

## The Real Story about Cow Dairy

Let us all put the milk controversy to bed once and for all. Ready?

There is no amount of dairy products that is healthy for us. All cow dairy products are a health hazard. They contain no fiber or complex carbohydrates and are laden with saturated fat and cholesterol and numerous complicated chemicals. They are contaminated with cow's blood and pus and are frequently contaminated with pesticides, hormones and antibiotics. Dairy products are linked to allergies, constipation, obesity, heart disease, cancer, and other diseases. The late Dr. Benjamin Spock, America's leading authority on child care, spoke out against feeding cow's milk to children, saying it can cause anemia, allergies and insulin-dependent diabetes in the long term. It will also set kids up for obesity and heart disease, America's number one cause of death. Dairy products may actually cause osteoporosis, not prevent it, since their high-protein content leaches calcium from the body. Population studies, backed up by a groundbreaking Harvard University study of more than 75,000 nurses, suggest that drinking milk can actually cause osteoporosis.

The dairy industry pays dieticians, doctors and researchers to endorse dairy products, spending more than \$300 million annually, just at the national level, to retain a market for their products. The dairy industry provides free teaching material to schools and pays sport stars, celebrities and politicians to push an agenda based on profit, not public health. Dr. Walter Willett, veteran nutrition researcher at the Harvard School of Public Health, says that calcium consumption via dairy-product intake has become like a religious crusade overshadowing true preventative measures such as physical exercise. To hear the dairy industry tell it, if you consume three glasses of milk daily, your bones will be stronger and you will be able to rest assured that osteoporosis is not in your future. Not so. After examining all the available nutritional studies and evidence, Dr. John McDougall concludes: "*The primary cause of osteoporosis is the high protein diet most Americans consume today*". As a leading researcher in the area said, "*Eating a high protein diet is like pouring acid right on your bones.*"

Remarkably enough, both clinical and population studies show that milk-drinkers tend to have more bone breaks than people who consume milk infrequently or not at all. For the dairy industry to lull unsuspecting women and children into complacency by telling them to be sure to drink more milk so that their bones will be strong may make good business sense, but it does the consumer a grave disservice. Much of the world does not consume as much cow's milk as the US population, and most of the world does not experience the high rates of osteoporosis found in the West. In some Asian countries, for example, where consumption of dairy products is low, fracture

rates are far lower than they are in the U. S. and Scandinavian countries, where consumption of dairy products is high. In one study, funded by the National Dairy Council, a group of postmenopausal women were given three (3) 8-ounce glasses of skim milk every day for two years, and their bones were compared to those of a control group of women not given milk. The dairy group consumed 1,400 mg of calcium per day and lost bone at twice the rate of the control group. According to the researchers, this may have been due to the average 30 percent increase in protein intake in the milk drinking group.

Harvard University's nurses' health study, which followed 78,000 women over a 12 year period, found that the women who consumed the most calcium from dairy food broke more bones than those who rarely drank milk. And the American Journal of Clinical Nutrition (2001) found that women who ate most of their protein from animal sources had three (3) times the rate of bone loss and 3.7 times the rate of hip fractures as women who ate most of their protein from vegetable sources. "Even though we adjusted for everything we could think of that might otherwise explain the relationship it didn't change the results. The study's conclusion: An increase in vegetable protein intake and a decrease in animal protein intake, including milk, may decrease bone loss and the risk of hip fractures."

So, what more needs to be said? Blood and pus, hormones and antibiotics not to mention the high virus count found within cow's milk and that fact that cow's milk is for calf's and cat milk is for kittens, and dog's milk is for puppies and human milk is for humans for the first 12 months or so of life and that's it. Next time you go for the cheese or crave ice cream or give your children a glass of milk remember, Milk...it is only good for the dairy industry.

Yours in Health,  
Ian Kennedy  
August 2007