

JULY 17, 2016

POSTS COMMENTS

True Democracy Party

True Democracy, Your Voice, Your Vote - Everyone Votes On Everything-Every Vote Counts, In America, By American's-Paper Ballots Only!

Home

New Energy:

{MUSIC}

HEMP: Super Plant

CANCER CURES

SUPER HEALTH

YOU ARE HERE: [HOME](#) / [FEATURED](#) / TRUTH ABOUT MILK – DANGERS OF DRINKING COWS MILK: TWICE THE MORTALITY RATE, INCREASED RISK OF CANCER, TYPE 1 DIABETES, MULTIPLE SCLEROSIS, WEIGHT GAIN “MILK, IT DOES A BODY HARM!”

 TRANSLATE 

Search this website...

Search

TRUTH ABOUT MILK – DANGERS OF DRINKING COWS MILK: Twice The Mortality Rate, Increased Risk Of Cancer, Type 1 Diabetes, Multiple Sclerosis, Weight Gain “Milk, It Does A Body Harm!”

NOVEMBER 23, 2015 BY [ADMIN](#)

got milk

12 Frightening Facts About Milk

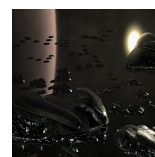
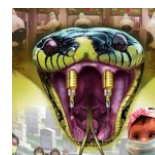
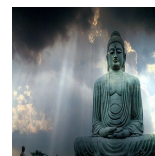
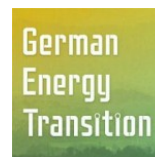
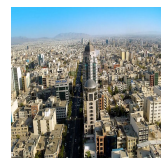
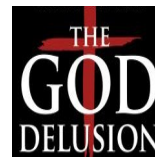
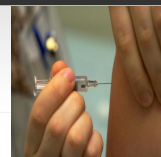
A large observational cohort study[1] in Sweden found that women consuming more than 3 glasses of milk a day had almost twice the mortality over 20 years compared to those women consuming less than one glass a day. In addition, the high milk-drinkers did not have improved bone health. In fact, they had more fractures, particularly hip fractures.

Interestingly, the study also found that fermented milk products (cheese and yogurt) significantly decreased mortality and fractures among these women. For each serving of these fermented dairy products, the rate of mortality and hip fractures was reduced by 10-15%. The researchers pin the negative effects of liquid milk on D-galactose, a breakdown product of lactose that has been shown to be pro-inflammatory. Milk has much more D-galactose than does cheese or yogurt.

I am surprised that this study garnered so much mass media attention upon its release, as it highlights the deleterious side of milk, but I also think it is important to keep the findings in context. And when it comes to the health effects of dairy, the context is not so pretty:

- 1) In observational studies both across countries and within single populations, higher dairy intake has been linked to increased risk of prostate cancer (cited in [2]).
- 2) Observational cohort studies have shown higher dairy intake is linked to higher ovarian cancer risk (cited in [2]).
- 3) Cow's milk protein may play a role in triggering type 1 diabetes through a process called molecular mimicry[3].
- 4) Across countries, populations that consume more dairy have higher rates of multiple sclerosis[4].

RANDOM POST THUMBNAILS



5) In interventional animal experiments and human studies, dairy protein has been shown to increase IGF-1 (Insulin-like Growth Factor-1) levels. Increased levels of IGF-1 has now been implicated in several cancers[5].

6) In interventional animal experiments[6] and human experiments[7], dairy protein has been shown to promote increased cholesterol levels (in the human studies and animal studies) and atherosclerosis (in the animal studies).

7) The primary milk protein (casein) promotes cancer initiated by a carcinogen in experimental animal studies[8].

8) D-galactose has been found to be pro-inflammatory and actually is given to create animal models of aging[1].

9) Higher milk intake is linked to acne[9].

10) Milk intake has been implicated in constipation[10] and ear infections (cited in [2]).

11) Milk is perhaps the most common self-reported food allergen in the world[11].

12) Much of the world's population cannot adequately digest milk due to lactose intolerance.

So despite being very pleased that the public is glimpsing some of the evidence against milk in this recent study (though they also could be hearing about the benefits of cheese and yogurt from this same study), I think there is a far more powerful story; a story that takes into account the largely hidden context of diet and dairy research. There is a wealth of indirect evidence of very serious possible harms of consuming dairy foods, and, on the flip side, the evidence that milk prevents fractures is scant.

As we look beyond the headlines, it is hard to think that we should continue to consume the lactation fluid that exists in nature to nourish and rapidly grow calves.

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By Thomas Campbell, MD October 31, 2014 · modified on October 6, 2015



ALTER INDEPENDENT MEDIA [AIM 1]

- [WORLD MAP](#)
- [WEATHER MAP: Australia/Bali](#)
- [PUBLIC DOMAIN TV \(PDTV\)](#)
- [HEALTHSHARE: Blog](#)
- [SHAD-LAA.com Super Health](#)
- [FRUIT: Nutrition And You.com](#)
- [VEGETABLES: Nutrition And You.com](#)
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Special Recent Posts



WEATHER WARS - SOUTHERN AFRICAN DROUGHT BUSTED!: THE RAINS OF AFRICA - SOUTHERN AFRICAN DROUGHT SLAYERS MOST POWERFUL IN THE WORLD!

April 25th, 2016
After I/We/The True Democracy Party Of America - Frederick, MD. Chapter, called for bringing much ne [...]



NEX-EVOLUTION 101 PART 2 – PRE/EVOLUTION BASICS: THE ILLUSION OF REALITY, VIBRATION AND FREQUENCY

Thomas Campbell, MD is medical director of the T. Colin Campbell Center for Nutrition Studies and a practicing, board-certified family physician at the University of Rochester. He is co-founder and clinical director of the UR Program for Nutrition in Medicine, a comprehensive initiative to treat patients using diet and lifestyle. He is a faculty member, co-author of The China Study, and author of The Campbell Plan.

SOURCE: [[12 Frightening Facts About Milk – By Thomas Campbell, MD](#)]



Milk...it does the body harm!

“WHAT?” I can just hear you saying out loud. “But I thought that milk provided me with calcium & essential nutrients?” No, you’re not a calf, right? Nor are you a baby. Think about it this way: We scoff at mothers who let their child past a certain age still suckle at their breast, yet adults drink gallons of milk...although not from their mommies, but from another species. Does this make sense to you? It certainly doesn’t to me!

As Kim Barnouin & Rory Freedman point out in their book, “Skinny Bitch“, “We don’t need our mother’s milks as adults, just like grown cows don’t need their mothers’ milk anymore. We are the only species on the planet that drinks the milk of another species. We could be putting gorilla milk on our cereal or having zebra milk and cookies. Why cows’ milk? Using the animal that produces the largest quantity of milk but is more easily housed than an elephant means more money for farmers. It has nothing to do with health and nutrition... The dairy industry is a multibillion-dollar industry based on brilliant marketing and the addictive taste of milk, butter, and cheese. It has convinced doctors, consumers, and government agencies that we need cows’ milk.” (p. 57 – The Dairy Disaster) Yes, indeed you are being lied to...BIG time!



April 2nd, 2016
* This is PART 2 of a Post that was designed as a Crash Course in Basic Pre-Information that [...]



TRUE GODS OF EGYPT: PYRAMIDS BUILT BY GIANT PRE-AFRICAN PEOPLE (TITANS/ALIEN HYBRIDS!?) ANCESTORS OF MODERN AFRICANS AND ARABS! PROOF!!!

March 28th, 2016

<https://youtu.be/dCj> [...]



AMAZON GIANTS: FEMALE WARRIORS FEMALE NATION - BATTLE ANGELS! HIDDEN HISTORY -

March 28th, 2016

** The very first Amazons were Giants. We know this because of the Weapons they used. [...]

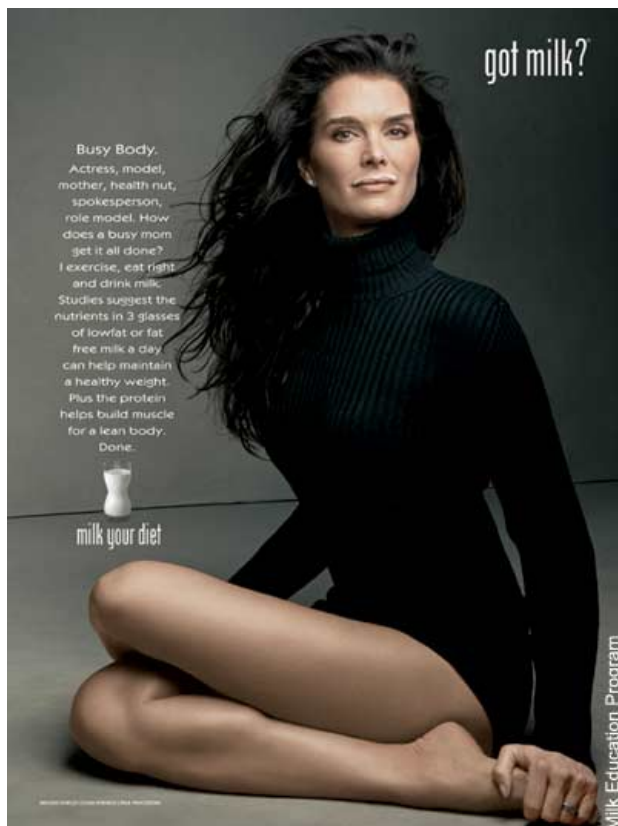


WINGS OF THE BEAST - DEMOCRATS ARE COMMUNIST REPUBLICANS ARE FASCIST: LEFT WING, RIGHT WING, SAME WING! [UPDATED] ADDITIONAL POST(S)

March 28th, 2016

Democrats are Communists and Republicans are Fascist! This is just common factual knowledge and [...]

Like Banksy, the British graffiti artist who made the sign above, I'd hold this up to the dairy industry! "YOU LIE" to your consumers...and you know it! Meanwhile the public is getting heavier around the waistline and sicker from its products, but do you think they care? No they don't! I hate to break it to you, but your health is in your hands! None of them care as long as they are making a profit! If you get sick then their friends in the pharmaceutical industry benefit as well because now you need drugs to stay healthy & alive! Meanwhile, you're being bombarded with images like the one below. Portraying intelligent people, whom most of us trust, like Dr. Phil or Meredith Vieira and other celebrities trying to convince us that we must "get it" or else we're just not that smart. It's shameful!



Here's something to consider from Colleen Patrick-Goudreau, author of The 30-Day Vegan Challenge, she writes, "In cow's milk, 80-87 percent of the proteins are caseins, which is not a good thing. According to renowned researcher and professor emeritus of nutritional biochemistry at Cornell University T. Colin Campbell, casein is the "number one carcinogen [cancer-causing substance] that people come into contact with on a daily basis." In dairy-based cheeses, the casein is even more concentrated, and in low-fat dairy milks, there tends to be more casein to make up for the fat that has been removed." (p. 54-55) Not only is casein in milk a huge problem, but there's also dioxin to consider, which is one of the most toxic substances in the world, often found in dairy products. Yikes, doesn't that sound appetizing?

And there's more toxic stuff for your body to battle with. Freedman & Barnouin write, "Sickening high levels of pesticides found in dairy meet government standards. Records from the Food and Drug Administration show that "virtually 100% of the cheese products produced and sold in the U.S. has detectable pesticide residues." Would you like a glass of wine & crackers with that? I didn't think so.

Here we are being lulled into thinking milk is good for us and like a friend said to me recently, "The people around us are starting to look more and more like the people in the cartoon Wall-E!" But is that their fault?



**OPERATION:
DESERT STORM
2 - DESERT
FLOWER
DESERT BLOOM
- MIDDLE EAST
PEACE: DEATH
VALLEY SUPER
BLOOM: RISE
OF THE DESERT
DROUGHT
SLAYER!**

February 29th,
2016

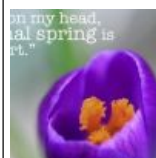
Image by Dean Hueber "Valley Of Death Now Valley Of Life!" From Death Valley To Spring Valley - D [...]



**WEATHER
WARS WINTER
WARS: ORGONE
STRIKES BACK!
PUSHES ARCTIC
JET STREAM
BACK UP
NORTH!
"CHECK MATE!
GAME OVER!"**

February 17th,
2016

This was a short but brutal battle. "We came, we saw, we kicked their arse..." The Power of O [...]



**WEATHER
WARS - THE
WINTER WARS:
THE DEATH OF
WINTER - EAST
COAST U.S.!!!
MAJOR G-2
INFO/UPGRADE!
[DROUGHT
SLAYER
ALERT!]
"SUMMERTIZE! -
TIME TO BRING
THE HEAT!" -
WADE HOUSE**

February 4th, 2016
NOTE: New type of Attack has Locked Me out of the T.D.P. Website twice while



No, it is not! All the chemicals and harmful substances are actually making it harder for them to loose the weight! Listen to this: Freedman and Barnouin write, "When you consume dairy products, you are ingesting the same antibiotics, pesticides, steroids, and hormones you would if you ate meat directly. Cows are injected with bovine growth hormone." And where do you think all those harmful substances are going? Right, into your body! No wonder you're expanding and you can't seem to ever loose the weight even though you're eating low fat yogurt for breakfast and drinking low-fat milk. Even worse, when your child enters early puberty in the second grade or someone you love comes and tells you they got cancer!

The good news is that you got plenty of other alternatives. Freedman & Barnouin give plenty of suggestions in their amazing little book, "Skinny Bitch". Personally, I have never been a big fan of milk or dairy except in cheese and frozen yogurt, but now I will gladly go choose a vegan alternative or go for organic soy or almond milk instead.

The last thing to consider, but by no mean the least, is the way the cows are being treated in the factory farms. Cows only produce milk when they have given birth to a calf. After the birth, the calf is then yanked away from its mother. The mother cow cries out for the loss of her calf! Our vision of "mother & child" in the green pasture, sadly does not exist! Further, Freedman & Barnouin write, "There is no gentle farmer milking the cow with a bucket between his feet. Cows are milked by machine; metal clamps are attached to the cows' sensitive udders. The udders become sore and infected. Pus forms. But the machines keep on milking, sucking the dead white blood cells into the milk. How freaking gross is that?" (p. 60-61) Plus then there's the radioactive particles found in milk...

If you still go ahead and drink a glass of milk after reading this, I'm not going to hold you back. Now you know the facts! I can't spell it out for you any more than I have. Dairy products are harmful and disease producing! They cause suffering in major ways! Just ask my mother, she's been eating lots of ice cream with whipped cream on top and as a result she suffers from severe intestinal issues that will never go away because it has ruined her intestinal system.

COMMENT:

Stormbringer on April 28, 2012

Very informative – I would like to point out as an addendum to your post that not only does milk do the body harm, but we in fact, might as well drink poison – the effects would be similar.

When we consume milk and dairy products, it has an immediate effect on our bodies – it turns our blood against us. It turns our blood acidic. It actually changes the PH balance of our blood – and this is not a good thing. Our immune system kicks in and does its best to recover.

The only way it can is by leaching out calcium from our bones to counteract the PH change. As it does this – it slowly changes back to the way it should – with one major change – our bones over time become more and more brittle as a result. They simply have less calcium in them.

The excess calcium is excreted in our urine and this contributes to lower intestinal blockages over time. Know someone who has to go in for a gall bladder stone removal? Well guess what! If you look at societies who drink the most amount of milk – you will see that the western diet has the highest amount of osteoporosis in the world.

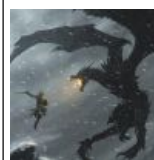
There are some Asian countries where very little dairy products are consumed and they

writing th [...]



WEATHER WARS - WINTER WARS: ENTER THE SNOW SLAYER - THE WINTER WARRIOR TAKES ON SNOWMAGEDDON? "REAL TIME WEATHER BATTLE ROYALE!"

January 19th, 2016
There is a Major Snow Storm heading toward the East Coast Washington D.C. area for Friday into a [...]



DROUGHT SLAYERS - THE NEXT GENERATION: FRANKENFLUTE AND THE BEAST OF BRISBANE:

December 21st, 2015
THERE WAS A TIME: "There was a Time when I considered myself to be the Most Powerful and Knowledgeab [...]



WEATHER WARS DROUGHT WARS: WATER RESTRICTIONS LIFTED 2015! FROM CALIFORNIA TO TEXAS, FROM CANADA TO KANSAS! FROM CHINA TO DEATH VALLEY! "DROUGHT SLAYERS RULE!"

December 21st, 2015
Drought Slayers in America and around the world

have some of the lowest counts of osteoporosis in the world.

* The lie that people are fed about “milk, it does a body good” couldn’t be further from the truth. We are told that women especially need to drink and consume lots of milk and dairy products to help protect themselves from the onset osteoporosis as a middle age adult. This is another lie. People who consume milk and dairy products are actually rapidly assisting the onset of osteoporosis.

* The calcium loss is directly contributed to the amount of dairy products we consume in our lives. So the next time you think you need more calcium in your diet and need to eat and drink milk and dairy – remember the lie. This is not about YOUR health and well being – it’s about THEIR profit and nothing more.

Posted on April 7, 2012 by urbanveganchic

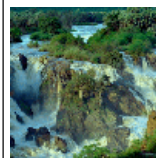


have many different motivations. But all share one [...]



TRUTH ABOUT MILK – DANGERS OF DRINKING COWS MILK: TWICE THE MORTALITY RATE, INCREASED RISK OF CANCER, TYPE 1 DIABETES, MULTIPLE SCLEROSIS, WEIGHT GAIN “MILK, IT DOES A BODY HARM!”

November 23rd, 2015
12 Frightening Facts About Milk A large observational cohort study[1] in Sweden found that wo [...]



NEX-EVOLUTION 101 - PRE/EVOLUTION BASICS: POWER OF INTENTION, WHAT WE ARE MADE OF, POWERS OF WATER

November 21st, 2015
This Post was designed as a Crash Course in Basic Pre-information that is needed, if you think y [...]



THE SUNLIGHT WARS: RESONANCE FREQUENCY: CLOUDBUSTING WITH YOUR MIND - HUMAN ORGONE CLOUDBUSTERS “THE DAYS OF THE NWO ARE



Dangers of drinking cow's milk

Before we discuss some of the dangers of drinking cow's milk, first, it is important to mention that I am not completely anti-milk. I personally do not drink unless it is seed or nut milk but in its pure form, it is not necessarily dangerous.

Yet, due to the extreme processes that milk undergoes, as well as the high amounts of antibiotics, hormones, and genetically-modified substances that cows are continually exposed to, I can, with much certainty, say that there are real and eminent dangers associated with drinking milk from cows. All cows release toxins through their milk, as milk is a natural exit-portal for substances that the body cannot use.

*** List of "Ingredients" Added to Cow's Milk ***

Here are just a few of the artificially-engineered components found in the average glass of non organic pasteurized and homogenized milk on the American dinner table:

* A Veritable Hormone Cocktail:

including pituitary, steroid, hypothalamic, and thyroid hormones (remember most cows are extremely stressed)

Gastrointestinal Peptides:

* Nerve and epidermal growth factors, and the growth inhibitors MDGI and MAF

rBGH (Recombinant Bovine Growth Hormone):

* a genetically engineered hormone directly linked to breast, colon and prostate cancer. This is injected into cows to increase milk production.

Pus: National averages show at least 322 million cell-counts of pus per glass. This is well-above the human limit for pus-intake, and has been directly linked to paratuberculosis bacteria, as well as Crohn's disease. The pus comes from infected udders on the cows known as mastitis.

Blood Cells: The USDA allows up to 1.5 million white blood cells per milliliter of commonly-sold milk.[3] Yes, you are drinking cows blood in the milk and the USDA allows this!

Antibiotics: Currently, cows are in such a state of disease and mistreatment that they are continually being injected with antibiotic medicines, and rubbed down with chemical-laden ointments to deal with their chronic infections. Currently, regulating committees only test for 4 of the 85 drugs in dairy cows. This means that the other 81 drugs in cow's milk are coming directly into your glasses and bodies. Estimates show that 38% of milk in the U.S. is "contaminated with sulfa drugs or other antibiotics," according to a study by the Centre for Science in the Public Interest and published in the Wall Street Journal on December 29, 1989. A study from the FDA data showed that over half of all milk was laden with traces of pharmaceuticals yet nothing has been done to control this.

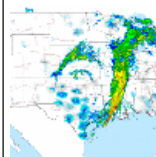
How Does This Affect the Cows?

Furthermore, not only are people drinking in these toxins, we are also taking in the energetic effects of the life of the cow.

NUMBERED!"

November 19th, 2015

1) The Human Body is 70% Water and 30% Mineral. 2) Orgone Accumulator Cloud Busters are 70% [...]



BATTLE OF BRISBANE - ENTER THE STORM SLAYER: WEATHER WARS - "EXTREME PREJUDICE" AN EPIC ELEMENTAL STRUGGLE! / WADE'S WAVE IS BACK - PNW STILL DROUGHT FREE

November 17th, 2015

The Brisbane Drought-Slayer, one of the Most Powerful Drought Slayers on this Planet, gave me a jing [...]



PACIFIC NORTHWEST DROUGHT BUSTED - WEATHER WARS: NEW DROUGHT-SLAYER "NEW G-2 'THE PORCUPINE' STICKS IT TO THE OLD WORLD ORDER OF WEATHER CONTROL!"

November 8th, 2015

PACIFIC NORTHWEST MINI-DROUGHT DEFEATED WITHIN 7 DAYS! Oregon, Washington State and Northern

Cal [...]

Studies show that many cows are infected with incredibly painful inflammatory infections such as mastitis. Due to over-milking, artificial hormones, bacteria and medications, cow's udders can become chronically inflamed, thus altering the color and taste of the milk.

Over time, this bacterial invasion causes harm to the cow's mammary gland, reeking havoc on the milk being produced. From parasitic worms to cancerous tumors, these diseases are often passed along to the next generation of cows, and more often, into the milk we drink.

Even more, the conditions in which cows live, as well as the rigorous milking regimes, cause dairy cattle to live in a permanent state of sympathetic (stress) response, as well as adrenal over-load. When our adrenal glands are overworked for long periods of time, there is an overload of cortisol in the blood. When we drink this milk, we are then exposed to the millions of stress-response cells in the milk of cows. It is no wonder that we are a chronically-stressed society ..

How To Avoid Dangers Related to Cow's Milk

In conclusion, it might be a good idea to take a cleansing break from dairy. Here are some ways to avoid the dangers associated with cow's milk:

Replace cow's milk with healthy natural substitutes: rice milk, almond milk, raw goat's milk or my favorite — hemp milk.

If you do insist on drinking cow's milk, make sure to buy only the non-genetically modified, range fed, organic raw versions. Even better, talk to your local organic farmer to make sure the cow's are treated kindly.

Eat less cheese and always buy organic versions. Goat's cheese is the best for you!

For in depth information on the dangers of cow's milk I recommend visiting www.NotMilk.com.



Dairy: 6 Reasons You Should Avoid It at all Costs

Got milk? Plenty of people think its perfectly healthy to drink, and advertisements would have you eating dairy all the time. But it may not be as healthy as you think. In this weeks UltraWellness blog Dr. Mark Hyman gives six reasons you should avoid milk and explains why it may be at the very root of your health problems.



THE EAST COAST WAVE: WEATHER WARS - WADE'S WAVE "1500 MILE LONG RIVER OF RAIN" NEW EASTERN U.S. WEATHER PATTERN "DROUGHT SLAYERS RULE!"

October 25th, 2015
There's a "new" weather Pattern in the Eastern Half of the U.S.. I call it The East Coast Wave, 1500 [...]



WEATHER WARS / FRANKENSTORM SANDY - EARTH UNDER SIEGE: ENTER THE DROUGHT SLAYERS - THE "NEW KNIGHTS"

October 4th, 2015
This is just some General Information on Weather Warfare Pre-2013, with a sensational title to get a [...]



WEATHER WARS – HURRICANE (MEDIA HYPE/RAIN EVENT) JOAQUIN - RUNS AWAY TO SEA [AMERICAN'S SPEAK OUT!/SLAM MEDIA!] "JUST ANOTHER MEDIA HYPE-A-THON"

October 3rd, 2015
Looks like the now infamous Hurricane Joaquin was and will be, little more

than a Media



Milk The Deadly Poison

About the Author

Robert Cohen performed research in the 1970's on the hormonal effects on the brain and behavior. Twenty-five years later, this father of three became concerned about the most controversial drug approval in FDA history, the genetically engineered hormone that is now in our milk supply. Along the way, Cohen discovered that milk is implicated in causing breast cancer, osteoporosis, heart disease, and chronic childhood illnesses.

Cohen's skills as a researcher, and his passion for the safety of his family, led to his single-minded pursuit to expose the truth about milk. Based on his exhaustive and comprehensive research over the past six years, Cohen predicted the Mad Cow Disease outbreak. His dogged determination has set the American dairy industry on its ear. To insure that all citizens of the world learn the truth, Cohen founded and is executive director of America's Dairy Education Board, a group of nationally prominent doctors dedicated to dispelling the myth that milk is nature's perfect food.

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This is a 1998 Hard Copy Special on MILK.

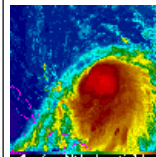
What the government doesn't want you to know about milk. Don't drink milk, we know it contains fat and cholesterol but did you know it contains the protein CASEIN (which is basically a glue which leads to a lot of mucous build up and other health problems like asthma and congestion), milk also contains.. powerful growth hormones, viruses, a host of deadly chemical and biological bacterial agents, bovine proteins that cause allergies, insecticides, antibiotics, all this can trigger the growth of cancer and contributes to today's problem of obese children (ever notice why young girls breasts develop faster?). Cow's milk is the number one allergic food in this country. It has been well documented as a cause in diarrhea, cramps, bloating, gas, gastrointestinal bleeding, iron-deficiency anemia, skin rashes, atherosclerosis, and acne.

It is the primary cause of recurrent ear infections in children. It has also been linked to insulin dependent diabetes, rheumatoid arthritis, infertility, and leukemia. Milk, refined salt, and refined sugar make three of the largest contributions to food induced ill health in our country.

**

*

Hyped, R [...]



THE WEATHER
WARS -
HURRICANE
JOAQUIN: NON
EAST COAST
EVENT "NO
HURRICANES
ALLOWED! I
GOT THIS" -
WADE HOUSE
'GUARDIAN,
DROUGHT-
SLAYER - EAST
COAST U.S.

October 1st, 2015

** Someone
mentioned to me
today that a
hurricane was
coming to town. I
replied; [...]

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Debunking The Milk Myth: Why Milk Is Bad For You And Your Bones

Did you know that in Medieval England parents would tie rabbits' feet around their babies' necks to ward off illness? Doctors would also spit on wounds because saliva was believed to have healing properties.

Indeed, history is replete with unfounded health beliefs, and to everyone's detriment, the milk myth is among the most tenacious.

Milk is much more than just a drink; it's a cultural phenomenon that can be traced back thousands of years. And still today, the milk myth resonates loud and clear: in 2001, the average American child consumed 104 quarts of cow's milk.

Milk depletes the calcium from your bones

The milk myth has spread around the world based on the flawed belief that this protein and calcium-rich drink is essential to support good overall health and bone health in particular at any age. It is easy to understand that the confusion about milk's imaginary benefits stems from the fact that it contains calcium – around 300 mg per cup.

But many scientific studies have shown an assortment of detrimental health effects directly linked to milk consumption. And the most surprising link is that not only do we barely absorb the calcium in cow's milk (especially if pasteurized), but to make matters worse, it actually increases calcium loss from the bones. What an irony this is!

Here's how it happens. Read More/Source: [saveourbones.com/osteoporosis-milk-myth]

More from my site



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FOOTER #2 WIDGET

This is an example of a widgeted area that you can place text to describe a particular product or service. You can also use other WordPress widgets such as recent posts, recent comments, a tag cloud or more.

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