

DAIRY PRODUCTS

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A few brave scientists and M.D.s are now being vocal about what was reported as proven in 1960 and reported at an International Nutrition Congress in Washington, D.C. – “Drinking cow’s milk is a no-no for human beings”. Cow’s milk is designed perfectly to cause 50 pound calves at birth to grow into 1500 pound adults! Humans have no need for such a product and, in fact, our disease record is proving that to be true.

A list of conditions caused by drinking cow’s milk would include the following:

1. Far more people are unable than able to digest lactose (milk sugar). High percentages of various populations lose lactase by age two. Perhaps milk was not to be a part of the diet after that age.
2. Milk drinking increases the risk of lead poisoning in children. (University of Wisconsin, Madison, WI.)
3. Consumption of cow’s milk is a very common cause of constipation in people of all ages. (*J.A.M.A.*, October 28, 1974)
4. Bedwetting was stopped in 50% of 100 children when milk was removed from the diet. (*Clinical Trends in Family Practice*, September-October, 1978).
5. Allergies are known to be caused or aggravated by cows’ milk consumption. It is thought to be caused by the protein content. Bronchitis and asthma along with rashes and hives are common symptoms.
6. Anemia develops in children on cows’ milk but rarely among breast-fed infants even when milk is their sole food for their first twelve to eighteen months. (*Nutrition Reviews*, v. 35, No. 8, August 1997).
7. Hyperactivity in children was shown to dramatically decrease when milk in all forms was eliminated from the diet. (*J. Learning Disabilities*, 12 (9):32-50, November, 1979).
8. Infant colic increases even when the mothers of breast fed babies have been drinking cows’ milk.

There is more but this is enough. When you study the composition of milk from different species, the Bible’s command about milk makes scientific sense. Proverbs 27:27 “And thou shalt have goat milk enough for thy food, for the food of thy household, and for the maintenance of thy maidens.”

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