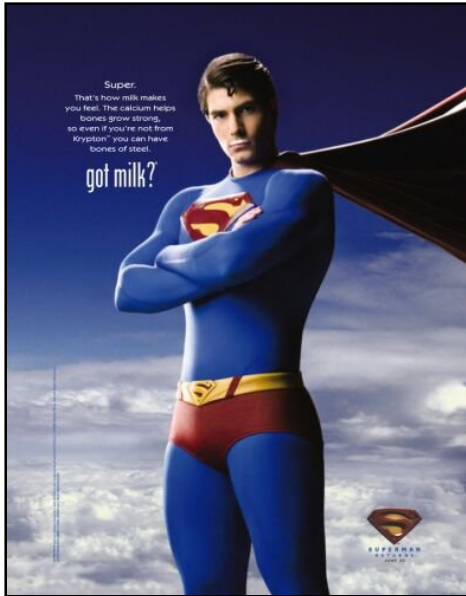


Milk, Media, and Misinformation

“Milk, it does a body good!”

That is what the TV still tells us so it must be true, right?

Collective information by Dr. R. Jay Shetlin and Dr. Joseph Mercola



“Milk, It does a body good!”

We have been told for years by television and radio ads how milk is so good for our bodies. We have been told how it is a fantastic source of calcium, vitamins, minerals and protein. Maybe in times past it was not so bad. Before the 1930's the milk available to the American people was an entirely different end product than it is today. Now a days with growth hormones and antibiotics given to dairy cows in high doses, combined with the pasteurization process, the milk we drink is a, 'completely different animal,' (pardon the pun) than the milk two generations ago.



Processing Is the Problem

Dr Joseph Mercola

“The path that transforms healthy milk products into allergens and carcinogens begins with modern feeding methods that substitute high-protein, soy-based feeds for fresh green grass and breeding methods to produce cows with abnormally large pituitary glands so that they produce three times more milk than the old fashioned scrub cow. These cows need antibiotics to keep them well.

Their milk is then pasteurized so that all valuable enzymes are destroyed (lactase for the assimilation of lactose; galactase for the assimilation of galactose; phosphatase for the assimilation of calcium).

Literally dozens of other precious enzymes are destroyed in the pasteurization process. Without them, milk is very difficult to digest. The human pancreas is not always able to produce these enzymes; over-stress of the pancreas can lead to diabetes and other diseases.”

One of the touted reasons for drinking milk (by the dairy industry) is how it helps reduced the likelihood of diabetes when in fact, modern processed milk increases the chances of diabetes.

Another touted plus is the calcium. As I have stated in past newsletters, Calcium has to be absorbed in an acidic environment. Milk is a base by nature,

therefore it may be a great source OF calcium but it is not a great source from which we can ABSORB or assimilate the calcium. Contrary to the marketing tactics that lead us to believe - should we lower our intake of milk it will lead to a generation of invalids with osteoporosis. In fact, the international statistics clearly show that the two countries in the world which consume the greatest amount of milk DO NOT have a lower national average of osteoporosis but in fact have the highest rate in the world of osteoporosis.** Green vegetables are clearly a better source of readily absorbable calcium.

“The butterfat of commercial milk is [homogenized](#), subjecting it to rancidity. Even worse, butterfat may be removed altogether. Skim milk is sold as a health food, but [the truth](#) is that butter-fat is in milk for a reason.

Without it the body cannot absorb and utilize the vitamins and minerals in the water fraction of the milk. Along with valuable trace minerals and short chain fatty acids, butterfat is America's best source of preformed vitamin A.

Synthetic vitamin D, known to be toxic to the liver, is added to replace the natural vitamin D complex in butterfat. Butterfat also contains re-arranged acids which have strong anti-carcinogenic properties.

Non-fat dried milk is added to 1% and 2% milk. Unlike the cholesterol in fresh milk, which plays a variety of health promoting roles, the cholesterol in non-fat dried milk is oxidized and it is this rancid cholesterol that promotes heart disease.

Like all spray dried products, non-fat dried milk has a high nitrite content. Non-fat dried milk and sweetened condensed milk are the principle dairy products in third world countries; use of ultra high temperature pasteurized milk is widespread in Europe.

Other Factors Regarding Milk

Milk and refined sugar make two of the largest contributions to food induced ill health in our country. That may seem like an overly harsh statement, but when one examines the evidence, this is a reasonable conclusion.

The recent approval by the FDA of the use of BGH ([Bovine Growth Hormone](#)) by dairy farmers to increase their milk production only worsens the already sad picture.

[BGH](#) causes an increase in an insulin-like growth factor (IGF-1) in the milk of treated cows. IGF-1 survives milk pasteurization and human intestinal digestion. It can be directly absorbed into the human bloodstream, particularly in infants.

It is highly likely that IGF-1 promotes the transformation of human breast cells to cancerous forms. IGF-1 is also a growth factor for already cancerous breast and colon cancer cells, promoting their progression and invasiveness.

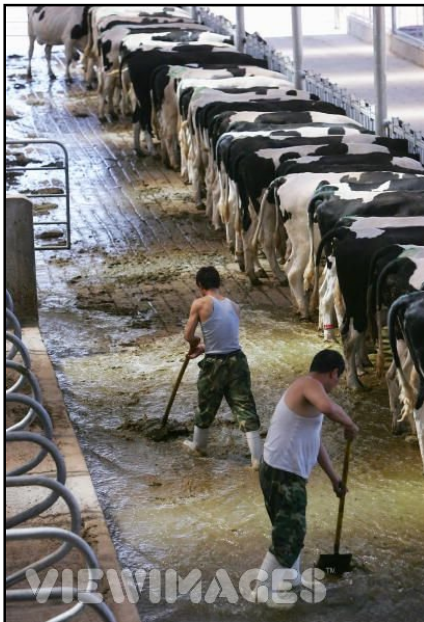
It is also possible for us to absorb the BGH directly from the milk. This will cause further IGF-1 production by our own cells.



Notice the engorged udders from stimulant hormones vs. the “old fashion” cow on the first page.

BGH will also decrease the body fat of cows. Unfortunately, the body fat of cows is already contaminated with a wide range of carcinogens, pesticides, dioxin, and antibiotic residues. When the cows have less body fat, these toxic substances are then transported into the cows' milk.

BGH also causes the cows to have an increase in udder infections for which they must receive additional antibiotics.



Prior to BGH, 38% of milk sampled nationally was already contaminated by illegal residues of antibiotics and animal drugs. This will only increase with the use of BGH. One can only wonder what the long term complications will be for

drinking milk that has a 50% chance it is contaminated with antibiotics.

There is also a problem with a protein enzyme called xanthine oxidase which is in cow's milk. Normally, proteins are broken down once you digest them.

However, when milk is [homogenized](#), small fat globules surround the xanthine oxidase and it is absorbed intact into your blood stream. There is some very compelling research demonstrating clear associations with this absorbed enzyme and increased risks of heart disease.

Ear specialists frequently insert tubes into the ear drums of infants to treat recurrent [ear infections](#). It has replaced the previously popular tonsillectomy to become the number one surgery in the country.

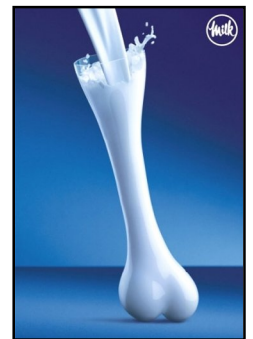
Unfortunately, most of these specialists don't realize that over 50% of these children will improve and have no further [ear infections](#) if they just stop drinking their milk.

This is a real tragedy. Not only is the \$3,000 spent on the surgery wasted, but there are some recent articles supporting the likelihood that most children who have this procedure will have long term hearing losses.

It is my strong recommendation that you discontinue your milk products. If you find this difficult, I would start for several weeks only, and reevaluate how you feel at that time.

This would include ALL dairy, including skim milk and Lact-Aid milk, cheese, yogurt, and ice cream. If you feel better after several weeks you can attempt to rotate small amounts of one form of milk every four days.

**You probably are wondering what will happen to your bones and teeth if you stop milk. The majority of the world's population takes in less than half the calcium we are told we need and yet they have strong bones and healthy teeth.



**Cows' milk is rich in phosphorous which can combine with calcium -- and can prevent you from absorbing the calcium in milk. The milk protein also

accelerates calcium excretion from the blood through the kidneys.

This is also true when you eat large amount of meat and poultry products. Vegetarians will need about 50% less calcium than meat eaters because they lose much less calcium in their urine.

It is possible to obtain all your calcium from dark green vegetables (where do you think the cow gets their's from?). The darker the better. Cooked collard greens and kale are especially good. If you or your child is unable to take in large amounts of green vegetables, you might want to supplement with calcium.

If you can swallow pills, we have an excellent, inexpensive source called [Calcium Citrate](#), which has a number of other minerals which your body requires to build up maximally healthy bone.”

Of the three types of calcium, Calcium Citrate is the most readily absorbed by the human body. I recommend a liquid suspended calcium source if possible.

“It is much better than a simple calcium tablet. You can take about 1,000 mg a day. For those who already suffer from osteoporosis, the best calcium supplement is microcrystalline hydroxyapatite.

It is also important that you take vitamin D in the winter months from November to March. Normally your skin converts sunshine to vitamin D, but the sunshine levels in the winter are very low unless you visit Florida or Mexico type areas.

Most people obtain their vitamin D from milk in the winter; so if you stop it, please make sure you are taking calcium

with vitamin D or a multi vitamin with vitamin D to prevent bone thinning.

Most people are not aware that the milk of most mammals varies considerably in its composition. For example, the milk of goats, elephants, cows, camels, wolves, and walruses show marked differences, in their content of fats, protein, sugar, and minerals. Each was designed to provide optimum nutrition to the young of the respective species. Each is different from human milk.

In general, most animals are exclusively breast-fed until they have tripled their birth weight, which in human infants occurs around the age of one year. In no mammalian species, except for the human (and domestic cat) is milk consumption continued after the weaning period. Calves thrive on cow milk. Cow's milk is designed for calves.

Cow's milk is the number one allergic food in this country. It has been well documented as a cause in diarrhea, cramps, bloating, gas, gastrointestinal bleeding, iron-deficiency anemia, skin rashes, atherosclerosis, and acne.”

It is clearly documented that 98% of food allergies are dairy (milk) related. This poses the question, why is the industry still allowed to market that, “it does a body good?” .

“It is the primary cause of recurrent ear infections in children. It has also been linked to insulin dependent diabetes, rheumatoid arthritis, infertility, and leukemia.

Hopefully, you will reconsider your position on using milk as a form of nourishment. Small amounts of milk or

milk products taken infrequently, will likely cause little or no problems for most people.

However, the American Dairy Board has done a very effective job of marketing this product. Most people believe they need to consume large, daily quantities of milk to achieve good health. NOTHING could be further from the truth.

Public health officials and the [National Dairy Council](#) have worked together in this country to make it very difficult to obtain wholesome, fresh, raw dairy products. Nevertheless, they can be found with a little effort. In some states, you can buy raw milk directly from farmers.

Whole, pasteurized, non-homogenized milk from cows raised on organic feed is now available in many gourmet shops and health food stores. It can be cultured to restore enzyme content, at least partially. Cultured buttermilk is often more easily digested than regular milk; it is an excellent product to use in baking.

Many shops now carry whole cream that is merely pasteurized (not ultra

pasteurized like most commercial cream); diluted with water, it is delicious on cereal and a good substitute for those allergic to milk.

Traditionally made creme fraiche (European style sour cream), it also has a high enzyme content.”

Grey text – Dr. Shetlin
“Dark quoted text” - Dr. Mercola from his website.

Other Information about milk

[No Milk](#) (thanks Chet Day for the link) www.notmilk.com - a wealth of information about milk (including a Pro dairy section)

[ADHD and living milk free](#) - Linda Blanchard has the story of how her daughter's ADHD has been alleviated by putting her on a milk-free diet

[Milk Sucks](#)
[why dairy wont help you maintain strong bones](#)

[Strong bones - Physicians committee for responsible medicine](#)

[Understanding lactose intolerance](#)

[Don't Drink Your Milk, Frank Oski, M.D](#)