

SCARY DAIRY!

(Part 1 of 2)

If you are anything like me, you were raised drinking Milk and told that it was necessary to consume 4 servings of dairy per day to build strong bones and teeth. After researching this topic profusely, I have found that this is an extreme fallacy.

Some facts regarding dairy are:

The average 12 ounce glass of milk in America contains over 110,000,000 PUS

CELLS! Dairy cows are pregnant 365 days per year, and milked every one of those days. Add RBgH, that is the growth hormone used to increase milk production 20 times normal, and you get swollen infected udders. That means PUS! Introduce antibiotics to attempt to kill the bacteria, then pasteurize the milk to kill the remaining bacteria, and you get sterilized pus (and the milk, of course)!

Dairy is Mucus-Forming! Cow's milk is notoriously the most mucus-forming food we can consume. Casein, the protein component in milk, is a very thick and coarse substance and is used to make one of the strongest glues known to man. There is 300 per cent more casein in cow's milk than in human milk. The casein in cow's milk can clog and irritate the body's entire respiratory system. Dairy products are implicated in almost all respiratory problems. Hay fever, asthma, bronchitis, sinusitis, colds, runny noses and ear infections can all be caused by the consumption of dairy products. Dairy products are also the leading cause of allergies.

Excess Protein Causes Calcium-Deficiency! In 1930, the first study was published that showed that, in humans, a diet with a high meat content caused the loss of large amounts of calcium and a negative calcium balance. Eskimos consume one of the highest protein diets in the world, and they also have one of the highest incidences of osteoporosis in the world. They are already stooped over in their mid-twenties. The incidence of osteoporosis is lowest in the countries where the least amount of dairy products are consumed, and where protein consumption is highest, osteoporosis is most common. The calcium-depleting effects of proteins are not lessened, even when large doses of calcium are ingested. What must be remembered is that calcium is found in all foods grown in the ground and that they supply a sufficient amount of calcium to meet the requirements of both growing children and adults (See part 2 next week). Animals consume the plants and absorb the calcium - THAT'S WHERE THE COW GETS CALCIUM!

According to Robert M.Kradjian M.D., "Inclusion of milk will only reduce your diet's nutritional value and safety. Most of the people on the planet live very healthfully without cow's milk. You can too."

The FDA tests milk for residues of only four drugs used by dairy farmers.

There are, however, 82 drugs that may be used and get into cow's milk

Of the most commonly used drugs, 35 have never been approved for dairy animals.

