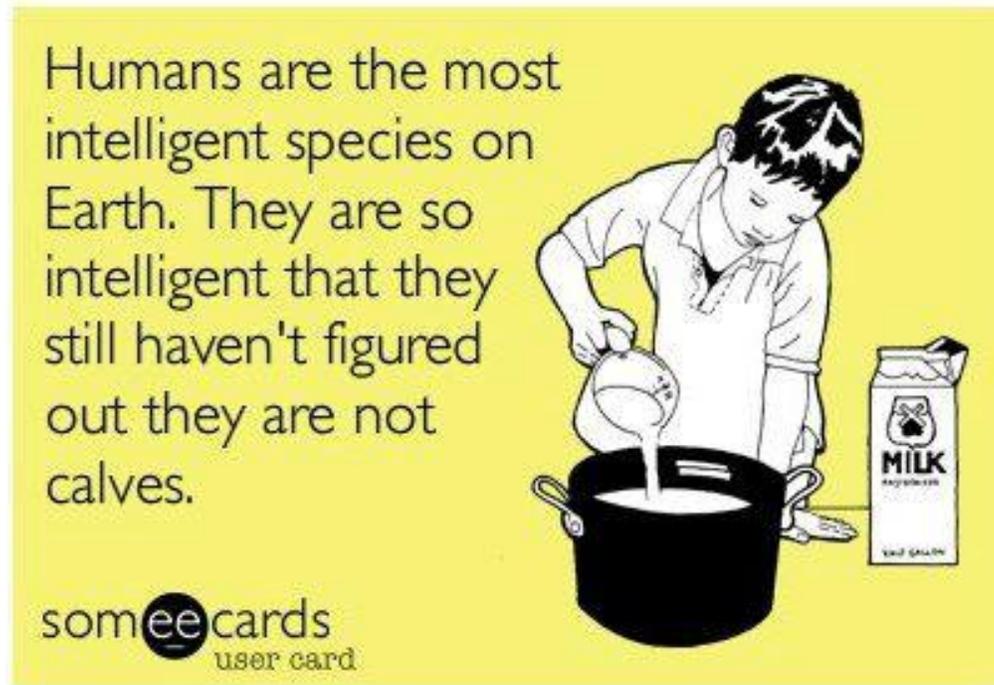


# 30 reasons not to eat or drink cow's milk:

**Eugenia Maria Ugarte Washes**

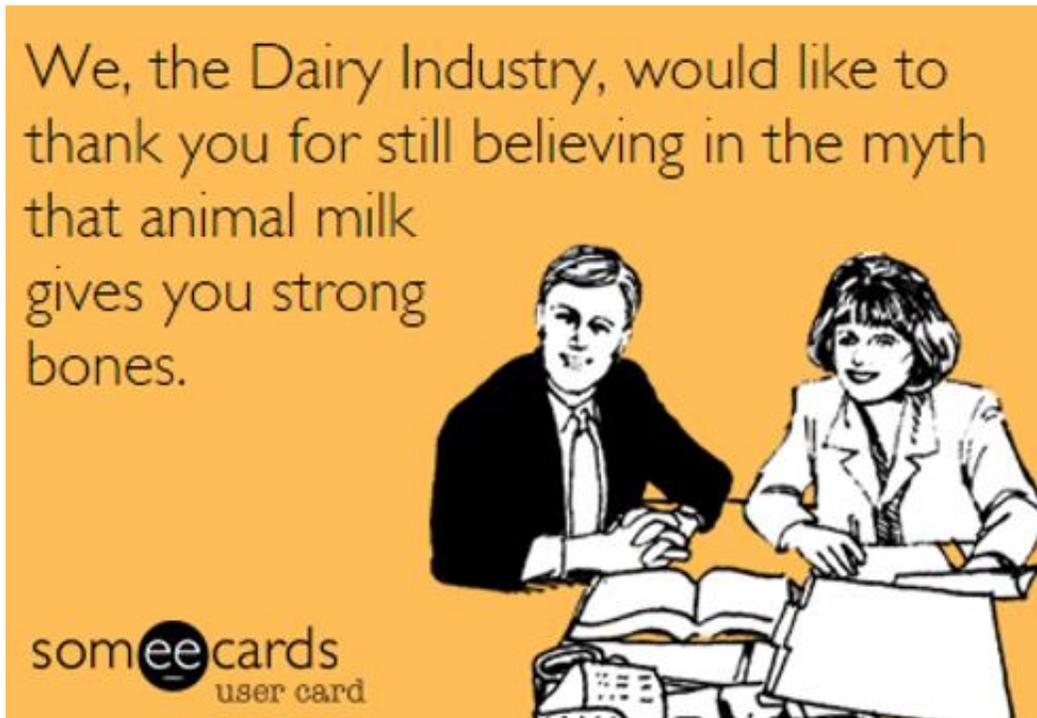
[posted in ABICU Washes - ASSOCIATION](#)

The following article is intended to open the eyes of people who have blindly obeyed what has been taught so far on cow's milk.



- . 1 - Milk reduces iron in young children. That is why in 1993, the National Academy of Pediatrics United States published a communiqué stating that in his opinion, no child should drink animal milk before 18 months of age. Also, contributing to a lack of essential fatty acids and vitamin E.
- . 2 - Animal Milk stimulates the body to produce mucus. That's why when suffering from a cold doctors recommend not drinking milk.
- . 3 - Animal milk is full of bacteria. Therefore it is an excellent medium for bacteria to grow in the body. This is why children do not take animal milk or milk products of animal origin, not get sick as often, suffer from fewer cavities and ear infections. Pasteurization used by industry milk usually lasts 15 seconds. However, for the bad bacteria in milk are inactivated, the process needs to last at least 15 minutes.
- . 4 - Casein is a protein found in milk and is used to manufacture glue, occurs in a large number of children, the soft tissues to swell. These soft tissues are commonly found in the throat, nasal cavities and paranasal sinuses. When these are inflamed, breathing difficulties occur.
- . 5 - Drinking and eating dairy products is associated with several diseases like diabetes, multiple sclerosis, heart, Crohn's, irritable bowel syndrome and even cataracts.
- 6.-Non-organic Milk contains abnormal amounts of antibiotics because the farmers inject cows to prevent these cease production of milk in the udder diseases. These diseases are common in producing dairy

herds. These abnormal amounts of antibiotics contribute to bacteria becoming resistant to them, making it harder to combat when it comes to more serious illnesses.



7 -. Should also know that milk animals and products containing excessive amounts of approximately 59 different types, pituitary hormones, steroid, adrenal, sex, etc. -. Addition, elevated levels of the hormone, together with other toxins, are now considered Because of the occurrence of various degenerative diseases.

80% of the cows are pregnant while are used to produce milk, which naturally raises the levels of these hormones. Farmers also cows injected with synthetic hormones to increase milk production. These high levels of female hormones in the food chain have been linked to health problems in the world. They are also associated with early puberty ...

. 8 - Milk contains large amounts of fat, which clogs your arteries even young people.

9 -. The milk sugar (lactose) is very difficult to digest because when a person reaches the age of two years, the intestines produce less lactase, an enzyme needed to digest and absorb lactose. This decrease in the production of lactase in humans occurs when the intake of breast milk for growth is no longer necessary. When animals consume milk or milk products is likely to ferment lactose in the intestines causing digestive problems such as bloating, gas and other serious difficulties.

10 -. Animal milk contains a perfect blend of minerals designed to help mature the digestive system of their offspring. This digestive system will allow them to properly digest the nutrients from grass and herbs. Cows have a four-chambered stomach configured and regurgitate, chew and swallow their food several times before digesting. They have a very different human digestive system and therefore have different needs. When we consume milk, we are ingesting minerals and chemicals that cows need in your system and how our diets are different, these chemicals and minerals disturbs and affects our digestion Absorbance nutrients in our diets.

11 -. Milk ranks high on the list of causes of allergies and sensitive products. It has been shown to affect

behavior, sleep, concentration and even wetting.

12 -. Milk alone or when combined with gluten (found in grains) associated with autism. When you suspect someone with leaky gut syndrome, it is recommended a diet free of dairy and gluten.

13 -. Disabled children suffering from neurological problems such as autism, Down syndrome, learning disabilities and brain injuries are especially vulnerable to the dairy. Certain proteins in animal milk, such as casein and whey apparently irritate the nervous system of humans, causing them to become serious neurological problems in children. That's why if you do not drink milk or dairy, rehabilitation programs produce better results, compared with those who did take them.

14 -. Studies have shown that consumption of hormones, cholesterol and animal fat found in milk that makes a person more likely to develop acne and wrinkles on the skin.

15 -. Persons of Asian descent, African, Hispanic or southern Europe are particularly vulnerable to the problems associated with the consumption of milk. This explains why most countries do not drink milk.

16 -. Milk is one of the substances that contain more dioxins. Contrary to what was believed, dioxins in milk and cheese are ten times more likely to cause cancer. During the summer of 1999, the dairy industry in Brussels closed for a month because the milk contained 100 times the recommended levels of dioxin.

17 -. Milk contains animal blood ... The milking machines cause injuries to the teats of the cow that bleed and this blood is milk.

18 -. Milk contains pus. The rules of the Department of Health and Human Services and the U.S. Food and Drug Administration (FDA) stipulates that the milk is abnormal and should not eat if it contains more than 200,000 dead white blood cells per milliliter.

19 -. Milk is associated with prostate cancer in men. The risk increases to 30% if consumed two to three servings a day. Women taking dairy products increase your risk of getting ovarian cancer by up to 66%.

20 -. Consumption of milk and cheese is associated with asthma. When humans consume casein protein (used to create the glue that sticks the labels on beer bottles) and then produce histamine mucus. If the bronchi are filled with this substance breathing difficulties occur.

21 -. Children who drink a lot of milk and cheese consuming continued lack of Zinc.

22 -. Milk is high in cholesterol, which causes heart disease.

23 -. Stories associated calcium and milk consumption is mostly a myth created by the dairy industry, who in his advertising campaigns say that cow milk contains large amounts of calcium. Strategically also say that we need calcium. These two statements are true, however, say that consuming milk calcium to provide us with this, this is actually not the case. Calcium in milk is combined with other minerals that are in excess amounts in the animal milk, forming a molecule most often too large to be absorbed by the human intestine. In areas of the world where milk is consumed, diseases associated with lack of calcium are almost nonexistent. Osteoporosis and atherosclerosis are rare in cultures where milk consumption is limited. In fact, recent studies suggest that milk and cheese can actually be the cause of osteoporosis because high amounts of protein in milk that cause calcium to be separated from the bones.

24 -. Regulating the presence of Vitamin D in milk, is very poorly regulated. Recently, it was found that in 42 samples only 12% had the promised amount of vitamin D. have also been studied 10 samples of infant formula. 7 are contained twice the amount of vitamin D announced. One even had 4 more times. Vitamin D is toxic in overdose amounts ..

25 -. Drinking milk may contribute to bone fracture. In a study of 78,000 women made over a period of 12 years, the milk did not reduce the risk of fractures. In fact, women who drank milk three times a day had more fractures than those who rarely did.

26 -. Another important factor is cholesterol. The risk of heart disease and circulation. 8 ounces of milk equivalent to 14 pieces of bacon. Is this what you want for yourself or your children? It's your choice. A glass of milk is equivalent to 35mg of cholesterol. 4 pieces of bacon equivalent to 30 mg.

27 -. Additional effects associated with the consumption of animal milk include diarrhea and constipation, especially in young people.

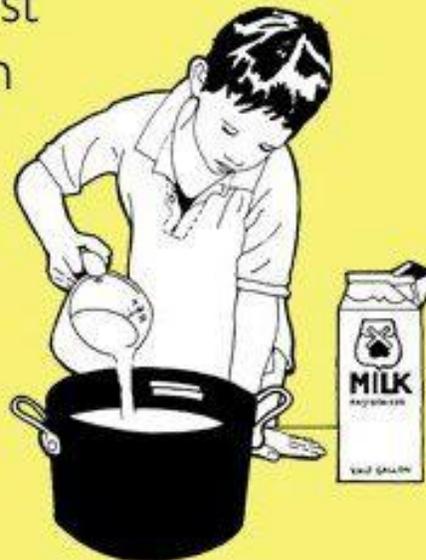
28 -. Consumption of animal milk can also be associated with Sudden Infant Death Syndrome and Disease Amyotrophic lateral sclerosis (Lou Gehrig's Disease).

29 -. Milk is a good conductor of poison. A study I review cases of poisoning in England and Wales between 1992 and 1996, 20 of these cases were associated with the consumption of milk and dairy products.

30 -. The chemical composition of cow's milk is absolutely perfect to feed a calf. It provides the exact nutrients for the cow makes is perfectly nourished and helps you develop your digestive and immune system. Human milk is just perfect for babies. If we gave human milk to a calf, suffer from poor nutrition and become ill very quickly. It is obvious that anyone would think to do this is ridiculous. However, is this much more ridiculous that feeding our children milk and derivatives human?

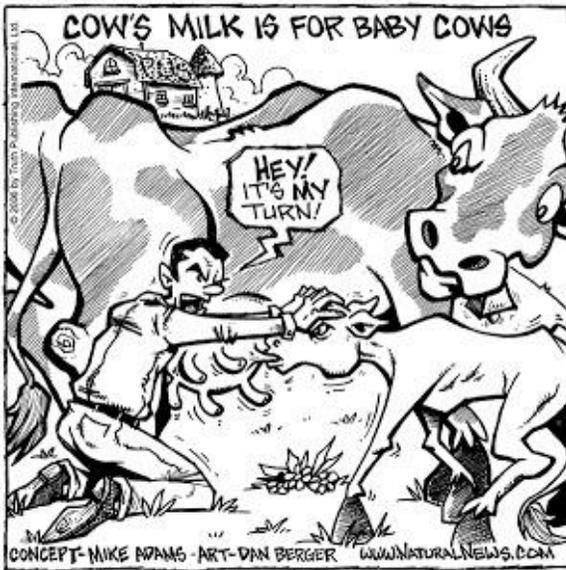
## Other than these 30 issues Milk is fine.

Humans are the most intelligent species on Earth. They are so intelligent that they still haven't figured out they are not calves.



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## COUNTERTHINK



## COUNTERTHINK



There may be other alternatives to animal milk. Soy milk, rice and potatoes are excellent. In some countries you can find almond milk, coconut etc.

In most supermarkets can be found tofu and vegetables, soybean yoghurt etc.

For babies, there are brands of soy-based formulas and are as nutritious and healthy as those containing animal milk base.

Comment: Soy is also discouraged due to its high content of lectins, extremely toxic to the body, which has not evolved to digest.

And finally this milk-free diet. Most of the world does not drink milk and get calcium from other foods successfully. Almonds, amaranth, pinto and black, broccoli, cabbage, peas, cauliflower, cabbage, teeth flower dandelion, figs, hazelnuts, kale, endive, leek, molasses, okra, olives, peanuts, parsley, pistachios, grapes, raisins, sesame, soybeans, tofu, spinach, sunflower seeds, watercress, are just some of the foods that contain significant amounts of calcium that your body can absorb and that we can enjoy ...



# What's really in your carton?

**Cow Milk**  
15% SATURATED FAT  
30% CALCIUM

**Almond Milk**  
0% SATURATED FAT  
30% CALCIUM

Just like people, cows must give birth in order to lactate, so they're artificially impregnated.

Then their calves are taken away 12-46 hours after birth, so that people can drink the milk instead. Mother cows bellow for their babies for days.

Male calves often become veal.

Cow poop → Manure pits → Methane → Global warming

Carbon footprint:  
1 gallon of milk: 17 lb CO2  
1 gallon of gas: 20 lb CO2

Many dairy products contain bovine growth hormone (rBGH/rBST), which has been linked to breast, prostate, and colon cancer.

Almonds

Water

Sunlight

Vitamins

## Which do you feel better buying?

Brought to you by the Coalition to Fight Factory Farming, empowering people to save the environment, animals, and our own health through our daily food choices. [www.cfff.info](http://www.cfff.info) [theCFFF@gmail.com](mailto:theCFFF@gmail.com)

So ... Are you going to continue consuming dairy products? Draw your own conclusions. Find out before you believe what they want us to

We, the Dairy Industry, would like to thank you for still believing in the myth that animal milk gives you strong bones.

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user card

# natural ≠ organic

## Everyday on-farm dairy practices



"NATURAL DAIRY"

CERTIFIED ORGANIC

- Toxic synthetic pesticides, herbicides, fungicides or fertilizers?
- Animals confined with no outdoor access?
- Animal feed may be grown with sewage sludge and genetically modified organisms (GMOs), containing rendered animal by products?
- Antibiotics used to compensate for an unhealthy diet and stress?
- Animals injected with growth and breeding hormones?
- Ever-increasing amounts of soil damaging synthetic nitrogen fertilizer and pesticides used to make food grow?

ALLOWED  
ALLOWED  
ALLOWED  
ALLOWED  
ALLOWED  
ALLOWED

NEVER  
NEVER  
NEVER  
NEVER  
NEVER  
NEVER



## WHY YOU SHOULD AVOID DAIRY PRODUCTS

Damaging to immune system

- Breast cancer
- Colon cancer
- Constipation
- Asthma
- Diarrhea
- Autism
- Osteoporosis
- Arthritis
- Ear infections
- Bronchitis
- Emphysema
- Diabetes
- Increased mucus
- High cholesterol

Go Vegan Radio interview with Dr Vaidya Priyanka

8th May 2011 [www.goveganradio.com](http://www.goveganradio.com)

# 21 Dangers of Infant Formula

*the Infant Formula Companies don't want you to know!*

**For Your Child:** When you feed your baby infant formula, you increase your baby's chance of having:

- 1 asthma
- 2 allergies
- 3 ear infections
- 4 high blood pressure & heart disease
- 5 respiratory infections
- 6 lower IQ & cognitive development
- 7 obesity
- 8 iron-deficiency anemia
- 9 SIDS (Sudden Infant Death Syndrome)
- 10 diabetes (types 1 & 2)
- 11 digestive problems



- 12 childhood cancers
- 13 exposure to environmental contaminants
- 14 sleep apnea
- 15 dental problems & malocclusions

**For the Mother:** When you don't breastfeed, you increase your own chance of developing:

- 16 diabetes (both gestational as well as type 2)
- 17 overweight & obesity
- 18 osteoporosis
- 19 breast cancer, ovarian cancer & uterine cancer
- 20 hypertensive & cardiovascular diseases
- 21 reduced child spacing

NB: References of the evidence-based research used for this information flyer is on the back  
Produced by the World Alliance for Breastfeeding Action (WABA) on its 21st Anniversary • April 2012  
Written by Nancy Forrest (RN, BSN, IBCLC), WABA-ILCA Fellow for 2011/2012

## Studies on soy formula

STUDY/AUTHOR	RESULT
1981 <u>Lebenthal</u> :	Soy formula increases indications of pancreatic stress in infants.
1983 <u>Poley and Klein</u>	Soy feeding caused damage to small bowel mucosa in 2 infants.
1986 <u>Freni-Titulaer</u>	Soy formula associated with premature development in girls (development before the age of 8).
1986 <u>Fort</u>	Soy-fed infants twice as likely to develop diabetes.
1998 <u>Setchell</u>	Serum estrogens 13,000-22,000 times higher in soy-fed infants.
2001 <u>Strom</u>	Soy-fed infants had more reproductive problems and asthma as adults.

**EAT CLEAN!**

**White Sugar**

**White Flour**

**Processed Foods**

**Chemically-**

**Enhanced Foods**

**Artificial**

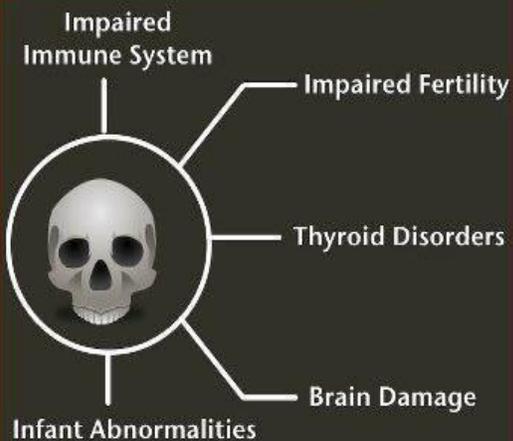
**Ingredients**

# The Deceptions & Dangers of Soy



What are the health risks of soy and how are companies trying to deceive consumers by misleading propaganda?

## Health Dangers of Soy



## Biggest Problems Surrounding Soy

1. **91%** of soy grown in the US is **genetically modified (GM)**
2. Soy contains "**anti-nutrients**", **Hemagglutinins, Goitrogens & Phytates**
3. It is loaded with **ISOFLAVONES**
4. **Toxic** levels of **aluminum & manganese**
5. **Infants** fed soy formula have **20,000x more estrogen** circulating in their blood than babies fed non-soy formulas

**Fermented soy is OK!**

## 4 Soy Products That Are Good For You





## SOY & SOY PRODUCTS

Great for:

**Pesticide Consumption**  
**Blocking Mineral Absorption**  
**Developing Diabetes**  
**Cancer Formation**  
**High Acid Blood Levels**  
**Thyroid Dysfunction**  
**Fatty Liver Development**

**SOY is NOT a health food.**

**To Learn More About Soy Dangers Visit: [www.Wendy-Rae.com](http://www.Wendy-Rae.com)**  
**Copyright Journey Into Wellness**

Copyright Journey Into Wellness [www.Wendy-Rae.com](http://www.Wendy-Rae.com)

# The Truth About Soy

## Filled with Anti-Nutrients

Soy contains high levels of phytic acid and phytoestrogens which withdraw nutrients when processed by your body.

## Linked to Multiple Cancers

Soy has been linked to endocrine disruption, infertility, breast cancer, hypothyroidism and thyroid cancer

## Harmful for Children

Diets high in phytic acid can cause growth problems in children. Soy Formula has been linked to autoimmune thyroid disease in infants. 50% of Female embryos exposed to soy estrogen had

**Infants on soy formula receive  
the estrogen equivalent of  
5 birth control pills a day**



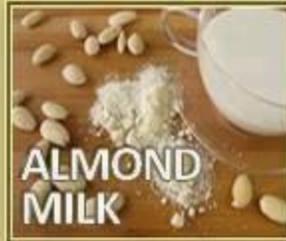
Source: Primal Body, Primal Mind N.Gedgaudas CNS CNT

# NON-DAIRY MILK SUBSTITUTES



stepintomygreenworld.com

Thick texture  
Nutritious  
Coffee &  
sipping



Creamy  
texture  
Rich in  
calcium &  
omega fats

Creamy  
texture  
Better than  
coffee cream



Thick &  
grainy  
Good for  
cookies

Thin texture  
Strong flavor  
Good in  
coffee



Liquid  
texture  
Plain flavor  
Good in  
smoothies

stepintomygreenworld.com

stepintomygreenworld.com



Unlike almond milk, soy milk contains saturated fats and is associated with various allergies.

Therefore, our winner is  
**ALMOND MILK!**



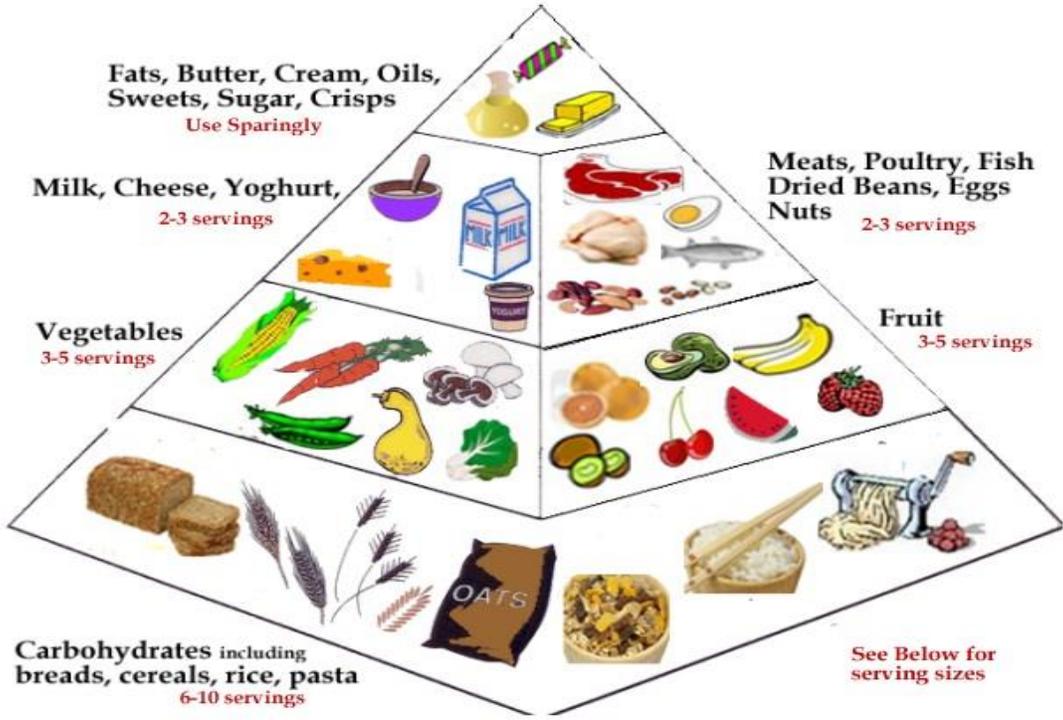


Lola Lollipop www.totallollipop.com

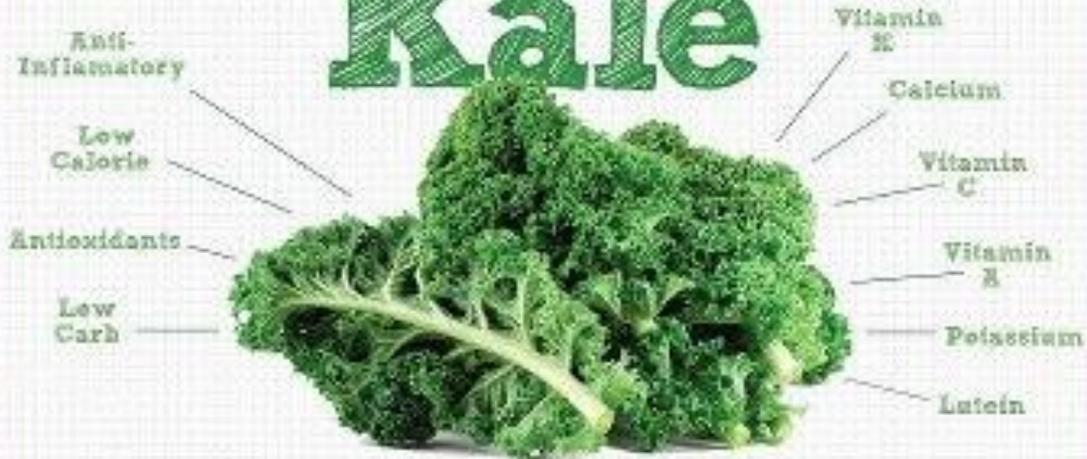
### Health Effects of Eating Animal-Based Diet

Increased Intake of Cholesterol and Fat Linked to:

- Coronary artery disease
- Obesity
- Cancer of colon, breast, prostate
- Osteoporosis
- High blood pressure
- Adult onset diabetes



# Kale



All hail to kale! Seemingly everywhere you turn, kale is a vital vegetable, rich in nutrients, health benefits and delicious flavor.

## Per calorie, Kale has

more Iron  
than beef



more Calcium  
than milk



10X more  
Vitamin C  
than spinach



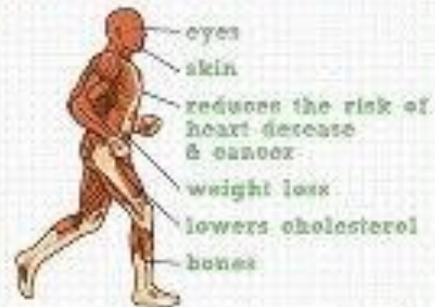
### Highs

vitamins A, C & K  
calcium  
potassium  
folic acid  
lutein  
carotenoids  
antioxidants

### Lows

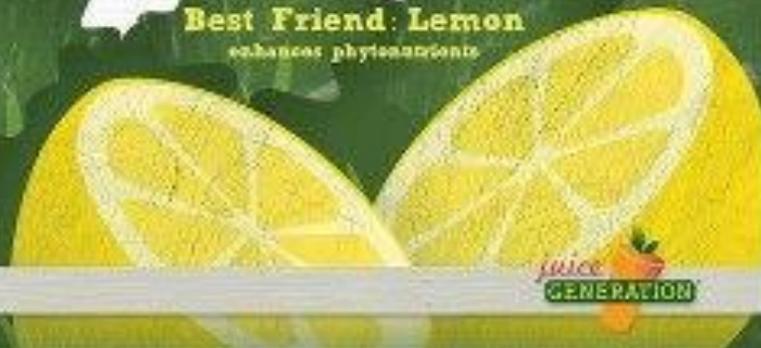
calories  
fat  
carbs

## What is it good for?



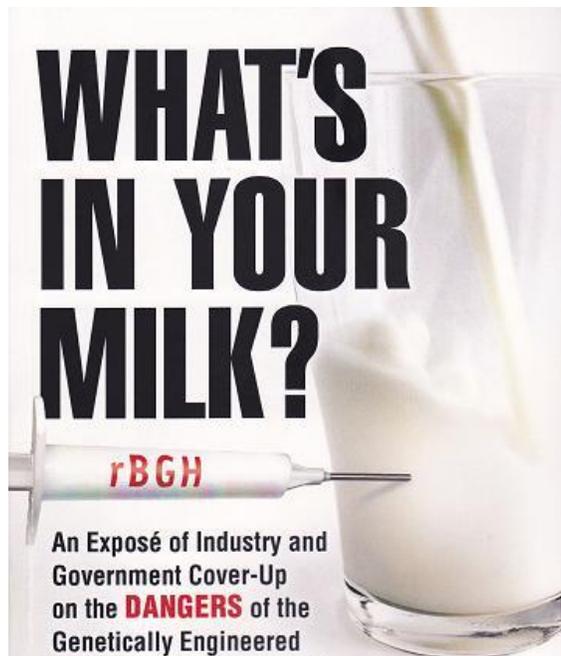
## Best Friend: Lemon

enhances phytochemicals



juice  
GENERATION

# WHAT'S IN YOUR MILK?



**rBGH**

An Exposé of Industry and Government Cover-Up on the **DANGERS** of the Genetically Engineered (rBGH) Milk You're Drinking

**SAMUEL S. EPSTEIN, M.D.**

INTRODUCTION BY BEN COHEN Co-Founder, Ben & Jerry's Ice Cream  
President, Business Leaders for Sensible Priorities

FOREWORD BY JEFFREY SMITH international bestselling author, *Seeds of Deception*

## THE THREE UNHEALTHY WHITES



**WHITE RICE**      **WHITE FLOUR**      **WHITE SUGAR**