GOT MILK?

"The Human Body has no more need for cow's milk than it does for dog's milk, horse's milk, or giraffe's milk."

-Michael Klaper, MD, speech, 7/19/85

Overview

Think about this for one second. Why do we drink milk at all? It is intended for a baby calf. Do we drink milk because there is real scientific proof that it is good for us, or is it merely the National Dairy Council, a propaganda machine dedicated to selling its product? Let's take a look. Human milk has 5% calories as protein, and human babies double their birth weight in 180 days. The percentage of protein in cow's milk is *three times as high*, 15%. Calves double their birth weight in only 47 days. **Cow's milk has enough fat to turn a 45 pound calf into a 400 pound cow.** Milk, or as John McDougall, MD, calls it, "liquid meat," is very high in protein, fat, and cholesterol, yet contains no fiber and is low in carbohydrates. Here is a brief list of the disorders caused by the unnatural consumption of cow's milk and dairy by human beings:

"Gastro-intestinal- canker sores, vomiting, colic, stomach cramps, abdominal distention, intestinal obstruction, bloody stools, colitis, mal-absorption, loss of appetite, growth retardation, diarrhea, constipation, painful defecation, irritation of tongue, lips, and mouth.

"Respiratory- nasal stuffiness, runny nose, otidis media (inner ear trouble), sinusitis, asthma, pulmonary infiltrates.

"Skin- rashes, atopic dermatitis, eczema, seborrhea, hives.

"Behavioral- irritability, restlessness, hyperactivity, headache, lethargy, fatigue, allergic-tension fatigue syndrome, muscle pain, mental depression, enuresis (bed wetting, often caused when the bladder tissues become swollen and insensitive to the feeling of fullness).

"Blood- abnormal blood clotting, IRON DEFICIENCY ANEMIA (dairy products are the cause of at least50% of childhood iron deficiency anemia and an unknown percentage of anemia found in adults; this condition results from bleeding of the small intestine caused by dairy proteins and is not responsive to iron therapy until milk and other dairy products are eliminated), low-serum proteins, thrombocytopenia (low platelets), and eosinophilia (allergic-related blood cells).

"Other- anaphylatic shock and death, sudden infant death syndrome (crib or cot death)."

What About Calcium?

This will be shocking to you, because it goes against years of conditioning by advertising and Doctors who knew nothing about nutrition. Due to the high protein content of milk, there is a net loss of calcium in the body when consumed. Even studies paid for by the National Dairy Council have shown that the excessive protein in milk lowers blood calcium levels, causing the body to draw on calcium from the bones. All of the propaganda about drinking milk to prevent osteoporosis is completely inaccurate. Milk actually helps cause the condition.

"The African Bantu woman provides an excellent example of good health. Her diet is free of milk and still provides 250 to 400 mg of calcium per day from vegetable sources, which is one-half the amount consumed by Western women. Bantu women commonly have ten babies during their lifetimes and breast feed each of them for about ten months. But, even with this tremendous calcium drain and relatively low calcium intake, osteoporosis (thin, fragile bones) is essentially unknown among these women. It is interesting to note, when relatives of these same people migrate to the affluent societies and adopt rich diets, osteoporosis and diseases of the teeth become common."

1) 1) J. McDougall, M.D, "The McDougall Plan," (1983): 52

2) A. Walker, "The Influence of Numerous Pregnancies and Lactations on Bone dimensions in South African Bantu and Caucasian Mothers," Clin Science 42 (1972): 189

3) A. Walker, "Osteoporosis and Calcium Deficiency," Am J Clin Nutr 16 (1965): 327

4) R. Smith, "Epidemiological Studies of Osteoporosis in Women of Puerto Rico, and Southeastern Michigan with Special Reference to Age, Race, National Origin, and to Other Related or Associated Findings," Clin Orthrop 45 (1966): 31

What about Vitamin D?

"The Dairy Industry has added supplemental Vitamin D to milk, supposedly to protect people from developing rickets. Rickets is a disorder characterized by painful and deformed bones. This disease is common in places where there is limited exposure to sunlight.

"To begin with, vitamin D is actually NOT a Vitamin because the body can and does synthesize all that it needs. Vitamin D is really a hormone synthesized by the action of SUNLIGHT on plant sterols found in our skin. Our body levels of Vitamin D are only slightly affected by dietary sources such as milk fortified with Vitamin D and Vitamin pills.

"Because Vitamin D is fat-soluble, this hormone can be stored in our body fat for long periods of time. Therefore, INTERMITTENT EXPOSURE TO SUNLIGHT IS ADEQUATE...our minimum requirement for sunlight is small and easily met by most people in their daily activities."

1) 1) J. McDougall, M.D, "The McDougall Plan," (1983): 53

2) E. Poskitt, "Diet, Sunlight, and25 Hydroxy Vitamin D in Healthy Children and Adults," Br Med J 1 (1979):221

3) T. Stamp, "Comparison of Oral25-Hydroxycholecalciferol, Vitamin D, and Ultra Violet Light as Determinants of Circulating 25-Hydroxyvitamin D," Lancet 1 (1977): 1341

4) J. Pietrek, "Prevention of Vitamin D deficiency in Asians," Lancet 1 (1976): 1145

5) D. Lawson, "Relative Contributions of Diet and Sunlight to Vitamin D State in the Elderly," Br Med J 2 (1979): 303

6) F. Loomis, "Skin pigment Regulation of Vitamin D Biosynthesis in Man," Science 157 (1967): 501

This was just a brief review of some of the problems and myths associated with milk. I didn't even discuss the pesticides, herbicides, insecticides, antibiotics, and genetically modified growth hormones that have been linked to so many different problems in human beings. There are also a number of other disorders and diseases that milk causes.

Hormones in Milk:

· Pituitary hormones (PRL, GH, TSH, FSH, LH ACTH Oxytocin)

· Steroid hormones (Estradiol, Estriol, Progesterone, Testosterone, 17-Ketosteroids, Corticosterone, Vitamine D)

· Hypothalamic hormones (TRH, LHRH, Somatostatin, PRL-inhibiting factor, PRL-releasing factor, GnRH, GRH)

· Thyroid and Parathyroid hormones (T3, T4, rT3, Calcitonin, Parathormone, PTH peptide)

· Gastrointestinal peptides (Vasoactive intestinal peptide, Bombesin, Cholecystokinin, Gastrin, Gastrin inhibitory peptide, Pancreatic peptide, Y peptide, Substance P and Neurotensin)

· Growth Factors (IGF's (I and II), IGF binding proteins, Nerve growth factor, Epidermal growth factor and TGF alpha, TGF beta, Growth Inhibitors MDGI and MAF, and Platelet derived growth factor

· Others... (PGE, PGF2 alpha, cAMP, cGMP, Delta sleep inducing

· Peptide, Transferrin, Lactoferrin, Casomorphin and Erythropoietin