fat is a beautiful yellow color, which means it has taste and texture. In the usual [beef], you cut fat because it doesn't taste really nice. (Now you have the right beef, roast it up! Find dozens of delicious, nutritious summer recipes in.) Want to avoid antibiotics in meat? Here's how. Go organic. Organic farming prohibits the use of antibiotics in livestock. Organic does not guarantee, however, that cows eat a completely grass-based diet. If that's the what you're aiming for, look for the American Grassfed label from the American Lawn Association. Search for seals approved for animal welfare. AWA is considered the highest animal welfare standard for meat products. Animals raised in this audited program must be raised on the meadow or range, and antibiotics are taken only if an animal is really sick and needs medication to recover. Get acquainted with Certified Humane. This program only allows antibiotics if the animal is sick. Connect with local farmers. Visit LocalHarvest.org to find sustainable farmers in your area, and check out activities for yourself. Ask the farmer how he or she deals with illness and if they use antibiotics. (Want more help with navigation of labels in supermarket meat shelves? Watch out for these 4 Meat Label Lies.) Spoon's Grass-Fed Beef Cooking Tips Don't Defrost in the Microwave. Herbivorous beef cooks much faster than regular meat, and microwaves - even in defrosted mode - can sabotage your steak. Defrost it in the refrigerator, then take it to room temperature before cooking. Avoid the biggest cooking mistakes. The less heat, the better. Most people overcook grass-fed beef. To avoid that, reduce the oven temperature by 50 degrees if a recipe is not specifically designed for herbivorous beef. Don't cook it that long. Herbivorous beef usually requires 30 percent less cooking time than regular beef, although the cooking temperature is lower. Rotate it once. Otherwise, you cook out the juices, Witherspoon advises. Let him rest. Remove the beef just before it reaches the end you want. Then put it on a plate, where it will continue cooking for a few minutes. For more cooking and nutrition tips, sign up for our free weekly cooking, That's not it! Believe. If you like this story, you'll love these things: Bake Mistakes Every Guy Makes 11 Easy Ways to Go Organic America's Greatest Guy Foods This content is created and maintained by a third party, and imported into this page to help users provide their email address. You can find more information about this content and similar content at piano.io Sleepnumber NFL has a new plan to make the most of your players: put them to sleep. The country's biggest football league announced a partnership with Sleep Number on Wednesday to give each activity playing a smart 360-bed sleep. Professional athletes receive all sorts of peri privileges, free equipment and sponsorship deals, but this is the first time a company has barged right into every player's bedroom in the NFL. The idea is that well-rested players will play better, and having them all on a smart bed system will allow the league to continue analyzing sleep patterns, habits, and other data. We continually evaluate world-class technologies and partners and know this unprecedented partnership will give players the ability to improve their performance through smarter, personalized sleep, NFL Commissioner Roger Goodell said in a press release. We are providing the revolutionary technology of Sleep Number to maximize the most basic needs of the body in terms of new - sleep - to improve the health of our players and coaches. Why push to get players to bed? Sleep, or more specifically the lack of that, can actually have a big impact on Performance. In fact, research shows that the effect of low quality or lack of sleep on athletic performance is very similar to overtraining syndrome - the term for what happens if the body's balance of physical work and rest is off. The press release also details that Sleep Number will work with players and staff to integrate sleep insights into their training. Sleep Number smart beds give players SleepIQ scores in the morning so they can compare results, which will definitely be an interesting data point for team doctors and nutritionists. But it's not just professional athletes that stand to lose a lot if they don't sleep properly. Not only can poor-quality sleep cause unwanted weight gain, it destroys your concentration and memory, and an eccentric sleep schedule can cause you to develop diabetes. Still think sleep is overrated? The study says anything but. Making sleep a priority will not only make you a much more pleasant person to be around, it is extremely beneficial for your long-term health. Some studies show that even . Fortunately, you don't have to be an NFL player at the end of getting a cool new bed to get a good night's sleep. Changing your diet can help sleep patterns (try the foods they will help). And if you feel like you're getting a full night's sleep, but are still exhausted the next day, here are some reasons your sleep quality may be affected. Goodnight! This content is created and maintained by a third party, and imported into this page to help users provide their email address. You can find more information about this and similar content at piano.io NFL players known for breaking up when they finish their careers. Some of them even go all out and find themselves filing for bankruptcy. After such a famous career and all those huge salaries, it seems unimaginable that NFL players could ever end up breaking down. But 1 in 6 of all NFL players find themselves going bankrupt. This article will explain why this is the case. Going broke is not just a problem with NFL players. It's a problem on so many aspects of society. This is because, like many undergrads, there is no direct training in how money is managed and how to prepare for the future. Many of those NFL players come from poorer backgrounds where savings didn't happen and money is often spent as fast as it comes in. When income decreases, spending does not and eventually it leads to bankruptcy. There is no faster way to lose all your money than to start gambling. NFL players feel like they have money to burn, and so they gamble with bigger amounts bigger. This may be due to peer pressure or it may be due to addiction. Regardless of the reason, gambling has a strong association with NFL players. The statistics say that at least 58% of people get excited when they win a game. Apply this to the intense culture of Nfl and

you have a recipe for disaster. Although sports and online betting are heavily restricted in the US, it is unlikely to solve the problem. In such a masculine environment, when someone is addicted, they often do not talk about it. This leads to a situation that all men are forced to endure in silence, assuming they even manage to reach the stage where they admit to themselves that they have a problem. Divorce has a very high recurrence rate among NFL players. The reasons for this are controversial, but it happens all the time. Unfortunately, the United States is a country where the penalty for divorce is high. Many NFL players also have children. Therefore, during the divorce, they must give away half of their assets to their ex-wife. In addition to child support and support payments and the majority of regular income will go straight to their bank account and back again. This does not change after retirement. The consequences of divorce persist in the future. A lot of bankrupt players feel like they have to help their colleagues. They believe they must support their family and friends. It leads to a situation where players are supporting a village in terms of their income. The current compensation rate in the NFL allows them to do this. On the other side, people began to expect the same kindness even after their last season was over and their income rate dropped. The NFL has one of the shortest seasons in all professional sports. There is a league and a regular season consisting of 16 games, assumptions that players are a regular starter. This can be up to a maximum of 19 if the Super Bowl/Pro Bowl is taken into account. It won't be long. The season lasts from February to September, assuming that the player's team goes all the way to the big games. The off-season can be used to build some additional income streams. A lot of players never take advantage of these opportunities. Instead, they simply decided to have a good time. While there is nothing wrong with this, it is a poor use of time and it prevents the construction that all important financial protections in the future. How can NFL players turn their lives around? The NFL and various football unions have tried to resolve the issue. They have brought help to train current and former players in good financial practice. It is important that players participate in these processes so that they have the necessary skills to improve their lives in the future. The name of the game is being planned. Unplanned players tend to find themselves in poverty positions. There is no better time to plan than when money is good. Do not wait until the problem begins. All players can turn their lives around. But the process is as soon as possible. They must acknowledge the need to change as soon as possible. How do you think the NFL should make an effort to prevent players from burning their income away today? Today? Now?

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