



NOT milk

For the last several decades, we've been given misguided nutrition advice that low-fat dairy products are good for our health. It's become a cultural phenomenon – celebrities in ads showing off their milk moustache – asking us if we've "Got Milk?" The milk industry has teamed up with the FDA, and worked hard to make us believe that it's absolutely essential that everyone drink milk and consume dairy products. The research, however (as well as some not-so-common sense) tells a completely different story.

Cow's Milk is for Baby Cows

Plain and simple: humans are the only "animal" that drinks another animal's milk. Kind of weird when you think about it, right? The biomechanical make-up of cow's milk is such that it will turn a newborn 100-pound calf into a 400-pound cow in one year. This alone is explanation enough for why cow's milk is not designed for human consumption. In fact, adult cows don't even drink cow's milk! Research indicates 75% of humans are actually lactose intolerant – they're just so used to consuming dairy they don't notice the symptoms. The make-up of human milk is extraordinarily different than cow's milk, goat's milk – or any other mammal's milk. Humans were meant to drink only human milk. Novel idea, right?



Humans are also the only species of mammal that drinks milk after infancy. Much of this is due to the misinformation we are given about the health benefits. The purpose of the composition of milk is to promote growth. This is why human breast milk is intended for newborns, to give them the proper nutrition to help them as they quickly grow and develop. In general, milk should be consumed until the time the newborn (of any mammal) has tripled in weight. After that point – what makes the 50% of obese American consumers think they need more growth?

There's Other "Stuff" In Milk

got milk?

hormones?
pesticides?
antibiotics?
IGF-1? (aka: cancer fuel)
saturated fat?
cholesterol?

Excellent for doubling the weight
of baby cows in 6-8 weeks!

Think before you drink

Conventional grocery store milk contains: **59 Active Hormones – Herbicides – Pesticides – Dioxins – 52 Antibiotics – Blood – Pus – Feces – Bacteria – Viruses – Allergens – Saturated Fat**

Cows are given antibiotics, steroids and injected with growth hormones to minimize infections and increase their milk production. These medications and hormones have been linked to many cancers, and disturb the delicate human hormonal balance. We know that all of these chemicals make their way into milk even after processing, because the FDA allows a certain level of residue in milk simply because there's no way to avoid it getting into the consumable end product. There is absolutely nothing healthy about consuming these ingredients. In fact, these ingredients are associated with illness and health risks.

Milk Consumption Contributes to Many Illnesses

Cow's milk is the number one allergic food in the United States. It has been well documented as a cause and contributor to **ear infections**, **colic**, diarrhea, cramps, bloating, gas, gastrointestinal bleeding, iron-deficiency anemia, **skin rashes**, heart disease and even acne. Milk and dairy products in general are pro-inflammatory and mucus producing. As such, they are linked to respiratory conditions (**chronic colds and runny noses**), allergies, sinus infections, and ear infections. Even without a true milk allergy, most people have milk sensitivity, only detected by removing the food from the diet, and monitoring the improvements.

“Milk and refined sugar make two of the largest contributors to food induced ill-health in our country....It is my strong recommendation that you discontinue your milk products.”

Dr. Joe Mercola, DO

What About Calcium?

While television commercials tell us that children and adults need to drink milk to strengthen their bones – the truth is that milk consumption actually has a harmful effect on bone density. Research shows that the higher the dairy consumption in a country, the higher the osteoporosis rate!

All animal proteins create an acidic environment in the body – which calcium neutralizes. Because most of the calcium in the body is stored in the bones, the bones lose calcium to neutralize the acidic environment created by the milk in the body. In addition, the pasteurization and homogenization processes used to “clean” the milk makes the calcium very difficult to digest, and kills most of the beneficial enzymes, vitamins and proteins. That's right – research shows that drinking cow's milk is actually *bad* for your bones! When it comes to strong, healthy bones and healthy sources of calcium, it can be easy to get the daily requirements through green, leafy vegetables, almonds, and oatmeal.



Milk “Alternatives”



While it's not necessary that cow's milk be replaced with anything else, our food selections have come to rely on some sort of milk product in many cases. The first thing I want to point out – **DON'T USE SOY!!!** Soy milk is just as bad as cow's milk. Soy products are typically genetically modified (GMO). It's never advisable to consume genetically modified or engineered products, they're not “real” food. Even organic soy products have a harmful effect on hormone regulation in the body. Studies show that infant boys given soy formulas have a higher incidence of sterility as adults, and soy products affect estrogen levels in young girls, bringing on puberty faster than normal and causing reproductive health issues even as early as the teen years. It has a harmful effect on the digestive system, reduces nutrient absorption, and has no nutritional benefit superior to products without these negative side-effects.

Best Alternative: **Unsweetened Almond Milk**

Almond milk has more calcium, more protein and less sugar than cow's milk. This takes care of all the main reasons anyone would use cow's milk for nutritional purposes in the first place.

There are more benefits to almond milk, with none of the harmful ingredients.

Special Note: remember that kids don't “need” milk – water is great for hydration, energy, proper sleep and normal, healthy growth and development and body function