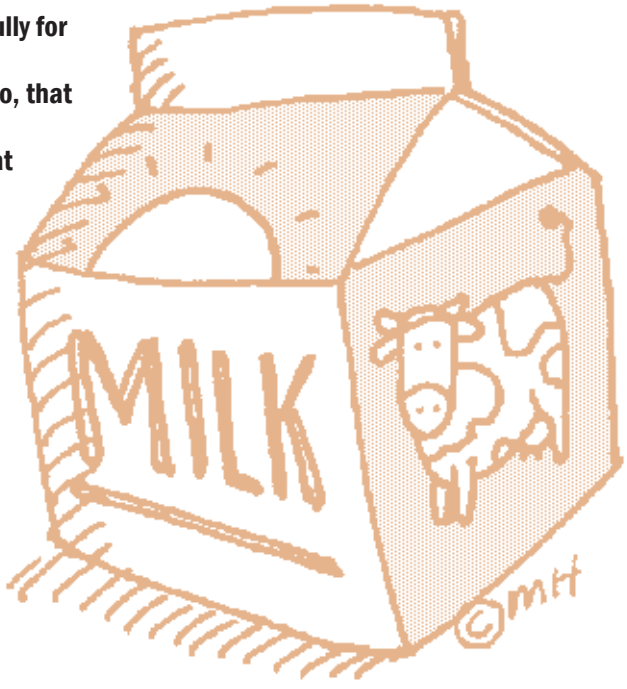
GOT MILK?

The dairy producers have done a wonderful job in promoting their number one product, milk. Everywhere you look there are ads for "Got Milk". This campaign has been around since 1993 and has done wonderfully for the dairy industry, so much so, that most people are unaware that there are other ways to get calcium into their diet. They only know that milk makes for strong bones and strong teeth and they are under the assumption that milk is good for you.



But is this belief true? Yes; and no. To answer this question honestly, we need a brief history lesson. We need to understand milk, cows, the food they eat and how they have changed throughout the years.

The milk producing cows of today, the ones who fill our gallon and half gallon jugs in the grocery stores are not the cows that fed our parents, grandparents and great-grandparents. The cows today have been bred to produce significantly more milk then they did in the past. The cows that have an abnormally high production have been bred specifically to produce more cows just like her. It has been a successful science project and has now filled barns to the bursting point with cows that produce eight to twelve gallons a milk a day. Compare that to the cows from a century ago who produced only two to three gallons of milk a day.

...what the cows eat, what is introduced to their body's and even what is part of their body will be passed into their milk which in turn gets passed into the consumer drinking the milk.

Is this a big deal? Is it a problem, or is this a science project that is exciting and should be celebrated? Think about the newborn baby who was lucky enough to have a mommy who nurses her. Her mommy has been taught that whatever she eats, drinks or breathes, will be passed on to her. If she is lucky, her mommy is also aware that things in her own body, like her silver fillings that are filled with mercury, will pass traces of mercury on to her as well. And if her mommy knows this, hopefully she has been able to remove as many toxins from her body to protect her baby. Some of the things in this baby's mommy will get passed on to baby, but because of her innate intelligence, her body will fight what mommy passes on to her and she will develop a resistance to, say, mommy's little "flu bug".

CALCIUM RICH FOODS

The pregnant mom should shoot for about 1000 mg of calcium a day. If she doesn't get it from milk, where can she get it? Unless otherwise noted, the amounts listed below are calculated per 8oz serving

Dark green leafy vegetables

cooked turnip greens	450mg
cooked bok choy	330mg
cooked collards	300mg
cooked spinach	250mg
cooked kale	200mg
parsley	200mg
cooked mustard greens	180mg
dandelion greens	150mg
romaine lettuce	40mg
head lettuce	10mg

Sprouts

soy	50mg
mung	35mg
alfalfa	25mg

Sea vegetables

(seaweed)(dried powdered form)	
nori	1,200mg
kombu	2,100mg
wakame	3,500mg
agar-agar	62.5 per Tbsp

Beans and Peas (cooked, ready to eat)

navy beans	140mg
soybeans	130mg
pinto beans	100mg
garbanzo beans	95mg
lima, black beans	60mg
lentils	50mg
split peas	20mg

Grains

tapioca (dried)	300mg
brown rice, cooked	20mg
quinoa, cooked	80mg
corn meal, whole grain	50mg
rye flour, dark	40mg
oats	40mg
tortillas (corn) calcium fortified (2)	120mg
tortillas, flour or unfortified (2)	23mg
whole wheat flour	50mg

Seafood

raw oysters	240mg
shrimp	300mg
salmon with bones	490mg
mackerel with bones	600mg
sardines with bones	1,000mg

Seeds

almonds	750mg
hazelnuts (filbert)	450mg
walnuts	280mg
sesame seeds (whole, unhulled)	2,100mg
sunflower seeds	260mg

Miscallaneous Foods

Carrot juice, fresh	57mg
Canned salmon eaten with bones	440mg
Canned sardines or mackeral eaten with bones	569mg
Molasses (blackstrap)	176.2 per Tbsp
Sesame butter	63.9 per Tbsp

The following herbs contain variable amounts of calcium:

borage, lamb's quarter, wild lettuce, nettles, burdock, yellow dock

How does this relate to cows and their milk? The idea is the same; what the cows eat, what is introduced to their body's and even what is part of their body will be passed into their milk which in turn gets passed into the consumer drinking the milk. The cow's diet, their antibiotics and growth hormones, their own natural heightened growth hormones that is so prized by the dairy producers, even their infections like mastitis, are passed into the milk sitting in your refrigerator.

The new cows of today, the ones who produce huge quantities of milk, are producing so much more than just the prized calcium and other nutrients. Their diet consists of high-protein soybean meal, grain and corn silage. This is not what they are designed to eat. Cows are meant to graze in open, green pastures where they acquire vitamins and minerals that they in turn pass onto us in their milk and milk products.

Their current, modified diet, makes them sick, it give them infections like very high rates of mastitis, which means they are often being injected with antibiotics to fight off these infections. Their diet often causes problems that lead to constant diarrhea, sterility, diseased livers and a significantly shorter life. The cows of old would live twelve to fifteen years; today's cows live an average of five to six years. Everything that goes into the cow can get passed onto the consumer who eats and drinks of the products from the cow.

DOESN'T PASTEURIZING MILK PROTECT US FROM STUFF LIKE THIS?

Our government protects us from unpasteurized milk. In most states, it is illegal to sell it in grocery stores. And we are all aware that the only safe milk to drink is pasteurized milk, right? Or wrong? Here is another area we may have been misled. We are told that if our milk is not pasteurized, we could contract diseases such as salmonella, E. coli, tuberculosis, brucellosis and other equally undesirable diseases. We are told that once milk has been pasteurized, we are now protected from those diseases. What is pasteurization anyway and why did we start doing this.

Back in the early 1900's, the idea of pasteurizing milk was introduced. It was an idea that was introduced because of a serious problem. The milk people were drinking - was very bad! But why was this milk bad? It was bad because of the conditions the cows were living in and what they were being fed. It was also because of the unsanitary conditions all around them, from where they lived, ate, were milked and how the pumped milk was stored and handled.

When cows are allowed to eat what they were designed to eat, and their milk is stored safely in refrigerated stainless steel tanks, it is an amazing product that God designed for humans to consume. However, these were not the conditions the cows were living in back in the late 1800's and early 1900's and because of this; pasteurization was seen as a way to remove the bad things from the milk, making it safer for human consumption.

When milk is pasteurized, it is brought to boiling point in literally two - three seconds; this is the ultra-pasteurization method that you will find on the labels of your milk products. The original way of pasteurization was to bring milk to 140 - 150 degrees, leave it there for at least a half of an hour, and then decrease it to no more than 55 degrees. While this process kills off the diseases within the milk, it also kills of much of the good within milk, how could it not?

The pasteurization process leaves milk with its amino acids altered, leaving them less available for the body to use. The vitamin C levels are cut in half and the other water-soluble vitamins found in milk such as: thiamin (B1), riboflavin (B2), niacin, pantothenic acid, vitamin B6, folate, and biotin are reduced by as much as 80 percent and B12 is totally destroyed. The mineral components of milk are much less available to the body as well, minerals such as calcium, chloride, magnesium, phosphorus, potassium, sodium, sulfur and other trace minerals.

As if this isn't enough, pasteurization also destroys the enzymes within the milk. These enzymes are very important. They are what help the body use the various nutrients within milk. Let's

continued →

RESOURCES

BOOKS

Enzyme Nutrition *by Edward Howell, MD*

Nourishing Traditions *by Sally Fallon with Pat Connolly and Mary G. Enig, PhD*

Modern Dairy Products by Lincoln Maximillian Lampert

Nutrition and Physical Degeneration *by Weston A Price, DDS*

Pasture Perfect by Jo Robinson

Politically Incorrect Nutrition *by Michale Barbee*

The Ploy of Soy: A Debate on Modern Soy Products *by Sally Fallon and Mary G. Enig, PhD*

The Raw Truth About Milk (formerly The Milk Book) *by Willian Campbell Douglass II, MD*

The Untold Story of Milk, *by Ron Schmid, ND*

WEBSITES OF NOTE

www.westonaprice.org

www.realmilk.com

www.mercola.com

www.raw-milk-facts.com

www.breadandmoney.com

www.drrons.com/benefits-raw-milk.html

www.rejoiceinlife.com

www.douglassreport.com

www.eatwild.com

www.seedsofhealth.co.uk/articles/case_for_untreated_milk.shtml

look at one example, calcium. We drink milk for its calcium and yet without the enzymes in the milk, our bodies can not assimilate the calcium, making it almost useless to us.

If you read your milk containers, you will often notice that they are labeled fortified in some way. Chemicals are added to milk to replace what has been removed through pasteurizing. Vitamin D is one of those things added back into the milk. Two forms of vitamin D that are added, vitamin D2 is toxic and vitamin D3 has been linked to heart disease.

If this doesn't convince you that pasteurization is not a perfect process, consider this last example. We use this process to kill off "bad pathogens" such as E. coli and salmonella. However, milk in its raw state has enzymes that are useful not only for our body's utilization, but also to protect us from the bad pathogens. These enzymes will attack and destroy the bad pathogens within the milk leaving it safe for our consumption. When pasteurized, the milk is no longer capable of offering us that protection.

In a letter from Mark McAfee, founder of Organic Pastures to the Colorado Department of Health on May 19, 2004, he stated the typical milk tank; the ones that are filled with milk from the mass-producing cows, contained either salmonella or E. coli 30 percent of the time. Whereas his company's milk, raw, unpasteurized milk did not support the growth of pathogens. When they added pathogens to samples of his milk, they simply would not grow. In fact the salmonella pathogens died off in less than 24 hours! Listeria and E. coli hung in there longer, but they too were no match for the natural enzymes within raw milk.

SO WHAT DOES DRINKING PASTEURIZED MILK DO TO ME?

Ever had a friend who can't drink milk? Or eating cheese made their stomach cramp up so severely that they ran for the nearest bathroom? Lactose-intolerance is very common among children and adults. People who have a low tolerance for milk do not have intestinal lactase which is an enzyme that allows them to digest the sugar of milk, lactose.

Another product of milk that is difficult to digest is casein. These people can sometimes consume certain milk products; maybe they can eat cheese or yogurt, but only in small quantities. These are products that come from milk and have gone through a process to reach this state, therefore digestion has been started, so-to-speak and is often easier to be completed by their bodies. Products like yogurt have been fermented which breaks down the lactose and the casein and makes it an easier milk product to tolerate.

Now, think about what you just learned in regard to pasteurization. It kills the enzymes within milk. It would then make sense that it would also kill this enzyme, lactase which helps people tolerate the lactose within the milk. So if someone was intolerant of milk and they drank raw milk instead, they might stand a better chance of tolerating it.

MILK, IT DOES A BODY GOOD?

This is an excerpt from the following website blog: http://www.breadandmoney.com/index.html

Like many Americans, I am allegedly 'lactose intolerant' meaning my digestive system does a poor job of breaking down the natural sugar, lactose, found in milk. For me, drinking milk without the aid of lactase, an enzyme supplement that breaks down lactose, can result in uncomfortable stomach cramps and bloating. For some people, describing the physical trauma of a lactose incident as 'uncomfortable' is as disingenuous as calling Mardi Gras in Brazil a "block party."

Uncomfortable is getting stuck in the middle seat between two overweight life insurance salesmen on a five hour coast to coast flight. In my case, after drinking a glass of ultra-pasteurized milk, I wound up retching uncontrollably on the floor and experienced excruciating stomach cramps that lasted for hours. Although the severity of the symptoms subsided after the better part of a day, I didn't feel normal again until several days later. This, for me, goes way beyond 'uncomfortable.'

Given my recent experience with milk, it would seem unlikely that I would ever go near the white stuff again. And yet, there I stood, two weeks later with a glass of milk poised before my lips, a modern day Dr. Jekyll. The difference was that this time, it was raw milk. I had read that people who cannot drink pasteurized milk can often tolerate raw milk. This is because unlike pasteurized milk which has been stripped of all of its nutritive value, raw milk has all of the good stuff left in, including lactase, the enzyme that aids in

THEN THERE IS THE BOVINE GROWTH HORMONE

In 1993, the FDA approved of a drug for cows to help them produce more milk. This drug, called rBGH or bovine growth hormone promised to double the milk production from cows and not increase the amount of space needed. Since that time, many bad things have come from that drug. Though approved of for use in the US, many countries have flat refused to allow it into their countries stating that it is inhumane to the animals and terribly unsafe to humans. The company who produces this hormone, Monsanto, claims it is perfectly safe and does not enter the human consumers.

Evidence is proving otherwise. It has been linked with significant increase in cancers among both sexes. In women it is seen in breast cancer, in men it is seen in prostate cancer. It has also been linked in lung and colon cancer. In the last couple of years, more and more companies who carry milk products are demanding that the labels reflect whether or not this hormone was used in the animals who produced this milk product. Some companies are even refusing to carry it in their stores. Monsanto is trying to keep the hormone from being listed on labels and in some products they are getting away with that. So for now, shop wisely and look for dairy products that specifically say rBGH or rBST free.

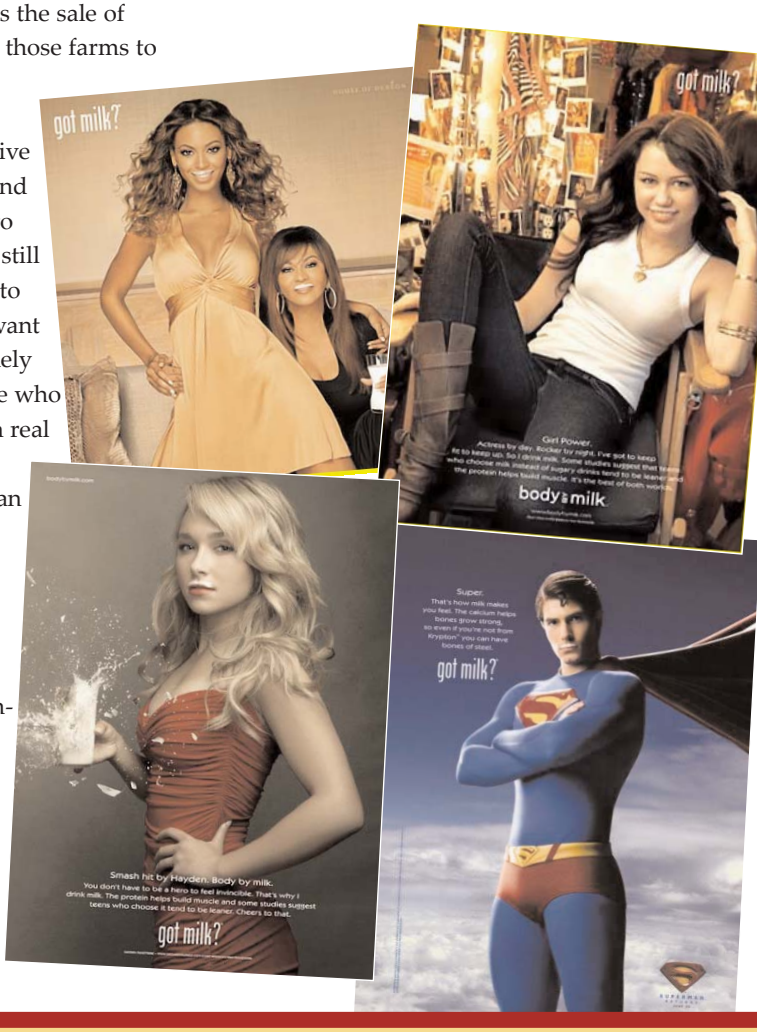
NOW WHAT?

So what's a person to do? We have all been convinced that milk is important, right? We have been taught that we need it for its nutrients such calcium, magnesium, vitamin D and protein. Would we be healthy if we didn't drink milk? If the only milk you are able to buy is from your grocery store, and you live in a state that does not allow for the sale of "raw-milk" (unpasteurized milk), then you probably would be healthier to not drink the milk and seek the nutrients milk is valued for from other sources (see side-bar with ideas). Even if you live in a state that allows the sale of raw milk in stores, look into those farms to make sure they are healthy enough for you to eat from.

The rest of us, we who live in states where you do not find raw milk in the stores need to head to the farms. There are still farmers out there who want to produce a quality product, want to raise their animals humanely and they want to help people who know the difference between real milk and "not-so-real" milk out. Some of these farmers can be found on the internet. Check out the "Resources" section to start your search.

If there is no one listed in your area, don't give up. Some farmers don't feel comfortable with their contact information out there like that. Start visiting the natural food stores in your area and ask questions. Visit with other patrons of those stores if the people working there can't help you. If you find a farmer, but live a distance from them, find several families interested in co-oping with you and take turns driving to the farm and picking up milk for everyone. You can become the "milk man" for a week!

The bottom line is this, milk IS good. It definitely DOES a body good, but pasteurized milk, isn't always the best and doesn't always do a body good, and this is the message you should PASS ON.



the digestion of lactose. With my wife looking on skeptically, I downed the glass in one defiant gulp like Gary Cooper knocking back a whiskey in High Noon.

If I was to turn into Mr. Hyde, I knew from experience that I would begin to feel the first wave of trouble in my gut within fifteen to thirty minutes. Time passed and nothing happened, so a few hours later, I drank a second glass. I had two points of consolation which I hoped would make this experiment worthwhile if things went badly for me. The first was the small rationalization that I was making a great sacrifice in the service of science. The other and more appealing consolation was that this creamy full fat unadulterated milk was simply delicious. By morning I awoke feeling like a billion dollars. I donned a thirty-two pound weight vest, slapped twenty pounds of padded weights to my ankles and went for an eight mile walk. At least in my case, lactose intolerance was a completely bogus diagnosis. What my body was intolerant of was denatured pasteurized milk.

The diet priesthood, those health and nutrition experts who have been advising us for the last few decades, would argue that lactose intolerance is real, that raw milk should be avoided and that there is no nutritive difference between pasteurized milk and raw milk. Sure - and I've got some magic beans that I'll trade you for that cow. I know different and now, so do you.

- Richard Morris