



## PROCESSED DAIRY REALITIES



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## BIBLICAL PASSAGES ON DAIRY

**See also:** [Breast Cancer](#)  
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**Books:** [\*The China Study\* by T. Colin Campbell](#)  
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[\*The No-Dairy Breast Cancer Prevention Program\* by Dr. Jane A. Plant](#)  
[\*The Food Revolution\* by John Robbins](#)  
[\*The Whole Soy Story\* by Kaayla T. Daniels \(SOY WARNINGS\)](#)  
[\*The Milk Imperative\* by Russell Eaton \[www.milkimperative.com\]\(http://www.milkimperative.com\)](#)  
[\*Mad Cowboy\* by Howard Lyman](#)

**Articles:** [see below](#)

**Websites:** <http://www.notmilk.com>  
<http://nomilk.com>  
**Cancer Cocktail:** [www.spice-of-life.com/columns/bcancer.html](http://www.spice-of-life.com/columns/bcancer.html)  
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[http://en.wikipedia.org/wiki/Johne's\\_disease](http://en.wikipedia.org/wiki/Johne's_disease)  
[www.milkfactor.org](http://www.milkfactor.org)  
[www.webseed.com/dairy\\_products.html](http://www.webseed.com/dairy_products.html)

**Audio/Video:** [Why Veganism Video \[www.treeoflife.nu/whyveganism.html\]\(http://www.treeoflife.nu/whyveganism.html\)](#)

**Dr. Neal Bernard** <http://www.vegsource.com/video/barnard.win.htm>  
**Dr. T. Colin Campbell** <http://www.vegsource.com/video/colin.wmv.htm>  
**Earthlings** <http://www.earthlings-movie.com/>  
**Peaceable Kingdom** <http://www.tribeofheart.org/pk.htm>  
**Diet for a New America** <http://www.foodrevolution.org>

**Publications:**

**Organizations:** The Anti-Dairy Coalition, Executive Director Robert Cohen

**People:** Robert Cohen  
Gabriel Cousens, M.D.  
Neal Barnard, M.D.  
Caldwell B. Esselstyn, M.D.

**Integral Nutrition:** Drink: Nut Mylks: Almond; Sesame; Hemp; Pumpkin Seed; Brazil Nut  
Dairy Milk is a major contributor to: Heart Disease; Cancers; Overweight;  
Hypertension; High Cholesterol; Osteoporosis; Mucus; Allergies;

**Conventional:** "Milk Builds Strong Bones"  
"Milk Does A Body Good"  
"Got Milk?"  
"Milk for Calcium"  
Fortified – Homogenized – Irradiated – Pasteurized – Antibiotized  
Hormone Laden – Pus Filled Milk

**Terms:** Casomorphins  
Casein  
Xanthine Oxidase  
Insulin-like Growth Factor 1 (IGF-1)  
recombinant Bovine Growth Hormone (rBGH)

## DAIRY

**"I would call milk perhaps the most unhealthful vehicle for calcium that one could possibly imagine, which is the only thing people really drink it for, but whenever you challenge existing dogma...people are resistant."**

**Neal Barnard, M.D., President, Physician's Committee for Responsible Medicine**

**"Cow's milk in the past has always been oversold as the perfect food, but we are now seeing that it isn't the perfect food at all and the government really shouldn't be behind any efforts to promote it as such."**

**Benjamin Spock, M.D.**

**"Cow's milk is not suited for human consumption. Milk causes constipation, biliousness, coated tongue, headache, and these are the symptoms of intestinal auto-intoxication... nut and seed milks are excellent substitutes, and have practically the same analyses, and the danger of disease is removed."**

**Jethro Kloss, "Back to Eden," 1939**

**People in the US and Scandinavian countries consume more dairy products than anywhere else in the world, yet they have the highest rates of osteoporosis (Clin Ortho Related Res, 152; 35, 1980). This fact emphasises the threat of excessive protein in the diet and suggest that dairy products offer no protection against osteoporosis, probably due to the high protein content of milk (Am J Clin Nutr, 41; 254, 1985).**

**All cows' milk in New Zealand contains the A1 beta-casein protein and this has been shown recently to increase rates of heart disease and childhood diabetes. Diabetes, heart risk linked to NZ milk, 24.01.2003, NZ Herald. Original article see Jan issue New Zealand Medical Journal.**



## **COW'S MILK AND DAIRY**

By Dave Rietz, WEBmaster [www.notmilk.com](http://www.notmilk.com)

Yes... mother natures "perfect food" ... for a calf! [Until it's weaned]

Everything you know about cow's milk and dairy is probably part of a Dairy industry MYTH! Cow's milk is an unhealthy fluid from diseased animals that has a wide range of dangerous and disease-causing substances that have a cumulative negative effect on all who consume it.

### **Basic Contents:**

\*ALL\* cow's milk has 59 active hormones, scores of allergens, fat and cholesterol. Most cow's milk has measurable quantities of herbicides, pesticides, dioxin's (up to 2,200 times the safe levels), up to 52 powerful antibiotics, blood, pus, feces, bacteria and viruses. (Cow's milk can have traces of anything the cow ate... including such things as radioactive fallout from nuke testing ... (the 50's strontium-90 problem).

### **The leading causes of death are:**

<http://webapp.cdc.gov/sasweb/ncipc/leadcaus.html> (1998)

Rank Total Description

- 1 724,859 Heart Disease (think fats/cholesterol: meat,dairy)
- 2 541,532 Malignant Neoplasms (cancer: think toxins/milk/dairy)
- 2a 250,000 Medical system (drugs/etc. Think ignorance/incompetence)
- 3 158,448 Cerebro-vascular (think meat milk and dairy)
- 4 112,584 Bronchitis Emphysema Asthma (think toxins/milk/dairy)

- 5 97,835 Unintentional Inj & Adv. Effects
  - 6 91,871 Pneumonia & Influenza (think weak immune systems and mucus)
  - 7 64,751 Diabetes (think milk/dairy)
  - 7a 40,000+ highway slaughter (men, women and children)
  - 8 30,575 Suicide (think behavioral problems)
  - 9 26,182 Nephritis (Bright's disease: inflammation of the liver)
  - 10 25,192 Liver Disease (think alcohol and other toxins)
- (2a and 7a were added for completeness)

#### \*\*\*\* **Cancer "Fuel Cell":**

Of those 59 hormones one is a powerful GROWTH hormone called Insulin- like Growth Factor ONE (IGF-1). By a freak of nature it is identical between cows and humans. Consider this hormone to be a "fuel cell" for any cancer... (the medical world says IGF-1 is a key factor in the rapid growth and proliferation of breast, prostate and colon cancers, and we suspect that most likely it will be found to promote ALL cancers).

IGF-1 is a normal part of ALL milk... the newborn is SUPPOSED to grow quickly! What makes the 50% of obese American consumers think they need MORE growth? Consumers don't think anything about it because they do not have a clue to the problem... nor do most of our doctors.

(See <http://www.notmilk.com/igf1time.txt> for a time line)

#### \*\*\*\* **Quantity**

Each bite of hard cheese has TEN TIMES whatever was in that sip of milk... because it takes ten pounds of milk to make one pound of cheese.

Each bite of ice cream has 12 times ... and every swipe of butter 21 times whatever is contained in the fat molecules in a sip of milk.

#### \*\*\*\* **Monsanto and rbGH (Posilac)**

Monsanto Chemical Co., maker of fine poisons such as DDT, agent orange, Roundup and more... spent around half a billion dollars inventing a shot to inject into cows... to force a cow to produce MORE milk (for an already glutted taxpayer subsidized market).

Unfortunately, they created \*FIVE\* errors in their Frankenstein Posilac (rbGH) shot that direly affected all test animals... but that important report (Richard, Odaglia & Deslex, 1989) has been hidden from everyone under Clinton's Trade Secrets act. The Canadians read enough of this report (before it was stolen) to reject rbGH for their country. Monsanto's Posilac creates additional IGF-1 in milk: up to 80% more.

The Food and Drug Administration (FDA) insists that IGF-1 is destroyed in the stomach. If that were true, the FDA has proven that breast feeding cannot work. Common sense says their "finding" is ridiculous because this growth factor DOES make the baby calf grow (rapidly, as mother nature intended). Visit the Dairy Education Board at <http://www.notmilk.com/deb/100399.html> to review a DAIRY study that confirms what the FDA has lied about this for years.

#### \*\*\*\* IGF-1 increases

This study involved two groups. One group consuming 12 ounces of milk a day and the other consuming the USDA recommended allowance of 24 ounces (three cups). This report notes that the participants consuming 12 ounces more milk per day... HAD A 10% RISE IN IGF-1 IN THEIR BLOOD SERUM! Now, consider that PER DAY, from ALL sources, the typical milk/dairy consumer ingests approximately 39% of daily diet from dairy... and that 10% increase becomes the "tip of the iceberg". We have NO idea of the non-dairy versus full-dairy difference but considering cancer rates... it has to be significant.

#### \*\*\*\* Fat

Whole milk      49% of the calories are from fat.  
"2%" milk      35% of the calories are from fat.  
Cheddar cheese 74% of the calories are from fat.  
Butter          100% of the calories are from fat.

Most folks suspect that butter is all fat. Most folks have no concept of the just how much fat is in the rest of milk and dairy. Perhaps the 54% of Americans who are obese need to comprehend that milk, ice cream, cheeses, yogurts, and all the OTHER products that use milk derivatives (casein, whey, lactose, colostrum) are most likely a significant cause for their weight and health problem.

#### \*\*\*\* Calcium

Calcium? Where do the COWS get calcium for their big bones? **Yes... from plants!** The calcium they consume from plants has a large amount of magnesium... necessary for the body to absorb and USE the calcium.

The calcium in cow's milk is basically useless because it has insufficient magnesium content (those nations with the highest amount of milk/dairy consumption also have the highest rates of osteoporosis).

Proof? How about a controlled study of 78,000 nurses over a period of 12 years? OK? Read all about it at: <http://www.notmilk.com/deb/030799.html> ...

[Spring 1999](#) (Volume VIII, Number 2)

"Milk Does Not Protect  
Against Bone Breaks" Ad

Source: <http://www.pcrm.org/magazine/GM99Spring/GM99Spring3.html>

Americans did a double-take on PCRM's ad, which appeared on subway trains and station platforms, in newspapers, and on the Internet in March. Yes, it's true. The Harvard Nurses' Health Study, including 77,761 women, aged 34 to 59 and followed for 12 years, showed that those who got more calcium from milk actually had slightly, but significantly, *more* fractures, compared to those who drank little or no milk.<sup>1</sup>

A 1994 study of elderly men and women in Sydney, Australia, showed much the same thing—higher dairy product consumption was associated with *increased* fracture risk. Those with the highest dairy product consumption had approximately double the risk of

hip fracture, compared to those with the lowest consumption.<sup>2</sup>

This does not mean that calcium is not important. But it does mean that dairy products do not protect against bone fractures, according to the best evidence we have. Good nondairy sources of calcium include fortified orange or apple juice, green leafy vegetables, beans, and calcium supplements. And, no, you don't need to eat six cups of kale. There are plenty of calcium choices. Just as important, reducing sodium (salt) intake, avoiding animal protein, and quitting smoking helps your body keep calcium where it belongs instead of losing it through the kidneys into the urine.

1. Feskanich D, Willett WC, Stampfer MJ, Colditz GA. Milk, dietary calcium, and bone fractures in women: a 12-year prospective study. *Am J Publ Health* 1997;87:992-7.
2. Cumming RG, Klineberg RJ. Case-control study of risk factors for hip fractures in the elderly. *Am J Epidemiol* 1994;139:493-503.

Cows milk has three times the calcium as does human breast milk. No matter, neither are very usable because in order to be absorbed and used their **MUST** be an equal quantity of **MAGNESIUM** (as exists in the greens that cows eat to get all the calcium they need for their big bones).  
Milk has only enough magnesium to absorb around 11% (33mg per cup) of calcium.

Per the USDA 8 ounces (one cup) of cows milk contains:

Calcium, Ca	mg	291.336
Magnesium, Mg	mg	32.794

The USDA recommends 1200mg of calcium per day. The USDA recommended three cups of milk a day only have 900mg of calcium. Some argue that only 1/3 of the magnesium is necessary. Mother nature seems to suggest it should be one to one. If the ratio for proper absorption were 1/3 magnesium to one calcium then no more than 300mg of that 900mg of calcium is usable. If, in fact, it is a one to one ratio... only 98.38mg of calcium is usable.

#### \*\*\*\* **Protein**

Milk can be thought of as "liquid meat" because of its high protein content which, in concert with other proteins, may actually **LEACH** calcium from the body. Countries that consume high protein diets (meat, milk and dairy) have the highest rates of osteoporosis.

#### \*\*\*\* **The wholesome protein myth:**

MILK: 87% of milk is water. That makes it **VERY** expensive water.

Broken down into its basic groups... **WHOLE MILK** is:

WATER	FAT	CASEIN	OTHER	OTHER PROTEIN
87%	3.25%	4%	1%	4.75%

(note: that is 3.25% "milkfat" which includes the 87% water.)

87% of the protein in milk is casein. Casein is a powerful binder... a polymer used to make plastics... and a glue that is better used to make sturdy furniture or hold beer bottle labels in place. It is in thousands of processed foods as a binder... as "something" caseinate.

[See *The China Study* by T. Colin Campbell of Cornell University for much more on casein. [www.thechinastudy.com](http://www.thechinastudy.com)]

Casein is a powerful allergen... a histamine that creates lots of mucus. The only medicine in Olympic athlete Flo-Jo's body was Benedryl, a power antihistamine she took to combat her last meal... pizza. See

<http://www.notmilk.com/deb/092198.html>,  
<http://www.notmilk.com/deb/111598.html> and  
<http://www.notmilk.com/deb/112398.html> for the whole story.

#### \*\*\*\* **Bacteria**

Cow's milk is allowed to have feces in it. This is a major source for bacteria. Milk is typically pasteurized more than once before it gets to your table... each time for only 15 seconds at 162 degrees Fahrenheit.

To sanitize water one is told to boil it (212 degrees F) for several minutes. That is a tremendous disparity, isn't it!

Keep in mind that at room temperature the number of bacteria in milk DOUBLE around every 20 minutes. No wonder milk turns rotten very quickly.

#### \*\*\*\* **PUS**

ONE cubic centimeter (cc) of commercial cow's milk is allowed to have up to 750,000 somatic cells (common name is "PUS") and 20,000 live bacteria... before it is kept off the market.

That amounts to a whopping 20 million life squiggly bacteria and up to 750 MILLION pus cells per liter (bit more than a quart).

1 cup = 236.5882cc 177,441,150 pus cells ~ 4,731,600 bacteria  
24 oz (3 glasses) 532,323,450 pus cells ~ 14,220,000 bacteria  
(the "recommended" daily intake)

**The EU and the Canadians allow for a less "tasty" 400,000,000 pus cells per liter.**

Typically these levels are lower... but they COULD reach these levels and still get to YOUR table.

#### \*\*\*\* **Cholesterol**

The cholesterol content of those three glasses of milk is equal to what one would get from 53 slices of bacon. Do you know of any doctor who recommends that much bacon per day?

#### \*\*\*\* **Kosher**

Is cow's milk and dairy "Kosher"? Consider this:

"D-3 always is derived from an animal. The sunlight reaction that converts 7-dehydrocholesterol to vitamin D-3 is a 'pure' chemical reaction that occurs in your skin in certain cells."

"The provitamin known as 7-dehydrocholesterol is extracted and isolated from the skins of mammals and purified." (Marian Herbert of the Vitamin D Workshop U of C)

Vitamin D-3 can come from four different sources:

Pig skin, sheep skin, raw fish liver, and pig brains. Most of the time, Vitamin D-3 is extracted from pig skin and sold to dairy processors.

**Short answer to "is milk kosher" - probably not.**

**\*\*\*\* Other "stuff":**

Fat and cholesterol. Lots of it. Per the dairy influenced USDA "food pyramid" all milk, dairy and meats should represent no more than 8% of the diet. Statistically, by volume of sales in a nation of 281 million Americans, it works out to almost 40% of the diet for MILK AND DAIRY.. without the meat.

The milk of each of the over 4,700 mammals on earth is formulated specifically for that species. There are special lactoferrins and immunoglobulins (cow specific immunizing stuff) that in humans serve as allergens.

**\*\*\*\* Leukemia**

Sixty Percent of America's dairy cows have leukemia virus.

**\*\*\*\* Diabetes**

The protein lactalbumin, has been identified as a key factor in diabetes (and a major reason for NOT giving cows milk to infants).

**\*\*\*\* Crohn's Disease**

Mycobacterium paratuberculosis causes a bovine disease called "Johne's."

Cows diagnosed with Johne's Disease have diarrhea, and heavy fecal shedding of bacteria. This bacteria becomes cultured in milk, and is not destroyed by pasteurization. Occasionally, the milk-borne bacteria will begin to grow in the human host, and irritable bowel syndrome and Crohn's results.

**\*\*\*\* Mad Cow Disease**

There may also be prions (pronounced PREons) in the milk and meat. This is crystalline substance that acts like a virus... with an incubation period of from 5 to 30 years. The end result is MAD COW DISEASE!

**\*\*\*\* Homogenization**

Large fat molecules cannot get through the intestinal wall into the bloodstream. The cream no longer rises... because homogenization breaks up those large molecules into small ones that DO get into the bloodstream! This becomes an expressway for any fat-borne toxins (lead, dioxin's, etc.) into your (otherwise) most protected organs.

**\*\*\*\* Cumulative effects:**

How does this impact humans who consume cow's milk and dairy? Obesity (over 50% of Americans and rising), heart disease, cancer, allergies, digestive problems, diabetes, asthma, desensitization to antibiotics, behavioral problems, and the constant ingestion of dioxin's, herbicides, pesticides (and anything else the cow eats that is not good for any critter), that winds up getting stored in HUMAN fat... is not healthy by any measure.

Those who resist believing the truth should understand that MOST of the world's population CANNOT tolerate the lactose in cow's milk. Up to 95% of the black population, around 53% of the Hispanics, etc.) So much for cow's milk being "nature's perfect food" for humans! Mother nature knows better.

Common sense question: Where was this massive "milk is a must" before refrigeration, pasteurization and mass transportation? Back when cows gave only 1-4 pounds a day it was quickly made into BUTTER and cheese! Now that those same cows have been tweaked and shot-up with Posilac to produce up to 55 or more pounds of milk per day... almost all year long... it is suddenly (after many thousands of years) a daily "staple". NOT!

**\*\*\*\* SOME ANSWERED QUESTIONS:**

Q: What is WHEY?

A: Whey results when the FAT and CASEIN are removed from milk. In making cheese, the curds become the cheese. Whey's main components are bovine serum albumin and lactalbumin.

There are other hormones contained in whey.

Q: What happens to the:

59 hormones

Scores of allergens

herbicides, pesticides, dioxin's

up to 52 antibiotics

when made into cheese?

A. Everything gets concentrated.

when made into butter?

A. The allergens get lost: but the dioxin's and pesticides and antibiotics remain in the fat.

in the digestive system?

Steroid hormones survive, as do dioxin's and antibiotics.

In homogenized milk, protein hormones survive... depending upon the gastric pH, some protein hormones in cheese survive, but not all... eleven steroid hormones survive.

and... what happens next?

A: Eventually, everything is broken down, but not before the chemical messengers (hormones) "deliver their message."

Each of those hormones and proteins acts differently and has different rates of degradation. BOTTOM LINE... they all survive to a certain degree... and the effects are cumulative.

Answers courtesy of the NOTMILKMAN. ([notmilkman@notmilk.com](mailto:notmilkman@notmilk.com))

MILK: What a surprise! (read what a NOTMILK guest book respondent said:

<http://www.notmilk.com/gbooktalk.txt>

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### **For more of the WHOLE truth... visit:**

For all past newsletters visit with a wealth of information:

<http://www.notmilk.com/deb/column.html>

and for the Daily Squirts of NOTMILK wisdom...

<http://www.notmilk.com/deb/squirts.html>

**Diabetics please read** <http://www.notmilk.com/deb/011099.html>

Read up on "mad cow disease"? Visit

<http://www.milkgate.com> for what may well be mankind's NEXT plague.

<http://www.notmilk.com/milkinfo.txt> my 2400 word overview (this file)

<http://www.notmilk.com/wholemilk.txt> USDA facts, and what they omitted

<http://www.notmilk.com/52reasons.txt> A reason for every week of the year

<http://www.notmilk.com/a-z.txt> Extensive reasons by ailment/topic

**\*\*\*\*\* PLEASE... PASS THIS INFO AROUND TO EVERYONE YOU KNOW! \*\*\*\*\***

Leading causes of death: <http://www.dorway.com/topten.txt>

Other bad news substances:

<http://www.dorway.com> aspartame (Equal/Nutrasweet) This fake sweetener is not an effective diet aid and it was NEVER proven to be safe. Think 92 FDA complied symptoms (including death see <http://www.dorway.com/badnews.html>).

<http://www.truthinlabeling.org> MSG this flavor enhancer kissing-cousin mind-blower to aspartame has 30 different names. Aspartame was used in the testing placebos BEFORE it was legal (see <http://www.dorway.com/samasp.txt>).

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Dave Rietz, dorietz@awod.com NOTMILK Group moderator/NOTMILK.com WEBmaster 4-3-2001

This file: <http://www.notmilk.com/milkinfo.txt>

Other files of possible interest are:

<http://www.notmilk.com/wholemilk.txt>

<http://www.notmilk.com/52reasons.txt>

<http://www.notmilk.com/a-z.txt>

## **Why is American Milk Banned in Europe?**

- American dairy milk is genetically-modified unless it's labeled "NO rBGH"
- Genetically-engineered bovine growth hormone (rBGH) in milk increases cancer risks.

**American dairy farmers** inject rBGH to dairy cows to increase milk production.

**European nations and Canada** have banned rBGH to protect citizens from IGF-1 hazards.

Monsanto Co., the manufacturer of rBGH, has influenced U. S. product safety laws permitting the sale of unlabeled rBGH milk. (Monsanto would lose billions of dollars if rBGH were banned in America.)

**Q. Is there any milk not contaminated with rBGH and IGF-1?**

A. Yes. Milk that is clearly labeled "**NO rBGH**" is free of rBGH and does not contain excess levels of IGF-1.

**Q. What about cheeses?**

A. American-made cheeses are contaminated with rBGH and excess levels of IGF-1 unless they're labeled "NO rBGH". **Imported European cheeses are safe** since Europe has banned rBGH.

Follow the links below for details:

[Dangers of IGF-1 in Milk include Breast, Colon and Prostate Cancers](#)

[Cancer Risks from IGF-1. Monsanto's Hormonal Milk...](#)

[Breast Cancer Risks from rBGH \(Press Conference\)](#)

[Colon and Breast Cancer Risks from rBGH \(Press Conference\)](#)

[Prostate Cancer Risks from IGF-1 press release](#)

[FDA allows rBGH to endanger Milk](#)

[United Nations ban on rBGH, Monsanto's Genetically Modified Milk...](#)

[Scientific Article on rBGH \(1990\) "Potential Public Health Hazards of Biosynthetic Milk Hormones"](#)

[Scientific Article on IGF-1 \(1996\) "Unlabeled Milk from Cows Treated with Biosynthetic Growth Hormones"](#)

**IGF-1 and Milk: Q&A**

**Q. What is IGF-1?**

A. Insulin-like Growth Factor 1 (IGF-1) is a normal growth factor. Excess levels have been increasingly linked by modern research to human cancer development and growth.

**Q. How does IGF-1 get into milk?**

A. In 1994, the Food and Drug Administration (FDA) approved the use of the recombinant Bovine Growth Hormone (rBGH). According to rBGH manufacturers, injections of rBGH causes cows to produce up to 20 percent more milk. The growth hormone also stimulates the liver to increase IGF-1 levels in the milk of those cows. Recently, Eli Lilly & Co., a manufacturer of rBGH, reported a ten-fold increase in IGF-1 levels in milk of cows receiving the hormone. IGF-1 is the same in humans and cows, and is not destroyed by pasteurization. In fact, the pasteurization process actually increases IGF-1 levels in milk.

### **Q. How does rBGH milk containing IGF-1, affect, humans?**

**A.** After the rBGH milk is consumed, IGF-1 is not destroyed by human digestion. Instead, IGF-1 is readily absorbed across the intestinal wall. Additional research has shown that it can be absorbed into the bloodstream where it can effect other hormones.

### **Q. Is IGF-1 likely to increase the risk of specific kinds of cancer?**

**A.** It is highly likely that IGF-1 promotes transformation of normal breast cells to breast cancers. In addition, IGF-1 maintains the malignancy of human breast cancer cells, including their invasiveness and ability to spread to distant organs. (Increased levels of IGF-1 have similarly been associated with colon and prostate cancers.) The prenatal and infant breast is particularly susceptible to hormonal influences. Such imprinting by IGF-1 may increase future breast cancer risks, and may also increase the sensitivity of the breast to subsequent unrelated risks such as mammography and the carcinogenic and estrogen-like effects of pesticide residues in food, particularly in pre-menopausal women.

### **Q. Are cows adversely affected by elevated IGF-1 levels?**

**A.** Cows injected with rBGH show heavy localization of IGF-1 in breast (udder) epithelial cells. This does not occur in untreated cows. Cows are also affected in other ways by rBGH, through increased rates of mastitis, an udder infection. Industry data show up to an 80 percent incidence of mastitis in hormone-treated cattle, resulting in the contamination of milk with significant levels of pus. Mastitis requires the use of antibiotics to treat, which leaves residues to pass on through the milk for human consumption.

### **Q. What does the FDA say about IGF-1?**

**A.** The FDA has trivialized evidence for increased levels in rBGH milk and insist that any such increases in IGF-1 are not dangerous, and do not pose a health risk. However, a 1990 study by Monsanto, the leading maker of rBGH, explicitly revealed statistically significant evidence of growth promoting effects. Feeding relatively low doses of IGF-1 to mature rats for only two weeks resulted in statistically significant and biologically highly significant systemic effects: increased body weight; increased liver weight; increased bone length; and decreased epiphyseal width. The FDA has failed to investigate the effects of long-term feeding of IGF-1 and treated milk on growth. Furthermore, the FDA has been hostile to the labeling of rBGH milk. The agency has prohibited dairy producers and retailers from labeling their milk as "hormone-free," The FDA states that such labeling could be "false or misleading" under federal law. Monsanto is suing several milk producers for using the label.

### **Q. What have other scientists said about IGF-1?**

**A.** Concerns about increased levels of IGF-1 in milk from cows treated with rBGH are not new. In 1990, the National Institutes of Health Consensus panel on rBGH expressed concerns about adverse health effects of IGF-1 in rBGH milk, calling for further study on health impacts, particularly infants. In 1991, the Council on Scientific Affairs of the American Medical Association stated:" Further studies will be required to determine whether the ingestion of higher than normal concentrations of bovine insulin-like growth factor is safe for children, adolescents and adults." Unfortunately, these studies were never done,

### **HERE ARE THREE THINGS THAT YOU CAN DO:**

**1. Do not buy milk from cows treated with rBGH.** Unless the milk-label states "NO rBGH", you can assume the milk is contaminated. rBGH has become so widely used by dairy farmers. Most health food stores sell rBGH-free milk.

**2. Contact your local supermarket** and find out if they have a policy regarding rBGH and milk. Make clear that you would like rBGH-free milk.

**3. Write to the FDA and express your concern** that they are restricting the labeling of rBGH-free milk.

### References:

Epstein, S. S. Potential public health hazards of biosynthetic milk hormones. *International Journal of Health Services*, 20:73-84, 1990.

Epstein, S. S. Unlabeled milk from cows treated with biosynthetic growth hormones: A case of regulatory abdication. *International Journal of Health Services*, 26(1):173-185, 1996.

### CONTACT:

Samuel S. Epstein, M.D., Chairman  
Cancer Prevention Coalition  
2121 West Taylor Street, M/C 922  
Chicago, IL 60612  
(312) 996-2297

## PERSPECTIVES ON DAIRY

eWellness newsletter and video with

**Gabriel Cousens M.D.,M.D.(H), Diplomate ABHM, Diplomat in Ayurveda**

VIDEO: <http://www.treeoflife.nu/whyveganism.html>

There was a time when dairy was considered “rasa” or the subtle energy of richness, sweetness, and delight. In India, for example the general population would regularly have a little amount of dairy. This small amount was a way of supplying B12. The cows were treated with a great deal of love and respect. The milk was given freely and they were milked by human hands. Even so, Swami Muktananda, a world-acknowledged master in Kundalini and Shaktipat transmission, taught that all dairy clogs the nadis (subtle energy channels).

In this context, it is important to understand that “you cannot eat your way to god.” A healthy vegan live food diet is best for turning your body into a superconductor for the divine; however this does not necessarily mean that if you eat dairy products you will not become liberated.

The focus of this article is to clear some of the confusion about the purity, harmlessness, and safety of consuming dairy products. This includes organic and raw un-pasteurized dairy. Dairy products include milk, cheese, cream, butter, yogurt, and whey from lactating animals. Stopping dairy intake is not just about just about our personal health, but is also associated with the prevention of cruelty to cows and the protection of the ecology & energy of the planet. In this context, going vegan is a call to put our

own self-serving or narcissistic needs aside and move toward elevating planetary healing. We can do this by choosing a diet that serves both the healing of the planet and ourselves.

The “rasa” time is gone, which you can see if you take a new look at the way the dairy industry has changed this historically acceptable practice. It is interesting today that many yogis from India refuse to drink milk in the U.S. One of my mentors, the famous nutritionist, Paavo Airola PhD would never eat or drink dairy in the U.S. because of the intolerable cruelty to dairy cows as well as the other problems associated with commercial or even raw dairy!

For spiritual and environmental reasons, dairy has become “ama.” For eye-opening and heart-stopping details and visual treatment of cows, watch the film “Earthlings.” You will quickly understand how cruelly cows are treated before being killed for meat and “Indian leather.” The relationship India once had with the “Sacred Cow” has sadly changed the animal’s milk from “rasa” to “ama” or pure toxins.

Today, although you can get “organic raw milk,” it is very difficult to get non-commercial, real grass-fed, free-range organic milk. Even with the best grass fed milk there are no guarantees of purity and, of course, the cows are still milked artificially. Whether raw or pasteurized, there are opioids (casomorphins) in it that make it easier for humans to be addicted to milk. According to Dr. Neal Barnard, M.D. in his book *Breaking the Food Seduction*, the strongest morphinogenic compound in dairy is as powerful as 1/10th the power of pure morphine.

## **Cruelty and Suffering**

Ongoing cruelty in the dairy industry is widespread! If you are a lacto-vegetarian because you think that these animals are not killed for food and do not experience suffering to produce dairy. Think again! Not only does the dairy cow end up on the plates of your carnivorous friends, she also experiences tremendous amount of cruelty in the whole “production” cycle, making death a final horrific release from suffering. And the male cows are used for clothes, fertilizer, animal feed, and pet food, among other things. This is, of course, after their sperm has been used to produce more females.

To keep the dairy animal’s milk flowing, she is artificially inseminated two to three months after giving birth. The result is a crushing double burden of pregnancy and lactation for seven months out of every 12. In truth, the dairy cow is the hardest worked of all farmed animals, nurturing a growing calf inside her while simultaneously producing 30-50 liters of milk a day. No other farmed animal carries this dual load of pregnancy and lactation. Professor John Webster has likened the workload of the high-yielding dairy cow to that of: “...a jogger who goes running for six to eight hours every day.” He believes that “the only humans who work harder than the dairy cow are cyclists in the Tour de France.”

Today dairy cows are usually chained up in very confined limited spaces and are milked by machines. Reproduction happens through the process of artificial insemination. The cycle of cruelty begins at the time of the birth of the baby calf, for which the mother’s body is ready to nurse. These bonded animals both suffer greatly when the female baby calves are taken away after only three days. The mothers are then left to be suckled by automated machines. The male calves are taken away in the first few hours and enter the cruel death cycle of the veal industry.

Before being slaughtered, the male calves are kept caged and immobilized without sunlight or nutrition for 6-weeks. It is commonly known that the mother cow knows that her calf is going to be taken away from her and harmed or killed, and the distress, which can last for days, causes toxins to be secreted into her milk.

In previous historical times, the practice in India recognized that the milk belonged first to the calf. The mother cow fed her calf first and only after the calf had taken its fill was the leftover milk taken for human consumption. In this way, the abundance of milk was shared with the family who owned her.

### **Overproduction and Genetic Alteration**

Cows today are genetically designed to produce up to 25 times more milk. Fifty years ago, the average cow created 2,000 lbs of milk per year. Now the top dairy producers give 50,000 lbs per year.

### **Factory Production Techniques**

To produce such astounding production quotas the cow has become part of an elaborate industrial process. Milking machines have been used since the 1870's. Today the cow is attached to these machines for hours on end. This overproduction is achieved by the use of Bovine Growth Hormone (BGH), other hormones, antibiotics, drugs, and force-feeding. The BGH creates a 50-70% increase in mastitis. The mastitis is treated with even more antibiotics. The cows are also fed with sheep and fish parts, made into a meal. *It is unbelievable what goes on in the life of the cow!*

### **Shortened Lifespan**

Before the industrial age we could say that cows lived a more natural lifestyle. Today their artificial lifestyle creates an array of diseases in both the animals and those that eat or use their products as we shall see later in this article. Now due to unnatural overproduction, what is actually happening to the cows being used for milk production? The normal average lifespan of a cow is about 18-35 years. This increased milking combined with being pregnant and lactating, milks away her life force. The average milk producing cow lives an average of 3 years, a factor of a 6-10 times shorter life. In human terms, we can say that, rather than living to a ripe old age of 80, one's life would end before reaching puberty. Cruelty and exploitation take a toll!

### **Wasted Resources & Ecological Damage**

In this dairy system we also create a massive hoarding of resources. There is a tremendous loss in energy, materials, labor and caloric value. Better use of these resources could help solve the food crisis on the planet and prevent the death by starvation of 29,500 children per day (according to UN statistics) and approximately 40 million people who starve to death each year. There is a tremendous amount of energy and grain that is required to feed the cows. The food required to feed 100 cows could potentially feed 2,000 people. The cows in the world consume two times the calories as the world human population. In US the cows consume five times the amount of grain as humans.

Cattle farming, which includes our dairy cows, causes the loss of 85% of the topsoil each year. Not only this, the water used in the dairy industry (and its by-products) is EXTREMELY high. A vegan lifestyle can potentially save 1,500,000 gallons of water and 1 acre of trees each year! If we all became vegan there would be enough energy and food to feed the world human population seven times over.

### **Chernobyl Reaches Boston**

Chernobyl made it very clear that we are one interconnected global village. Cows are higher up on the food chain, and concentrate the toxins. For example there was a 900% increase in perinatal mortality in the six weeks to three months after Chernobyl *in the Boston area*. What they found was that the cows were consuming the radioactive iodine that came from Chernobyl that landed in the water and on the grass. The mothers consuming the cow milk filled with radioactive iodine. This radioactive

iodine was poisoning their babies. Now we are facing the chem-trail and depleted uranium atmosphere contamination which the cows are also concentrating, especially range fed cows.

## **DISEASE PRODUCTION**

### ***CJD - Creutzfeldt-Jacobs disease***

The result of all this cruelty and industrialization of live stock, especially of cows is that cows have become carriers of a significant disease. The 2004 edition of *Friends of the Earth* cites several autopsy studies in the United States that suggest between 3% and 13% of the people diagnosed with Alzheimer's actually had "mad cow disease" or Creutzfeldt-Jacobs disease. The research in *Friends of the Earth* suggests that Creutzfeldt-Jacobs can be transmitted by a person consuming less than one gram of the diseased tissue from any part of the cow. It also suggests that there may be at least 120,000 cases of Creutzfeldt-Jacobs disease that are unreported in the United States.

### ***Pus Cells and Mucus***

According to [www.notmilk.com](http://www.notmilk.com) the average liter of milk in Florida has 633 million pus cells, which is the highest in the nation. Montana is the lowest, with 236 million pus cells per liter. This is not a healthy thing, whether it is 236 or 633 million. Besides pus cells and blood, which are now normal in milk produced during machine suckling, the milk is also high in pesticides, herbicides, antibiotics, hormones, radioactive iodine, and disease factors such as mad cow prion and bovine leukemia virus. In addition research cited by Robert Cohen of [www.notmilk.com](http://www.notmilk.com) has made the point that there is up to a gallon of extra mucus in the body that is created as a result of drinking dairy. The mucus problem is associated with the fact that eighty percent of milk protein is casein, the main ingredient of Elmer's glue.

### ***Deadly Diseases***

In addition, milk is a carrier for very significant disease vectors.

***Mycobacteria Para-TB:*** One of these disease vectors is the mycobacteria Para-TB, which causes not so much TB (although TB may be in raw milk), but causes a chronic diarrhea and colitis. We know that in babies, this is often seen as irritation that causes a significant blood loss and anemia. In the cow, it is called myco-bacterial para-tubercula. It causes what we call "Johnne's" disease, which is chronic diarrhea and colitis. It seems to be something that is transmitted to humans as well, particularly unpasteurized milk.

Studies performed in the United States, the UK, and the Czech Republic have found that live, viable *M. paratuberculosis* organisms are even present in retail pasteurized milk sold in stores. These studies prove that either (a) the organism is capable of surviving conventional pasteurization (the more likely explanation) or (b) there is a significant source of post-pasteurization contamination in the milk supply.

While it has not been definitively proven that *M. paratuberculosis* causes disease in humans, there are a number of researchers who believe that the organism is a primary cause of Crohn's disease. They cite clinical similarities between Johnne's disease in ruminants and Crohn's disease in humans, as well as studies showing that a significant number of Crohn's patients also have the organism in their gut. However, there is no consensus yet of the effects of a *M. paratuberculosis* infection. What is clear is that

all known mycobacteria can cause disease, that *M. paratuberculosis* causes disease in ruminants, and that the bacteria are present in retail milk. ***Salmonella, e. coli, yersinia enterocolitica, and Staphococcus*** are some of the main disease vectors. In 1984 JAMA reported a multi-state series of infections of *Yersinia enterocolitica* (bubonic plague). In a study at UCLA, over 1/3 of all cases of salmonella infection in California in 1980 to 1983 were traced to raw milk.

***Diabetes Epidemic*** Children who drink cow's milk have an 11 times higher rate of juvenile diabetes than children who are breastfed by their own mothers. Although we are not aware of it, milk consumption is directly associated with Juvenile diabetes. The key to this is that there are over 100 antigens found in milk. The reason for the increase in juvenile diabetes is that the children have much higher formation of antibodies to the cows' milk antigens. Researchers found up to 8 times the number antibodies against milk protein in dairy product consuming children who also developed juvenile diabetes. (Vaarala, O *et al. Diabetes*, 48:1389-1394, 1999) In Finland, which as the world's highest milk consumption, they also have the world's highest rate of insulin-dependent diabetes. The problem is that the antibodies to the milk antigens cross react with the  $\beta$  cells (the cells that produce insulin) and of the pancreas create inflammation and scarring. This consequentially blocks or destroys B cell production of insulin.

**Bovine immune deficiency disease.** There is also bovine immune deficiency disease which is another virus. In Russia they found that it is transferred to humans. *The Canadian Journal of Veterinary Research*, and Russian literature, found the detection in human sera of the antibody to the bovine immunodeficiency virus protein. This virus may be similar to the human immune deficiency virus.

## **Cancer**

***Bovine leukemia virus*** Bovine leukemia virus is found in about 80% of the dairy herds in the U.S., or 3 out of 5 dairy cows. It is mostly destroyed by pasteurization. In *raw milk* it is not killed. **In raw milk, the bovine leukemia virus is recovered from 2/3 of the samples.** The bovine leukemia virus is associated with an increased rate of leukemia or lymphomas. To support these statements, we would expect that the states highest in dairy use—such as Iowa, Nebraska, South Dakota, Minnesota, Wisconsin, as well as countries like Sweden and Russia—would have a statistically higher incidence of leukemia than the national average. Indeed that is the case. Dairy farmers also have a significantly elevated leukemia rate.

***Bovine Leukemic Virus in raw milk*** Raw is a particular problem, because the leukemia virus is rendered inactive by the pasteurization, but remains active in raw milk. All studies show that cows with leukemia offer a significantly higher rate of leukemia in the animals and humans who drink this bovine contaminated raw milk.

***Lymphoma*** What we see in Norway where they studied 422 individuals who were followed for 11.5 years; those drinking two or more glasses of milk per day had 3.5 times the incidence of cancer in the lymphatic organs compared to the normal population. *Ref: British Med. Journal 61:456-9, March 1990.* There seemed to be a high correlation found by some researchers between increased death from lymphomas and beef and dairy ingestion in the 15 major countries. The reason for this is that the dairy intake creates a chronic immunological stress that tends to cause lymphomas both in laboratory animals and also possibly in humans. We know that ingestion of cows' milk can produce generalized lymphopathy, swollen liver, swollen spleen, and significant adenoid hypertrophy. In England they also found a strong positive interaction with lymphoma. The British Journal cites research in which they

studied 16,000 individuals for 11.5 years. They reported that drinking two glasses of milk per day, or the equivalent created a 3.4 times greater incidence of lymphoma. *British Journal of Cancer* 61 (3):456-9, March 1990

**Ovarian Cancer** Drinking more than one glass of milk a day, or its equivalent, gave women a 3.1 times higher risk of ovarian cancer than non-milk drinkers. Harvard Medical School did a study and analyzed data from 27 different countries, and they found the exact same thing: an increased amount of ovarian cancer is associated with dairy.

**Lung Cancer** Persons drinking 3 or more glasses of milk a day had a twofold increase in lung cancer. (*International Journal of Cancer*, April 15, 1989)

**Prostate Cancer:** Men who were drinking 3 or more glasses a day of whole milk, had a 2.49 times increase in prostate cancer. (*Cancer* 64 (3): 605-12, 1989)

## **Physiology for Dairy Digestion**

The other argument as to why it is not good for humans to have dairy, is that it is not our natural cycle. We do have the physiology as a baby to deal with dairy while we are breastfeeding. Our bodies then change and we really don't need mother's milk past the age of 3 to 5, or when we stop breastfeeding. Many stop producing lactase enzyme and thus become sensitive to milk. This is known as lactose intolerance. Lactose intolerance affects 50 million people and is associated with the gastrointestinal tract. The milk industry itself admits that lactose intolerance plays intestinal havoc with as many as 50,000,000 Americans. Up to 90% of blacks and 20%-40% of Caucasians are lactose intolerant, with variation in between, according to different race genetics.

The result of eating dairy when we no longer need it is that we tend to develop a multitude of gastrointestinal problems, allergies, congestion, and sinusitis. Some of the biggest problems are gastrointestinal and anemia because the reaction of the milk in our GI tract causes bleeding. Also, if you are drinking a lot of milk (three or more glasses a day) it is going to increase the rate of osteoporosis, according to the research, because of the high protein.

## ***Cows milk is not a mother's milk replacement!***

Another aspect of not being aligned with the natural cycle is that human mother's milk is designed for the nervous system of infants, and cow's milk is more designed to grow a calf. Cow's milk is 4 times higher in protein than human milk. It is designed for the massive skeletal and muscle growth which a 400 pound cow needs. Human milk has 6-10 times the essential fatty acids, especially the linoleic acid and DHA, which is needed for human brain development and overall nervous system development. One research showed breastfed children had 10 points higher IQ than children not given mother's milk.

## **Summary**

### ***Perspectives on Dairy***

The message from the research indicates that dairy may be a less than an appropriate food for this time. It does not mean if you drink milk that you won't wake up spiritually. It does clog the nadis (subtle spiritual nervous system) and brings in the energy of death, misery and suffering into our spiritual bodies. At this time in history the choice to be vegan and not using dairy returns us to the original **Garden of Eden Diet\*** which is part of creating the pre-conditions for a massive upgrade of human consciousness.

- **In Humane Cruelty, Suffering and Death**
- **Waste of Resources & Ecological Damage**
- **Transmission serious disease**
- **Associated with Juvenile Diabetes**
- **Lactose Intolerance and Digestive Disorders**
- **A myriad of Toxins & Contaminants**
- **Misaligned with the healthy physiology of human nutrition or natural diet and life cycle of humans.**

It is a choice for the benefit of your health and spiritual life; for the prevention of cruelty to animals; for the benefit of holding a way of life that creates the healing of the planet; and for the benefit of being in the natural cycle, Gabriel and the Tree of Life does not use milk or its dairy products nor are they recommended to anyone.

**By holding this vegan position, which is a form of giving joy by being conscious and socially responsible for what we consume, the Tree of Life gives a spiritual & health message of the importance of addressing the milk question.**

\* Garden of Eden Diet Genesis 1:29-30 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

*For everyone who lives on milk is unskilled in the word of righteousness, since he is a child. But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil. Hebrews 5:13-14*

**Gabriel Cousens**, M.D., M.D. (H), Diplomate American Board of Holistic Medicine, Diplomat in Ayurveda is the founder and director of the Tree of Life Foundation and Tree of Life Rejuvenation Center in Patagonia, Arizona. [Read more about Gabriel](#)

## **APPENDICES**

### **Appendix 1: Toxic Residues found in Whole Milk**

The following toxins were found in Whole Milk by the US Food & Drug Administration Benzene, chloroform, DDE, dieldrin, endosulfan sulfate, heptachlor epoxide, methoxychlor, permethrin, permethrin trans, styrene, tetrachloroethylene, toluene  
Food and Drug Administration Total Diet Study, 2003  
(<http://www.cfsan.fda.gov/~acrobat/TDS1byfd.pdf>)

### **Appendix 2: Healthy Raw Vegan Dairy Alternatives**

*Nut & Seed Milk, Ice Cream & Probiotic Yoghurt Recipes*

## Simple Brazil Nut Mylk

phase 1, serves 3

1 C brazil nuts, unsoaked

3-4 C water

Blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry. Pour mylk back into blender and add ¼ t salt and blend until creamy.

Optional: stevia to taste. For extra creaminess: add 1 T hemp seed oil or increase ratio of nuts to water.

## Creamy Black Fig Mylk

phase 2, serves 5

2 C almonds, soaked overnight, rinsed and drained

1 C black sesame seed, soaked overnight ( or use black tahini)

7 C water

Blend until smooth. Pour mixture into a nut mylk bag and squeeze until pulp is dry.

8 - 12 calimyrna figs – soaked (or fresh Mission Figs)

3 T mesquite

¼-½ t salt

Pour mylk back into blender, add all other ingredients and blend until creamy.

## Hemp Ice Cream

phase 1.5-2, serves 2

2 C hemp nut mylk

1 vanilla bean (grind in spice grinder)

¼ C fresh berries

3 T dark agave (optional, phase 2)

1 t freshly ground cinnamon

1 t salt

Blend mylk with other ingredients and follow one of three options:

Freeze for 4 hours and blend in a blender, serve.

Pour into ice cream maker and operate, serve immediately, for a creamy treat

Freeze until solid, then put through a champion with the blank plate

Tip: For lighter ice cream use low fat nuts.

## Basic Walnut Yoghurt

Phase 1.5, serves 6

4 C walnuts, soaked\*

¾ C water

¼ C lemon Juice

¼ tsp Himalayan salt

### Blend to cream

Stir in: 1 tsp Ultra Probiotic

**Culture** for 1-2 days at room temperature.

### Optional

After culturing add low glycemic fruit for sweet or veggies and herbs for savory yoghurt.

\* Soak walnuts for 20 minutes in 1 tsp 3% food grade hydrogen peroxide.

\* Soak walnuts for 20 minutes in 1 tsp 3% food grade hydrogen peroxide.

## Appendix 3: Various resources for personal study

by Philip Miller Madeley & David Rainoshek & Susan Miller Madeley\*

*\*also supporting researchers & editing*

**Veganism is the Key**, Spiritual Nutrition, Chapter 17,

**Dairy Video** by Gabriel Cousens M.D.M.D.(H) [www.treeoflife.nu/whyveganism.html](http://www.treeoflife.nu/whyveganism.html)

### Various Useful Links

White Lies Campaign at <http://www.vegetarian.org.uk>

<http://www.notmilk.com>

<http://www.vegsource.com>

<http://www.newstarget.com>

<http://www.thechinastudy.com/>

[http://www.milkmyths.org.uk/pdfs/dairy\\_report.pdf](http://www.milkmyths.org.uk/pdfs/dairy_report.pdf)

<http://www.vegansociety.com/phpws/files/phatfile/whyvegan.pdf>

<http://www.milkmyths.org.uk/intro.php>

<http://www.vegetarian.org.uk/index.htm>

<http://www.factoryfarming.org.uk/dairy.html>

<http://www.satyamag.com/nov04/iyer.html>

[http://www.vegansociety.com/html/animals/exploitation/cows/dairy\\_cow.php](http://www.vegansociety.com/html/animals/exploitation/cows/dairy_cow.php)

<http://www.animalaid.org.uk/campaign/vegan/cattle01.htm>

<http://www.halexandria.org/dward074.htm>

<http://essenet.net/whyv.html>

<http://www.naturalmom.com/milk.htm>

<http://www.shirleys-wellness-cafe.com/bgh.htm>

<http://www.sustainabletable.org/issues/animalwelfare/>

<http://nomilk.com/>

<http://www.cbc.ca/consumers/market/files/food/milk/index.html>

<http://www.spice-of-life.com/columns/bcancer.html>

<http://themilkblog.blogspot.com/>

<http://www.earthsave.org/health/milkletter.htm>

<http://www.phmiracleliving.com/search/index.php?category=Articles>

### Vegan Films

Neal Bernard <http://www.vegsource.com/video/barnard.win.htm>

Colin Campbell <http://www.vegsource.com/video/colin.wmv.htm>

Earthlings <http://www.earthlings-movie.com/>

Peaceable Kingdom <http://www.tribeofheart.org/pk.htm>

Meat your Meat: <http://www.goveg.com/factoryFarming.asp>

Vegan Family: <http://www.breakthroughthedocumentary.com/>

Diet for a New America <http://www.foodrevolution.org>

### Vegan Books

*The China Study* by T. Colin Campbell, [www.thechinastudy.com](http://www.thechinastudy.com)

*Mad Cowboy* by Howard Lyman, [www.madcowboy.com](http://www.madcowboy.com)

*Beyond Beef* by Jeremy Rifkin

*The No Dairy Breast Cancer Prevention Program* by Jane A. Plant

*Milk A-Z* Robert Cohen

*Don't Drink Your Milk!* Frank A. Oski

*The Food Revolution* John Robbins

*The Milk Imperative* <http://www.milkimperative.com/>

## CASEIN

Source: <http://www.notmilk.com/deb/070598.html>

### FRIDAY - JULY 3, 1998 AN AMERICAN PICNIC FOR THE HOLIDAY WEEKEND

Happy Fourth of July weekend! What could be more American than a slice of apple pie a la-mode covered with whipped cream and accompanied by a tall glass of ice cold frothy milk? The dairy industry would have you believe that by eating such a snack you are ingesting "great protein." Let's investigate the most abundant milk protein, casein. CASEIN is a tenacious glue. Eighty-seven percent of milk is water. Four percent of the remaining thirteen percent is CASEIN. The furniture in your home is held together by this powerful glue. So too is the label affixed to a bottle of beer. If you are a beer drinker, try scraping that label off this weekend. That will be no easy task and quite a learning experience!

Food manufacturers have long understood that glue holds foods together giving them a firmer and more concrete appearance. It is no coincidence that each of the major tuna fish manufacturers have elected to put nature's perfect glue in their little cans. Open that tin and expect to eat tuna? Got milk? Got glue! Starkist Tuna (Sorry, Charlie), Bumble Bee Tuna and even Chicken of the Sea all use this tenacious glue. Why do they put milk in our tuna fish? It's not nice to fool Mother Nature! Can we ever look at Hostess Twinkies the same way after learning that CASEIN is used as the binding agent? American's munchie cravings are satisfied by Ring Dings and Yankee Doodles...all containing this most powerful bovine glue. Why do they do that to us? How can glue be used in the name of good health? "Healthy Choice" foods sells a product called Garlic Chicken Milano which contains casein. Certainly not my idea of a healthy choice! Heinz sells a "Home Style" gravy called "Chicken Classic." They put this CASEIN-glue in their home-style product. Is that the way you cook home-style foods?

Weight Watchers promotes a line of products called "Smart Ones." Their Strawberry Royal contains gluey CASEIN. Is it really a smart choice to eat glue to lose weight? I'll bet that this glue does quite a bit more than just stick to the ribs! Not to be outdone, supplements like Slim Fast and Ensure have each added CASEIN-goo to their special foods. Ensure boasts, "#1 Doctor Recommended... Complete balanced nutrition." I'd like to have a word with those doctors and give them all a second opinion. Slim Fast sells "Jump Start, the natural way to lose weight fast." They put CASEIN in Jump Start. How does one lose weight by eating glue? Perhaps your intestines are internally cemented and no food can be absorbed. Doesn't seem real healthy to me. A review of cereals reveals only one product that contains CASEIN, Special K. Now, revealed for the first time, What it is that really makes Special K so special? It's glue! The ultimate assault on logic and insult of our sensibilities can be found in many non-dairy creamers. The front container of Carnation's milk substitute contains a lie and should be taken off the

market, revealed as a fraud. The rear of that container reveals that sodium caseinate; a milk derivative is a component of this "non-dairy" product . How can they get away with this?

Dry Coffee-Mate perpetrates a similar deception... all in the name of good health. One of the few truly offensive racial stereotypes still adorns a supposedly healthy food product. Aunt Jemima is no liberated African American woman of the nineteen-nineties. She represents a better and simpler era to some... a time when women belonged in the kitchen producing stacks of pancakes for men to eat. Can you imagine that a component of Aunt Jemima's secret recipe was glue? Read the label. That's just what is in those pancakes. What would America's foods be without this powerful adhesive glue? Would they be as attractive? NO! Would we have as much congestion and mucus and asthma resulting from histamines produced to combat this allergenic protein? Food for thought! Have a wonderful Fourth of July picnic and remember to carefully READ THOSE LABELS! Robert Cohen Executive Director Dairy Education Board <http://www.notmilk.com>

## DIOXINS

Source: <http://www.notmilk.com/p.html>

"Dioxins are highly toxic by-products of many industrial processes e.g. chemical and municipal waste incineration or production of chlorophenols. These compounds penetrate the environment via air, water and soil and are then incorporated in food chains. The major source of human exposure (90% of total exposition) is consumption of a wide variety of common foods (meat, fish and dairy products) containing small amounts of dioxins. Food contamination with dioxins leads to enhanced accumulation of these compounds in human tissues to the extent of exceeding acceptable level."

**(Polish Journal) Rocz Panstw Zakl Hig, 1999, 50:3**

"Dioxins are the most deadly substances ever assembled by man... 170,000 times as deadly as cyanide..."

**United Press International. March 11, 1983.**

"The level of dioxin in a single serving of the Ben & Jerry's World's Best Vanilla Ice Cream tested was almost 200 times greater than the "virtually safe [daily] dose" determined by the Environmental Protection Agency."

**Steve Milloy, author of junkscience.com (Milloy tested samples of ice cream for dioxins. The only major newspaper to report the story was the Detroit Free Press). 11/8/99**

"The only safe level of dioxin exposure is no exposure at all."

**Ben & Jerry's promotional literature**

"The majority of toxic dioxin is and (or) has been derived from industrial chlorination processes, incineration of municipal waste, and production of certain herbicides. The lipophilic nature of dioxins results in higher concentrations in the fat of animal and fish products, and their excretion via milk secretion in dairy cattle may result in relatively high concentrations of dioxin contamination in high-fat dairy products."

**Journal of Animal Science, 1998 Jan, 76:1**

"The primary source of dioxins (PCDDs), dibenzofurans (PCDFs) and coplanar PCBs for the general population is food, especially meat, fish, and dairy products."

**Chemosphere, 1998 Oct, 37:9**

## **CONSTIPATE YOUR BABY? (HINT) GOT MILK?**

Source: <http://www.notmilk.com/deb/constipate.html>

Scientists at the University of Palermo discovered that constipation symptoms returned to a controlled group of infants 48 to 72 hours after they were placed on a regimen of cow's milk proteins. Their determination was that chronic constipation in infants has an allergenic pathogenesis. This study was published in the January, 1995 issue of the Journal of Pediatrics.

Researchers at the Department of Clinical Medicine, University of Tampere, Finland, discovered that diet has a significant effect on the developing immune system. They observed that formula fed babies, at the age of 3 months, were secreting low levels of serum antibodies to bovine proteins contained in their formula. This critically significant evidence was published in the August, 1994 issue of the Journal of Pediatrics, Allergy and Immunology.

How do pediatricians miss these important studies? One wonders if the dairy industry looks the other way when they are presented with such evidence. The infant suffers, and the mother is the last to know why.

SCIENCE IGNORE SYMPTOMS AND CLUES FDA believes that the above two studies are not possible because, in theory, these powerful proteins are destroyed by digestive processes. Message to FDA: Milk proteins survive digestion.

Doctors at the Department of Pediatrics, Odense University Hospital in Denmark noted that most formula fed infants developed symptoms of allergic rejection to cow milk proteins before one month of age. The majority of infants tested had two or more symptoms. About 50-70 percent experienced rashes or other skin symptoms, 50-60 percent gastrointestinal symptoms, and 20-30 percent respiratory symptoms.

## **MILK: A CRUEL AND UNHEALTHY PRODUCT**

Source: <http://www.raw4life.com/content/view/69/26>

A great article by PETA that challenges the idea that Milk Does A Body Good. Think Again! Dairy products have been linked to diseases such as heart disease, cancer, diabetes, allergies, etc. With such risks as these, plus the ethical issues, it's no wonder people are turning to soy and nut milks and cheeses. Give the milk back to unweaned babies.

Cows who are allowed to roam free in pastures and care for their young form lifelong friendships with one another. They also play games, have a wide range of emotions, and demonstrate characteristics,

such as vanity, and actions, such as holding grudges, that are generally associated with humans. But most cows raised for the milk industry are intensively confined and are not allowed to nurse their calves, even for one day. They are treated as little more than milk-producing machines and are genetically manipulated and pumped full of antibiotics and hormones that force them to produce more milk. Humans continue to consume dairy products, despite overwhelming scientific evidence indicating that cow's milk is linked to heart disease, cancer, diabetes, and many other ailments .

## **Cows Suffer on Dairy Farms**

Cows produce milk for the same reason that humans do: to nourish their young, but calves born on dairy farms are taken from their mothers when they are just 1 day old and fed milk replacers (including cattle blood) so that humans can have the milk instead.(1,2)

Female cows are artificially inseminated shortly after their first birthdays.(3) After giving birth, they lactate for 10 months, then they are re-inseminated, and the cycle starts again. Some spend their entire lives standing on concrete floors; others are crammed into massive mud lots. Cows have a lifespan of about 25 years and can produce milk for eight or nine years, but the stress caused by factory-farm conditions leads to disease, lameness, and reproductive problems that render cows worthless to the dairy industry by the time they are 4 or 5 years old, at which time they are sent to the slaughterhouse.(4,5)

**On any given day, there are more than 9 million cows living on U.S. dairy farms:** about 13 million fewer than there were in 1950. Yet milk production has continued to increase, from 116 billion pounds per year in 1950 to 170 billion in 2003.(6,7) Although these animals would naturally make only enough milk to meet the needs of their calves (around 16 pounds a day), genetic manipulation, antibiotics, and hormones are used to force each cow to produce more than 18,000 pounds of milk a year (an average of 50 pounds a day).(8,9) Cows are also fed unnatural, high-protein diets, which include dead chickens, pigs, and other animals, because their natural diet of grass would not provide the nutrients necessary for them to produce the massive amounts of milk required by the industry.(10)

## **Mastitis**

Painful inflammation of the mammary glands, or mastitis, is common among cows raised for their milk and is one of the reasons most frequently cited by dairy farms for sending cows to slaughter. There are about 150 bacteria that can cause the disease, one of which is E. coli.(11) Symptoms are not always visible, so the somatic cell count (SCC) of milk is checked to determine the presence of infection. Somatic cells are a combination of white blood cells and skin cells that are normally shed from the lining of the udder. Just as in humans, white blood cells, sometimes referred to as pus, are produced to combat infection. The SCC of healthy milk is below 100,000 cells per milliliter, but the dairy industry is allowed to combine milk from the teats of all the cows in a herd to arrive at a bulk tank somatic cell count (BTSCC) and can sell milk with a maximum BTSCC of 750,000 cells per milliliter.(12,13) A BTSCC of 700,000 or more generally indicates that two-thirds of the cows in the herd are suffering from udder infections.(14)

Studies have shown that providing cows with cleaner housing, more space, and better diets, bedding, and care lowers the SCC of their milk and their incidence of mastitis.(15) A Danish study of cows subjected to automated milking systems found "acutely elevated cell counts during the first year compared with the previous year with conventional milking. The increase came suddenly and was synchronized with the onset of automatic milking."(16) Yet instead of improving conditions on factory

farms or easing cows production burden, the dairy industry is exploring the use of cloned cattle who have been genetically manipulated to be resistant to mastitis.(17)

## **The Veal Connection**

While female calves are slaughtered or added to the dairy herd, male calves are taken from their mothers when they are as young as 1 day old and are chained in tiny stalls for three to 18 weeks to be raised for veal.(18,19) They are fed a milk substitute that is designed to make them gain at least 2 pounds per day, and their diet is purposely low in iron so that their flesh stays pale as a result of anemia.(20) An enzyme from their stomachs is used to produce rennet, an ingredient used in many cheeses.(21) Calves raised for veal commonly suffer from diarrhea, pneumonia, and lameness.

## **Environmental Problems**

Large dairy farms have a detrimental effect on the environment. In California, America's top milk-producing state, manure from dairy farms has poisoned hundreds of square miles of groundwater, rivers, and streams. Each of the state's more than one million dairy cows excretes 120 pounds of waste every day an amount equal to the waste of two dozen people.(22) Overall, animals on factory farms, including dairy farms, produce 500 million tons of manure each day, much of which ends up in our waterways and drinking water. The Environmental Protection Agency reports that agricultural runoff is the primarily cause of polluted lakes, streams, and rivers.(23)

Eighty percent of all agricultural land in the U.S. is used to raise animals for food or to grow grain to feed them: that's almost half the total land mass of the lower 48 states.(24) Each cow raised by the dairy industry drinks as much as 50 gallons of water per day.(25) **Along with chickens, pigs, and other animals raised for food, cows are the primary consumers of half the water in the U.S.**(26)

## **Human Bodies Fight Cow's Milk**

Besides humans (and domesticated animals who are fed by humans), no other species drinks milk beyond infancy or drinks the milk of another species. Cow's milk is suited to the nutritional needs of calves, who unlike human infants, have four stomachs and gain hundreds of pounds in a matter of months, sometimes weighing more than 1,000 pounds before their second birthdays.(27) Cow's milk also contains about three times as much protein as human milk.(28,29)

**Cow's milk is the number one cause of food allergies among infants and children**, according to the American Gastroenterological Association.(30) Most people begin to produce less lactase, the enzyme that helps with the digestion of milk, when they are as young as 2 years old. This reduction can lead to lactose intolerance.(31) Millions of Americans are lactose intolerant, and an estimated 90 percent of Asian-Americans and 75 percent of Native- and African-Americans suffer from the condition, which can cause bloating, gas, cramps, vomiting, headaches, rashes, and asthma.(32) Studies have also found that autism and schizophrenia in children may be linked to the body's inability to digest the milk protein casein; symptoms of these diseases diminished or disappeared in 80 percent of the children who were switched to milk-free diets.(33)

**A U.K. study showed that people who were suffering from irregular heartbeats, asthma, headaches, fatigue, and digestive problems "showed marked and often complete improvements in their health after cutting milk from their diets."**(34)

## **Calcium and Protein Myths**

Although American women consume tremendous amounts of calcium, their rates of osteoporosis are among the highest in the world. Conversely, Chinese women consume half the calcium (all of it from plant sources) and have scant incidence of the bone disease.(35) Medical studies indicate that rather than preventing the disease, milk may actually increase women's risk of osteoporosis. A Harvard Nurses Study of more than 77,000 women aged 34 to 59 found that those who consumed two or more glasses of milk per day had higher risks of broken hips and arms than those who drank one glass or less per day.(36) T. Colin Campbell, professor of nutritional biochemistry at Cornell University, said, "The association between the intake of animal protein and fracture rates appears to be as strong as that between cigarette smoking and lung cancer."(37)

Protein deficiency (or "**kwashiorkor**") is very rare in the United States and is usually only a problem for those living in famine-stricken countries.(38) Consumption of excessive protein from dairy products, eggs, and meat has been linked to the formation of kidney stones and has been associated with cancer of the colon and liver.(39,40) It is also suspected of putting a strain on the kidneys, which take calcium from the bones to compensate.(41) Humans can get all the protein that they need from legumes, nuts, seeds, yeast, tofu, and beans.

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## Milk Homogenization & Heart Disease

Source: Mary G. Enig, PhD, <http://www.westonaprice.org/knownyourfats/homogenization.html>

One widely held popular theory singles out homogenization as a cause of the current epidemic of heart disease. The hypothesis was developed by **Kurt A. Oster, MD** and studied from the early 1960s until the mid 1980s. In studying and comparing the structure and biochemistry of healthy and diseased arterial tissue, Oster investigated **plasmalogen**, an essential fatty component of many cell membranes in widely scattered tissues throughout the human body. Plasmalogen makes up a substantial part of the membranes surrounding heart muscle cells and the cells that make up the walls

of arteries. **It is also present in the myelin sheath surrounding nerve fibers and in a few other tissues.** But it is not found in other parts of the human anatomy.

Oster discovered that heart and artery tissue that should contain plasmalogen often contained none. It is well known that atherosclerosis begins with a small wound or lesion in the wall of the artery. **Oster reasoned that the initial lesion was caused by the loss of plasmalogen from the cells lining the artery, leading to the development of plaque.**

### **WHAT CAUSED THE LACK OF PLASMALOGEN IN THE HEART?**

The big question was what caused the lack of plasmalogen in the heart muscle and the tissue lining the arteries. Oster believed that the **enzyme xanthine oxidase (XO)** has the capacity to oxidize, or change, plasmalogen into a different substance, making it appear that the plasmalogen had disappeared. The body makes XO, but XO and plasmalogen are not normally found in the same tissue; the heart, therefore, normally contains plasmalogen but not XO. In a paper published in 1974, Oster argued that the presence of XO in the liver and in the mucous membrane of the small intestine was directly responsible for the natural absence of plasmalogen from the cell membranes at these sites.<sup>1</sup> If XO somehow made its way to the heart and its arteries, that might explain the absence of plasmalogen in the surgical specimens and autopsy tissues from pathological hearts.

What was the source of the XO found in the autopsy tissues? **Normal human serum (the fluid part of the blood) does not contain XO.** Oster and his partner Ross considered two possible sources. One was liver cells; patients with acute liver disease showed increased serum levels of xanthine oxidase, and those with chronic liver disease occasionally showed moderate elevations. **Another potential source was cow's milk,** "...presently under investigation in this laboratory since it has been shown that milk antibodies are significantly elevated in the blood of male patients with heart disease."<sup>2</sup>

Cow's milk is the most widely consumed food containing high levels of XO. **Thorough cooking destroys XO, but pasteurization destroys only about half of the XO in milk.** Knowing this, Oster now looked for a link between XO in milk and the loss of plasmalogen in arteries and heart muscle tissue.

He knew that people have drunk milk for upwards of 10,000 years, and that milk and milk products were central in the dietaries of many cultures. But the epidemic of atherosclerosis was recent. These facts argue against traditional milk and milk products being the culprit. But the homogenization of milk became widespread in America in the 1930s and nearly universal in the 1940s—the same decades during which the incidence of atherosclerotic heart disease began to climb. **Oster theorized that the homogenization of milk somehow increased the biological availability of xanthine oxidase.**

**According to Oster, XO that remains in pasteurized, unhomogenized milk is found on the exterior of the membrane of the milk fat globules, where it is broken down during digestion. XO in raw milk is similarly digested. Oster postulated that because homogenization reduces the fat globules to a fraction of their original size, the XO is encapsulated by the new outer membranes of the smaller fat globules which form during the homogenization process. He believed that this new membrane protected the XO from digestive enzymes, allowing some XO to pass intact within the fat globules from the gut into the circulatory system when homogenized milk is**

consumed.<sup>3</sup> He referred to these fat globules as liposomes and argued that the liposomes carrying XO were absorbed intact. After entering the circulation, they travel to the capillaries, where the lipoprotein membranes appear to be digested by the enzyme lipoprotein lipase, thus freeing the XO for absorption into the body, including the heart and artery tissues, where it may interact with and destroy plasmalogen.

**In essence, Oster's theory replaces cholesterol as the cause of heart disease with another mechanism, summarized as follows:**

1. Homogenization causes a supposedly "noxious" enzyme called xanthine oxidase to be encapsulated in a liposome that can be absorbed intact.
2. XO is released by enzymatic action and ends up in heart and arterial tissue where it causes the destruction of a specialized protective membrane lipid called plasmalogen, causing lesions in the arteries and resulting in the development of plaque.

Neither the opponents nor the proponents of the xanthine oxidase/plasmalogen hypothesis have presented convincing evidence in all of their writings. However, the more scientific reviews questioned the validity of Oster's hypothesis, and pointed to some of the inconsistent findings.

**A fundamental flaw in Oster's theory** involves the difference between a fat globule and a liposome. Fat globules basically contain triglycerides and cholesterol encapsulated in a lipid bilayer membrane composed of proteins, cholesterol, phospholipids and fatty acids. They occur naturally in milk in a wide range of sizes. The fat globules in unhomogenized bovine milk are both very small and very large, ranging in size from 1000 nanometers to 10,000 nanometers. After homogenization, the average globule size is about 500 nanometers with a range from 200 nanometers to 2000 nanometers.

Oster considered homogenization of cow's milk to be a "procedure which foists unnaturally small particles on our digestive tracts."<sup>4</sup> Yet sheep's milk fat globules are reported to be "very small. . . [and consequently]. . . easier to digest" and in fact globules from this milk are described as "naturally homogenized."<sup>5</sup> The milk fat globule membrane from sheep's milk does not separate and butter cannot be made from such milk even though there is twice as much fat in sheep's milk as in cow's milk. The fat globules from goat's milk are similarly small. Once again, goat's milk is considered easier to digest than cow's milk for this reason. So there is nothing unnatural about small milk fat globules.

Fat globules of all sizes are broken down during digestion, releasing the hundreds of thousands of triglycerides as well as any enzymes they contain. (Milk fat globules actually contain more than seven enzymes, of which XO is one. The other major ones are NADH<sub>2</sub>, iodinitrotetrazolium, 5-nucleotidase, alkaline phosphatase, phosphodiesterase and gamma-glutamyltranspeptidase.) These enzymes are broken down into individual amino acids (enzymes are specialized proteins) and the triglycerides are broken down into individual fatty acids and monoglycerides.

Although Oster described these small milk fat globules in homogenized milk as liposomes, several researchers have pointed out that liposomes are very different in basic composition. Liposomes are typically 200 nanometers or less in size and do not contain complex protein components. Liposomes do not occur in nature but were developed by scientists as a way of delivering components such as drugs to the cells in the body. They are composed of a phospholipid layer in which the phosphorus moiety is on the outside and the lipid moiety is on the inside. The layer encapsulates a watery liquid, not fatty acids. A liposome is not broken down during digestion. For this reason, scientists have looked

at liposomes as a way of delivering compounds taken orally to the cells. In fact, a 1980 study led by Oster's colleague D. J. Ross reported that liposome-entrapped insulin effected blood sugar-lowering in diabetic rats.<sup>6</sup> Ross claimed that this proved that large molecules could be absorbed.

**A team led by A. J. Clifford looked carefully at Oster's theories.** In a study published in 1983,<sup>7</sup> they noted that "neither liposome formation during homogenization of milk nor absorption of intact liposomes from the gastrointestinal tract has been demonstrated." In reviewing the major published findings, Clifford reported that "absorption of dietary xanthine oxidase has not been demonstrated." Clifford's team cites studies showing lack of activity of serum xanthine oxidase from pigs and humans fed diets that included milk or were without milk<sup>8,9</sup> Further, Clifford's team noted that "a relationship between intake of homogenized 'dairy foods' and levels of xanthine oxidase activity in the blood has not been established."

There was even one study which showed an increase in serum xanthine oxidase when corn oil was fed, whereas milk and cream showed no such increase.<sup>10</sup> Oster had argued that homogenization came into widespread use during the 1930s and 1940s, the same years during which heart disease incidence went up dramatically. But these were the same years in which vegetable oils came into widespread use. (And if Oster's theories are correct, then only those who drink modern milk would get heart disease, a conclusion that is obviously untrue.)

As for Ross's study on insulin, Clifford argued that recent evaluation by others showed the insulin phenomenon to be an artifact of the methods used and not due to the delivery of insulin to the cells. Thus one of Oster's published proofs turned out to be erroneous. (In fact, scientists have subsequently tried to use liposomes in humans as a way of delivering insulin taken orally to the cells but without success. However, liposomes have been used successfully to deliver an enzyme needed for the treatment of Gaucher disease.) When the Clifford team examined the electron micrograph presented in Ross's 1980 paper, he reported that it did not match the typical liposome structure as reported by a noted authority in liposomes.<sup>11</sup>

**In the second part of his theory, Oster maintains that XO causes the destruction of plasmalogen. However, Clifford's team reported that "a direct role for xanthine oxidase in plasmalogen depletion under physiological conditions has not been established." They cite animal studies where bovine xanthine oxidase was given intravenously in large doses.<sup>12</sup> This treatment failed to deplete plasmalogen in the arteries or in the coronary tissue, nor did it introduce formation of plaque.**

**The fact that Oster's theory has been disproven does not mean that the homogenization process is benign.** During homogenization there is a tremendous increase in surface area on the fat globules. The original fat globule membrane is lost and a new one is formed that incorporates a much greater portion of casein and whey proteins.<sup>13</sup> This may account for the increased allergenicity of modern processed milk.

## About the Author

Mary G. Enig, PhD is the author of *Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol*, Bethesda Press, May 2000. Order your copy here: [www.enig.com/trans.html](http://www.enig.com/trans.html).

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PMB 106-380, 4200 Wisconsin Ave., NW, Washington DC 20016  
Phone: (202) 363-4394 | Fax: (202) 363-4396 | Web: [www.westonaprice.org](http://www.westonaprice.org)  
General Information/Membership/Brochures: [info@westonaprice.org](mailto:info@westonaprice.org)  
Local Chapters and Chapter Leaders: [chapters@westonaprice.org](mailto:chapters@westonaprice.org)  
Executive Director: [bsanda@westonaprice.org](mailto:bsanda@westonaprice.org)  
Website: [webmaster@westonaprice.org](mailto:webmaster@westonaprice.org)

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## MILK NOT USED IN EASTERN COUNTRIES

Sources: below

### Source: *The Cure is in the Cause* by Ruza Bogdanovich, ND (58)

According to the ***Code of Manu***, the world's oldest human law, which was compiled several thousand years ago in India and is still the principle law of Hinduism, **the use of cow's milk is prohibited**, although the milk of water buffalo is used in small amounts. The Chinese and Japanese rarely used the milk of any animals. However, the use of cow's milk was introduced to Japan from China about 800 AD and continued for a short time. A governmental department of milk was even established, but the use of milk soon faded because the environment of Japan was not suited for raising cows, and because ill health developed quickly among milk users.

### Source: A BELL RINGS in *The No Dairy Breast Cancer Prevention Program* by Jane A. Plant, PhD. (78-79)

Then one day a couple of weeks later something rather special happened.

Peter and I have worked together so closely over the years that I am not sure which one of us first said, "The Chinese don't eat dairy products!"

It is hard to explain the sudden emotional and mental "buzz" you get when you know you have had an important insight. It's as if you have a lot of pieces of a jigsaw in your mind and suddenly, in a few seconds, they all fall into place and the whole picture is dear. Whenever that has happened to me in the past, I have always been proved right-even if initially my suggestions were regarded as controversial and unlikely.

This is precisely the feeling I experienced. I felt the same buzz, or to use the German-derived word that sums up the feeling so well, *gestalt*. **Suddenly I recalled how many Chinese people were lactose-intolerant, how the Chinese people I worked with had always said that milk was only for babies, and how one of my close friends, who is of Chinese origin, always politely turned down the cheese course at dinner parties. I know of no Chinese people who live a traditional Chinese life who ever used cow or other dairy products to feed their babies. The tradition was to use a wet nurse but never, ever dairy products.**

**Culturally, the Chinese find our Western preoccupation with milk and milk products very strange.** I remember entertaining a large delegation of Chinese scientists shortly after the ending of the Cultural Revolution in the 1980s. On advice from the Foreign Office, we had asked the caterer to provide a dessert that contained a lot of ice cream. After inquiring what the dessert consisted of, all of the Chinese including their interpreter politely but firmly refused to eat it and they could not be

persuaded to change their minds. At the time we were all delighted and ate extra-large portions!

More recently I attended an international conference in Beijing and was having lunch with two senior Chinese women scientists. A man smelling strongly of spices and garlic walked past, and I suppose my reaction showed. One of my companions giggled and shyly asked me, "What do Chinese people smell of to you?"

I thought about it carefully and replied honestly, "Nothing in particular." Then, deciding that I could legitimately ask the question in reverse, I said, "**And what do we Westerners smell of to you?**"

**There was considerable laughter-usually reflecting embarrassment in Chinese people-but after encouragement on my part, they finally said, "Westerners smell to us of sour milk!"**

**Of all the Eastern (Chinese, Japanese, Thai, and Korean) cookbooks I have read, none mention dairy products.**

## **BIBLICAL PASSAGES ON DAIRY**

Source: <http://www.notmilk.com/deb/constipate.html>

### **Hebrews 5:13-14**

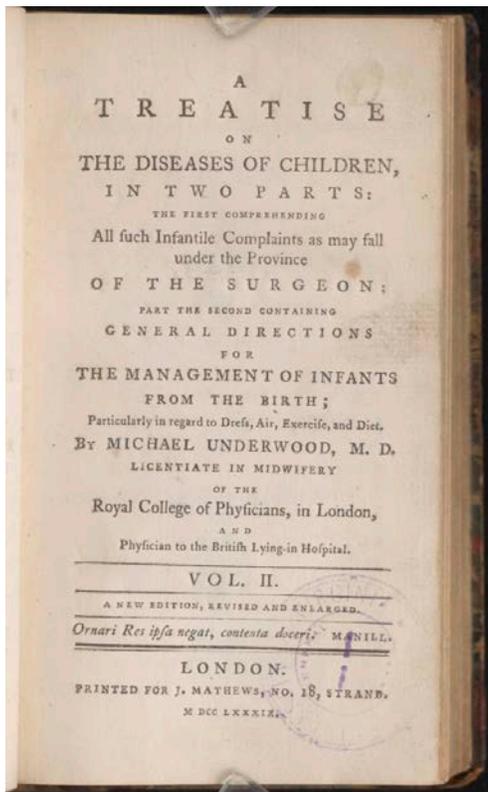
For everyone who lives on milk, being still an infant, is unskilled in the word of righteousness. **But solid food is for the mature, for those whose faculties have been trained by practice to distinguish good from evil.**

## **MILK: ONLY RECENTLY USED AS INFANT FOOD**

Source: adapted from: [The Cure is in the Cause](#) by Ruza Bogdanovich, ND (58)

Despite biblical passages even espousing the consumption of dairy, you never see it mentioned as a food for infants. John H. Tobe, in *Milk: Friend or Fiend*, asks:

How long would you assume that man has used cow's milk to feed babies? If you made the same mistake as I did, you probably believe that man has fed infants cow's milk as long as he has used milk for food, or even since his nomadic days when he depended on his herds for what they provided. It came as a shock to me to learn that a man by the name of Underwood was the first to feed cow's milk to infants, and that was in the year 1793.



He was referring to Michael Underwood (1736-1820) in his book, *A Treatise on the Diseases of Children, with General Directions for the Management of Infants from Birth*, London: Printed for J. Mathews, 1789.

In addition to a discussion of various diseases, Underwood includes an extensive section on the general care of infants. His baby formula, consisting of boiled cow's milk and barley water, is the era's closest imitation of mother's milk. Underwood makes clear his preference for mother's milk:

"It would be unpardonable, however, in a work of this sort, not to insist how inadequate every substitute for the breast has been universally found; and therefore how proper it is, that every child should have it, and even be suckled by its own mother, where her health can safely admit of it."

## MILK: US GOVERNMENT WARNINGS ON FEEDING COW MILK TO INFANCTS

Source: [The Cure is in the Cause](#) by Ruza Bogdanovich, ND (61-62)

The U.S. Government frequently gives warnings about the dangers of milk in its publication, *Food Yearbook of Agriculture*. As early as 1959 they wrote:

*"An important difference between cow's milk formulas and human milk lies in the fact that, while the milk of a healthy mother is always fresh and free from bacteria, any artificial (note: cow's milk is artificial to a human body) must be heat-treated to destroy harmful organisms. Raw milk should never be given to an infant. Even pasteurization cannot be depended on to make milk absolutely safe for young infants."*

## MOTHER'S MILK IS BEST

Source: [The Cure is in the Cause](#) by Ruza Bogdanovich, ND (63-64)

I want to stress that the only milk suitable for human infants is mother's milk. The basic reasons for

this are as follows:

1. Because its protein is mostly casein, cow's milk forms a large, tough curd when it is mixed with the stomach's digestive juices - which can cause serious problems. Heating it first produces curds that are somewhat smaller and softer, but still not fit for a baby's delicate digestive system. The curd of human milk, on the other hand, is soft and fine. The stomach of a breast-fed baby empties rapidly and easily.
2. The breast-fed baby normally grows stronger and better balanced than babies fed on cow's milk, even though cow's milk supplies almost four times the amount of protein found in human's milk.

**According to *Nursing Your Baby* by E. Karen Pryor, "The infant uses the protein in breast milk with nearly one hundred percent efficiency. After the first few days of life, virtually all of the protein in breast milk becomes part of the baby; little or none is excreted. The baby fed on cow's milk, on the other hand, uses protein with about fifty percent efficiency, and wastes about half the protein in its diet."**

She goes on to explain that this unused protein causes further trouble: "Eliminating unusable protein is largely the job of the kidneys. This may place quite a strain on a function which is as yet immature."

3. Cow's milk contains higher levels of saturated fat than human milk. This contributes to cholesterol buildup in the infant's body, with impairment of blood circulation and the related health hazards.
4. Cow's milk is pasteurized in order to deter the growth of micro-organisms. This process eliminated important lactobacillus bacteria and vitamins, which are found in unadulterated human milk.
5. Cow's milk is for calves. A baby calf weighs about 130 pounds when born. It will weigh in at about two hundred forty pounds one month later. By this time it is already walking around. Such rapid development requires quick growth in bone structure in order to meet the requirements imposed by activity and weight. This is accomplished through the high calcium content of cow's milk – it contains three to four times the amount found in humans' milk.

**On the other hand, human milk contains relatively high levels of phosphorus. This element is very important for the growth and development of brain and nerve tissue. Unlike the cow, the human baby develops its brain and nervous system first. Thus, because they have to fulfill completely different growth needs, milk for a human baby and that for a calf must naturally be different. When cow's milk is given to a human baby, physically the infant will grow very rapidly, as does the calf. However, the child's mentality will not develop at the same rate as if fed human milk.**

6. The vitamin B complex, which is also important for brain function, is normally supplied to breast-fed babies. These needs are not supplied by cow's milk, especially when pasteurized.

**7.** Cow's milk is commonly implicated in causing allergic symptoms, due to its high protein content and indigestibility.

**8.** Probably one of the most important aspects of breastfeeding lies in the fact that mother's milk supplies the baby with natural immunity to what may be otherwise fatal microbes.

According to James Moon, *The Macrobiotic* (#119, May 1977): "During the first several weeks after birth breast milk is known as colostrum. Human colostrum contains less iron, fat, and lactose than mature milk - and more protein, vitamin A, and vitamin E, etc.

"These differences are very important in so far as the nutritional needs of infants are concerned. There is absolutely no modified milk that can simulate human colostrum. This colostrum is the primary source of antibodies available to an infant during the early postnatal period, and it has been shown that the substitution of cow's milk or modified milk during this critical period may result in absorption of allergen instead of antibody. There are additional defense mechanisms which prevent microbial invasion during this critical period, and no modified milk so far devised supports these defenses."