

## Milk

Most of us grew up drinking cow's milk, and to talk against it is practically un-American. Truth be told however, you'd be surprised at what is involved in commercial milk production. The innocent looking 'Got milk?' commercials hide a dark and dangerous side to milk.

Commercial milk comes from factory-farmed cows. These cows are crammed into stalls in massive warehouses and fed pesticide saturated grain. The cow's natural diet is grass--not grain. They are also routinely given recombinant bovine growth hormone in order to increase milk production by 10 to 15 percent.

Bovine growth hormone is a genetically modified hormone. It has been implicated in causing udder infections, reproductive and digestive problems, sores and lacerations, and other medical issues in cows. Bovine growth hormone (BGH) has been linked to cancer, diabetes, and high blood pressure in human beings.

Living conditions for factory-farmed cows are despicable. They are confined and stand in one place without the ability to move or turn around. Factory-farmed cows receive no sunlight. They frequently get sick from their living conditions and diet. To combat this sickness, they are given antibiotics.

I provide these details so that you know that commercial milk originates from sick cows. Milk is then pasteurized and homogenized. Pasteurization involves heating the milk anywhere from 145 to 161.6 degrees fahrenheit. The purpose is to destroy harmful bacteria.

Not only does pasteurization destroy the bad bacteria, it also destroys the good bacteria. This process also destroys vitamins A, D, B-6, and B-12. Pasteurization ruins the milk's protein structure and natural enzymes. One of the enzymes destroyed is the digestive enzyme lactase.

This is the reason that many people cannot drink milk. They are lactose intolerant. Without lactase to help break down the milk sugar lactose, the human body cannot assimilate the milk sugar. Pasterization leaves milk already contaminated with pus from sick cows virtually dead--lifeless.

Pasteurized milk can cause digestive problems such as celiac disease, Chron's disease and IBS (irritable bowel syndrome.) Pasteurization destroys the enzyme phosphatase making it difficult for the body to absorb calcium. This enzyme is instrumental in calcium uptake. Milk is also homogenized. Homogenization reduces the size of fat particles by one-fourth. This process also prevents the cream from separating. Due to homogenization, the enzyme xanthine oxidase moves intact into the milk drinker's bloodstream, and attacks tissue in artery walls and heart muscle. Lesions result which the body attempts to heal with cholesterol. This leads to scar tissue, calcified plaques, and the build-up of cholesterol and other fatty deposits.

Organic milk can be problematic too. Although cows cannot be fed grain which has been treated with pesticides, they can be fed grain. Cows though have to be antibiotic and hormone-free. The problem comes from the fact that even though organic, the milk is ultra pasteurized.

Ultrapasteurized milk is given more intense heat than pasteurized milk. The results are the same though. Protein structure is severely damaged and vitamins and enzymes are destroyed.

After pasteurization and homogenization, milk, including organic, is no longer nutritious. Milk is also linked to an increased risk to developing prostate cancer.

Many health-conscious consumers are turning to raw milk. This milk is not pasteurized or homogenized. Neither does it come from factory-farmed cows. Is raw milk safe? When sanitary practices are observed, raw milk is safe. Despite what the milk industry says, pasteurization and homogenization is not needed.

Pasteurization is only required when cows are factory-farmed. By its very nature, factory-farming breeds disease and sickness.

## **Bovine Growth Hormone**

BGH stands for bovine growth hormone. Bovine growth hormone is an artificial hormone made by the Monsanto Corporation and Eli Lilly & Company. BGH's full name is recombinant bovine growth hormone or, rBGH.

Bovine growth hormone was introduced and given the green light by the FDA (Federal Drug Administration) in 1993. It was in the marketplace by 1994.

Several studies have revealed that BGH is linked to colon, breast, and prostate cancers. BGH is injected into dairy cows in order to increase milk production. While BGH injected cows are allowed by law in the United States, Europe and Canada ban its use.

BGH is a health risk for dairy cows also. It causes an udder infection called mastitis. Dairy cow industry data show that up to 80 percent of dairy cows injected with BGH developed mastitis. In addition to endangering the cow's health, mastitis causes the cow's milk to become contaminated with pus. This infection is treated with antibiotics which filters down into the milk. The consumer who drinks milk also drinks the pus and the antibiotics!

When a person drinks milk from a cow which has been given BGH, he receives excess IGF-1 (insulin-like growth factor.) Insulin-like growth factor is normally produced by the body. But in excess it provides fertile conditions to stimulate cancerous cells.

The majority of American dairy cows are unfortunately injected with BGH. The Food and Drug Administration (FDA) claims that it sees no potential danger in this artificial hormone despite many rat studies, including one in 1990 by the Monsanto Corporation, to the contrary.

Milk and cheese from BGH injected cows are not labeled as such. The FDA requires no such law. As a matter of fact, the FDA bans dairy producers and retailers from labeling their products hormone-free. The only way you can know that the milk or cheese that you purchase from your local supermarket is BGH-free is if it is labeled NO rBGH.

The Monsanto Corporation and Eli Lilly & Company stand to lose millions of dollars if dairy

producers had to label their products hormone-free. As so often happens in American society, money talks. The FDA which is supposed to have the consumer's interest at heart has bowed to corporate pressure.

Europe and Canada protect not only their people's health, but that of the cow also. What can you as a milk consumer do? Refuse to purchase dairy products which don't have the NO rBGH label.

## Raw Milk

The definition of raw milk is: milk from grass-fed cows that has not been pasteurized or homogenized. Butterfat in whole raw milk has unique nutrients that support thyroid function and assist the body develop muscle rather than fat.

Raw milk has good bacteria, enzymes, raw fat, and conjugated linoleic acid (CLA.) CLA is a cancer-fighter as well as a fat which helps to build muscle and get rid of body fat.

Even people who are lactose intolerant (cannot digest the milk sugar lactose) have no problem with raw milk.

Raw milk was successfully used by Dr. J. R. Crewe, MD at the Mayo clinic in the early 1900s. It was used to treat cancer, weight loss, kidney disease, allergies, skin problems, urinary tract and prostate problems, chronic fatigue, and many other chronic illnesses. Dr. Crewe was one of the founders of the Mayo Foundation.

As far as safety is concerned, disease-carrying bacteria stem from industrial farming practices that produce diseased animals which in turn make contaminated milk. If the raw milk comes from clean, well-run farms, it will be much less dangerous than pasteurized milk.

To prove the safety of raw milk, Mark McAfee, owner of Organic Pastures, the largest raw dairy in the United States, has inoculated pathogenic contaminants such as E.coli, Listeria, and Salmonella into his raw milk and into pasteurized milk. None of the pathogens lived in the raw milk because its natural bacteria protected it.

The pathogens were able to dominate the pasteurized milk due to the fact that the milk's enzymes and bacteria were destroyed.