

Don't Cry Over Spilled Milk

This may come as a complete shock to many, but there are several problems associated with drinking milk. Currently, it is estimated that 70% of the population is lactose intolerant. In other words, 70% of the population is incapable of digesting milk properly due to the absence of lactase, a specific enzyme necessary to digest milk. Furthermore, the majority of those people are also allergic to milk, but they fail to listen to their body and consume the secretion anyway while suffering the ill side-effects.

Statistics now show that 55% of the antibiotics produced in the United States are being utilized by the dairy and meat industries (beef, pork, chicken, etc.). This goes to show that the animals are deathly ill and the trends show that they are becoming even more diseased. They are being injected with steroids and the dairy cows with synthetic growth hormones to increase the volume of milk output. The cows' milk production can rise as much as 15% when regularly injected with the synthetic hormone. Scientists call the synthetic hormone "bovine somatotropin" (BST) or, more simply, "bovine growth hormone" (BGH), and it is marketed under the trade name Posilac. Posilac is such a stimulant for cows, some have referred to it as "*crack for cows!*"

These hormones have been proven to cause premature joint degeneration, generalized illness and mastitis (udder inflammation). And what comes with inflammation? Pus. Yes, pus has been found in the milk along with antibiotic and pesticide residues.

How are these hormones affecting us? It may not seem obvious in the short term, but look at current health trends. Why are we spending BILLIONS of dollars a year on health care (more than any other country) and we have the 21st healthiest nation? Why has there been a steady increase in cancers? Particularly an increase in hormone related cancers, i.e. breast, prostate, uterine and ovarian cancer. Are the cows' hormones affecting us the way they should affect a baby calf? Are the synthetic hormones causing weird and uncommon diseases to be more common, i.e. Alzheimer's disease, multiple sclerosis, systemic Lupus?

Milk purchased in the store is pasteurized to kill off any unfriendly bacteria. In the pasteurization process however, milk loses most of the nutritious value it may have had. Preservatives such as formaldehyde are also added to extend the shelf life.

Besides all of the known hazards of drinking milk, what other species on the face of this earth consumes the lacteal excretions of another species. Would you drink the milk from a dog? If your answer is a big "NO," ask yourself why you drink the milk of a cow.....is it only because it's acceptable and you've been doing it your whole life?

Another important issue is that milk is very fattening! Even the 2% low-fat milk has 5 grams of fat for each serving, of which 3 grams are saturated! In the big scheme of things, milk is the perfect food for the infant of the species the milk came from. Nutrients are in special ratios, vitamins in right proportions, fat concentrations perfect, species specific antibodies are included; milk is the perfect food for babies, as long as it came from **their** mother.

My other complaints with the dairy industry are the misleading slogans, such as "Milk it does a body good." The connotations about getting osteoporosis if you don't drink milk, or the idea that you become muscular and beautiful by drinking cow excretions angers me even more! In reality, milk actually contributes to osteoporosis due to its high protein content!

Milk and other proteins, when metabolized, leave an acidic ash or end by-product. Being acidic, the body must then neutralize it. To neutralize the ash, the body utilizes organic sodium (this is NOT the same thing as table salt) which is found in the muscles and liver. Organic sodium is

delivered to the body via fresh fruits and vegetables. Once your supply of organic sodium is depleted, the next line of defense is organic calcium. Because the bones are so rich in organic calcium, the body decides to "borrow" some bone in order to neutralize the acid.

The body responds to every situation perfectly and makes its' "choices" based on the "facts" at that given moment. When the body has to neutralize an acidic end-product, it decides that borrowing a little bone is less damaging than leaving the acid to reek havoc. The only problem with this situation is that the body doesn't seem to plan for the future. If dietary and lifestyle habits remain unchanged, the body will keep "borrowing" calcium and you'll find yourself with a very thin bones (osteoporosis).

For those of you who say "I can't do without out my milk, I eat cereal everyday!" There are much more healthful options for your cereal or general consumption needs, such as rice milk or soy milk....they even come in flavors. Not only are they much better for you, but they're lower in fat and don't come from a sick farm animal.