

## **Health for You: 11. Dairy-Dairy; Good or Scary?**

Why Popular Mass Media is not Reliable Guidance!

We have spoken before of the phenomenon of massive contradictions in the information and misinformation popularly understood among the average people. We need to be aware that the source of the information is very important to consider. We can be thankful for the guidelines God has provided in the Spirit of Prophecy which can keep us away from many pitfalls. Not everything that claims to be science is really science; what the Spirit of Prophecy and the Bible calls “Science falsely so called” abounds in our world today. The almost universal acceptance of the theory of evolution in medicine, results in inaccurate assumptions. If you start out with an incorrect supposition, you cannot hope to reach a correct conclusion. If I take a wrong turn at the beginning of my journey, no matter how carefully I drive, I won’t end up at my desired destination, unless I first correct my error.

When we hear something about health on the popular media, the best thing to do is to ignore it, because unless you can get a look at the actual studies and reports they are referring to, and find out how it was done, you have no way to know if it is at all accurate. Many cases are cited by researchers and scientists themselves, where the reports given by them were entirely distorted and misquoted by reporters and the press. So while the study itself may have had great validity, the message that got through to the ordinary person through the popular media was skewed and untrue.

### **Truths and half truths**

In this modern technical age, we are bombarded everywhere with half-truths and untruths. We don’t live in reality; but rather in word worlds created by those who wish to sell us something. Most folk no longer know what is reality or truth. The Bible talks about perishing because of not *loving* the truth. Statistics don’t lie, it is said, but liars can twist statistics!

Much of what we believe is true these days is information manipulated and designed to mislead us and mold us into obedient, happy consumers, blindly gobbling up whatever big business wants to sell us. The advertising budgets of the huge marketing boards and processed food cartels run in the millions, enabling them to put out inaccurate and exaggerated claims and making it difficult to expose them. Sadly it seems there is more money to be made in deception than truth nowadays.

One example is Life Expectancy statistics which have fooled us into believing people are living longer, when it is only because infant mortality rates are lower and that makes the difference in the statistics. You see if one person dies as an infant and another at 100 it averages out to 50. Where if two die at 60 it appears statistically that they are living ten years longer, but this is not the case.

What really improved the infant mortality rates anyway? Was it Modern Medical Know-how? Not really; it was better sanitation and hygiene; sewers, vacuum cleaners, refrigerators, and better food supplies.

It is enlightening when one takes a close look at statistics and finds out that contagious diseases were well on the decline *before* vaccines and such came out and in fact increased again, sometimes dramatically, in populations exposed to vaccination programs, then later began again to naturally decline.

Nowhere are more lies and confusion to be found than in the Dairy product industry; so here I have transcribed a lecture that Dr. McDougall gave in 2006, exposing the truth about Scary Dairy.

### **McDougall: Truth or Dairy 2006**

The truth about the dangers of milk and other Dairy products; information based on facts and not on big marketing budgets or milk mustaches.

This is going to be televised so I am going to have to be reserved and not say too many radical things but if you want to see if any of the things I say are true, you can always go to my website and look at the April and May 2003 newsletters which are the written basis of the lecture I am going to give you; all the scientific references are there.

On the way from Santa Rosa where I live, out to the ocean, sits this cow! That's a fake cow. My grandson knows that's a fake cow, every time we go by it, he says, "fake!" the Dairy industry is a fake industry as far as honesty is concerned. They have false messages to share with people and they don't care because nobody is willing to stand up and stop them. I can't stop them but I can tell the truth to those people who are listening. The information I am sharing tonight has been on my website since 2003; I haven't heard anything from them. I have been telling these things for at least 25 years, they're not saying anything—there's no reason to, because your friends and your relatives are still buying their products, so why should they do anything about it?

We all owe our education about good nutrition to a cow, right? When I was growing up in Michigan it was Elsie; any of you learn from Elsie? And if you grow up here, who do you learn from? Lani-moo. If you lived in Santa Rosa, you'd learn from Chloe. Everybody's got a cow, and that's where our nutritional information comes from, a dumb cow.

One very important clarification; when I talk to you about milk and I say the word 'milk', I am not speaking of human breast milk for human babies. So don't get confused. Human breast milk is the only acceptable food for human babies. If you fail to understand this message, you put your family at great risk. Your child has 2-4 times the risk of crib death; the child, and this is fact, has 60 times greater risk of pneumococcal pneumonia in the first 3 month of life if you bottle feed that baby. Ten times the risk of hospitalization during the first year—they're not very smart either. They have a reduced IQ.

They have actually studied this; they studied the movements of children. They look at them at 3 and 6 months of age, you can see this on my website, you can look at the research, it's there. They look at these kids and they look for their spontaneous movements, which are a representation of their brain function; and you can tell the difference between bottle and breast fed babies. They are not very bright. Their behavioral and speech difficulties the children are sicker, they get more problems and infections; asthma; eczema; type 1 diabetes; and cancer; and later on in life, if you were a bottle fed baby you have more risk of heart disease obesity; diabetes; multiple sclerosis; ulcerative colitis and Crohn's disease. That's the facts—so don't do that! Don't bottle feed your baby! Breast feed your baby.

I don't want to get into the discussion about what do I do if I can't breastfeed. What you do is you get a lactation consultant; you go to Le Leche League; you do everything you can because the risks are too great.

The Dairy industry is a big, big, big business! 50 billion dollars a year the Dairy industry generates. Just 16 billion dollars alone for cheese; and they have a lot of money to market, and so they have a marketing campaign that's known as the Dairy checkoff you can go to the internet and put in your

search engine, 'Dairy Checkoff', and they will talk to you about their marketing plan which I am going to talk to you about. This information comes from 2003, and here in 2006 it is basically the same thing only in 2003 they only had 166 million dollars to spend annually; now they spend 200 million dollars. What they say on their website is some very revealing things. A major component of this Dairy management marketing campaign is conducting and communicating the results of Dairy nutrition research. In other words, they have 200 million dollars to do "scientific research" to show you how healthful Dairy products are. And that is what their website says.

And they say also they spend a little bit of this money on issues and crisis management. I am crisis management; I have been crisis management for 25 years for the Dairy industry. I don't know how much they spend, but I am really well centered in their radar. I am going to tell you what the problem is, now you really need to understand what I am going to say to you right now to realize why cow's milk should not be fed to human beings.

### **Baby Cows**

Cow's milk is ideally designed for baby cows; and all the nutritional make up of that milk is set to grow a cow. Now each animal has a particular make up for its milk that is ideal—there's no mistake. [It has been made that way.] It's ideal; it's perfect—as a matter of fact if you look at the scientists that are involved in nutrition today, they look at the milk of the animal they are studying as a reference and it all has to fit with what they see in the animal's milk because everybody knows the animal's milk is perfect. Can't be otherwise, or the species wouldn't exist.

Alright so here's the problem—let's just look at protein, just as one of the nutrients; we'll take a look at some other ones in a minute. The protein content of various animals' milks; the amount of protein in those animal's milks is directly related to the rate of growth of that animal. If the animal must grow fast, it must have very concentrated nutrients to support that growth.

The human being grows very slowly. The human being protein content of the milk is 1.2 grams for every 100 grams of milk. The human being doubles in size in 6 months. The human being becomes adult size in 14-17 years. We're very slow growing animals so we have very low requirements of nutrients as far as the concentration is concerned.

A horse has twice the protein content; it doubles in size in 60 days. A dog has almost 7 times the protein content in its milk; a dog doubles in size in 8 days. A rat has 11 times the protein content of human milk; and it doubles in size in 4 ½ days. It becomes an adult rat in 3-4 months. Do you get what I am talking about? The milk is designed ideally to support the growth of that animal. So the problem with cow's milk is that it is wrong for people.

Let's take a look at some of the other nutrients; the calcium content of cow's milk is four times greater than the calcium content of human milk. You got to support this rapid growth, this bone structure; you need this concentrated calcium and so it is with the other nutrients. It's ideally designed for cows, not for humans. Do you want to get in trouble? I just heard some mention about animal rights and welfare and so on, do you want to offend some animal rights people? Just try feeding cows on human breast milk and see what happens. They'll get sick and die; because human breast milk has one fourth the protein and one fourth the calcium necessary for a cow.

Can you imagine what would happen? You'd have the humane society and the Hawaii vegetarian Society, out after people who would do such a silly thing as to feed human breast milk to baby cows. It would be a crime; they might even put you in jail for that. But you certainly can do the opposite, right? In fact you are encouraged to do the opposite by dieticians and nutritionists and doctors, and the Dairy industry. In fact, if you don't they might put you in jail, right? For doing something so bazaar as to fail to feed cow's milk to humans; but you do the opposite and they'll figure out that's wrong real quick, because that little cow is not going to grow.

OK; milk builds strong bones, that's the sales pitch, right? And it's because of the calcium; because it is high in calcium it builds strong bones. The first thing you ought to do as a consumer or not a consumer, let's say as a mother or a father that's responsible for the health of your family, you ought to look at the research that supports or does not support the claims of the Dairy industry. And nobody bothered to do this until September of 2000, when a couple of researchers published their review of the effects of cow's milk on bone health, in the American Journal of Clinical Nutrition.

What they did was they looked at the studies which were published, on the effect of cow's milk on bone health. What they found is 57 studies; they looked at the studies as far as methods are concerned and they figured that only 21 of them were reliable enough to even get any information out of them. Of this 21 studies, 57% showed no benefit from eating cow's milk and bone health. 29% were favorable; 14% actually showed that eating cow's milk hurt the bones. Now one of the things you need to know, and you will know this if you ever look up those 57 studies; is that almost every one of them was paid for by the Dairy industry.

Now there is a special kind of study that doctors like to see and nutritionists and scientists and it's called a randomized control trial. Now what that means is you take two groups, and you make them look very similar by randomization. And then what you do is you just change one thing in one of the groups and the other group acts as a control because you didn't change anything. Now in this case, what they do is they take 2 groups, make them similar, and they feed one group extra milk and they don't do that for the other one, and they see what happens to them in a period of time. 6 of the 7 randomized trials are paid for by the Dairy industry. Just look at the bottom corner, 'paid for by the Dairy industry'; 6 of the 7 trials.

Only one trial looked at what you are interested in, that's the effect of fluid milk on post-menopausal women's bones. Isn't that what you are interested in? Isn't that the pitch? Drink milk, you have strong bones when you go through your post-menopausal years. One study ever, has looked at the subject that you're interested in; and that study was published in the American Journal of Clinical Nutrition in 1985 by Recker and Haydee, two employees of the Dairy industry. What that study showed is that feeding extra milk hurt the bones.

What they did is they took these two groups, they took one group they fed them three 8 oz. glasses of skim milk for a year and saw the effect on various parameters of bone health. They found that those who got the extra milk lost more bone than those who didn't. The only study ever done; the only study that will ever be done; do you think they would be foolish enough to invest in a study like that again? Never!

So these are some of the quotes from the study, they say, "The protein content of the milk supplement may have a negative effect on calcium balance, possibly through an increase in kidney losses of calcium

or a direct effect on bone reabsorption.” That is what it says in the study. Ok, what I want you to note and remember is the Dairy industry *knows* that protein damages the bones. Their employees published it. They know this. They go on and say in that same study; “This may have been due to an average 30% increase in protein intake during milk supplementation.” You see, when you add the three 8 oz. glasses of skim milk to the diet, what happened is you are adding extra protein, right? I mean a lot of protein, because you’ve taken the fat out so what’s left is basically protein and some carbohydrate.

Let me tell you what causes osteoporosis: what causes bone loss. What causes bone loss is acid. Everybody who has taken basic science; certainly anybody who is a dietician; any doctor; any nutritionist; any scientist who deals with these issues knows that the primary buffering system of the body is the bones. What happens when you eat a high acid diet, is the acid that you eat has to be neutralized so the body’s pH balance stays precisely normal. On the American diet we eat loads, and loads, and loads of acid. The most acidic food consumed in our society is hard cheese; and the most acidic of all hard cheeses is Parmesan. The other very, very acid foods are poultry; and beef; and eggs; and any kind of shell-fish; or fish, these are very high acid foods.

The alkaline foods in our diet are fruits and vegetables. So if you are going to eat a diet that is mostly acid, which most Americans do, and very little alkaline material, you are going to be delivering this acid load to your body. This is solid science, folks. What has to happen is, the body has to neutralize the acid. The bones dissolve; they release alkaline materials, carbonates, that neutralize the acid that you just ate. In the process you end up losing between one and four percent of your adult skeleton per year, until you get bones so fragile that you cough and you break a rib; or you ride along a bumpy road and you break your spine; you take a step and your hip fractures.

If you look world-wide you see this relationship; country by country; population by population, if you compare the hip-fracture rate with the diet, what you find is the more animal protein consumed, and that’s where you get the acid from, the animal protein, it’s loaded with acid. The more animal protein and acid you consume, the higher rates of hip fractures. For example on the bottom you see populations that eat near-vegetarian diets, like rural South-African blacks; or people in Papua New Guinea, that 94% of their diet is sweet potato leaves and roots. You see the Asians, like in Hong-Kong or Singapore eating mostly rice and vegetables—very low incidence of hip fracture. As you move up the protein intake to Finland, Denmark or Sweden, Norway, the United States, New Zealand; you increase the protein intake and you increase the hip fracture rate.

If you look at the relationship between hip fractures and calcium intake, you see something that is absolutely profound and necessary for you to understand and remember and that is: population by population, the more calcium consumed the more hip fractures. Undeniable information! This absolutely proves that consuming calcium has little or nothing to do with bone strength. There is no other way to interpret this. And you add to this, thousands of other scientific studies that show that calcium is essentially useless when it comes to bone health, you have to come to the conclusion that this is not going to be of benefit to you to focus on calcium.

I want to add a little side note here; you can help your bones by consuming calcium pills; like Tums; why? Because of the calcium? No. what are Tums? Antacids. So the carbonate material that is part of the calcium, part of the Tums, goes into the system and neutralizes the acid from the animal food that you ate, that’s how these calcium pills work. It has nothing to do with calcium; it had everything to do with adding base to your system.

Now that the Dairy industry admits the calcium has nothing to do with bone health, because the scientific literature is so overwhelming; so what do they tell us now? They tell us that really the truth is, the reason that the bones are stronger by eating milk products, or the pork industry is into it too, and so is the beef industry; is that these foods add protein and protein causes bones to build, wait a minute, the research you paid for in the past says just the opposite, why are you changing your tune? Well they figured out how to do it. They figured out how to rig the research. With 200 million dollars, you can do anything, right? Sure!

So what they do is they first neutralize the acid in their experimental subjects; they do it either by feeding them a lot of fruits and vegetables, so they neutralize the acid that these people may eat, and a little bit of meat they have in their diet and a little cheese; or they actually feed them antacids! Now once you neutralize the acid, then what happens is you see an effect of the protein that causes bones to build. That is mediated though a hormone that you are all going to have to learn about. It's going to be kitchen table talk pretty soon, just like osteoporosis and artery disease and all kinds of things. You're going to have to learn about Insulin-like Growth-factor 1; that means the hormone looks like insulin, but it is not exactly like insulin, and its function is to cause things to grow. It promotes bone growth. It promotes growth of all tissues in the body.

The Dairy industry has paid for research that shows that feeding Dairy products increased the amount of Insulin-like Growth-factor 1 in a person's body. They did it with adolescent girls and they did it with post-menopausal women. They fed them extra Dairy products and the Insulin-like Growth-factor 1 goes up 10%. So there; the Dairy industry has explained what's going on; they now can prove that milk builds strong bones and the research is solid. In fact, you can promote growth with Dairy, much better than you can with meat. Duhh! You're surprised that Dairy is a growth promoter? After all, what is milk intended to do? It's intended to grow a baby cow from 60 pounds to 600 pounds. Wouldn't you expect it to promote growth? Sure! Of Course! And that's how it works to promote bone growth. So the Dairy industry is vindicated, right?

The problem is that not only does it promote growth of normal tissue; it also promotes growth of abnormal tissues, like cancer. If you are a researcher and you are involved in the current scientific literature, what you find is the most exciting and the strongest promoter of cancer that scientists have identified, is Insulin-like Growth-factor 1. It promotes brain cancer; breast cancer; prostate cancer; why not? It's a growth promoter. It promotes the cells to proliferate and it keeps bad cells from dying like they should. So they are vindicated, but they sort of, so to speak, have cheese on their face.

There is another way that Dairy builds bones; and you know about this because you have been educated by the drug industry for years that estrogens build bones. In fact if we did a census in this room, we'd probably find that well over half the women in this room have been on estrogens and maybe a quarter of you still are; to build your bones. Doctors prescribe estrogens to build bones. But here is another way that milk, cheese and other Dairy products promote bone growth, is they provide estrogens—60-70% of the estrogen in our food comes from Dairy products.

Now how does this happen? Maybe 75 years ago if you had a cow, the cow lived in the back yard and the cow was your pet, you milked your cow every day and you got a quart of milk from your cow. Now when your cow got pregnant, you gave your cow a break and you didn't milk your cow. Today if you are a cow, you provide 24 quarts of milk a day, and if you get pregnant, "Too bad Bessie, you're still milking!"

And so what happens is this, this is the estrogen content in the cow's milk at various stages of the cow's life. Non-pregnant cows have 15 mcg per milliliter of estrogen in their milk. During the first half of pregnancy it is increased 10 fold; and in the last days of pregnancy it is increased to 1,000 mcg per milliliter. So you get these huge doses of estrogen; which promote bone growth; and breast-cancer growth; and uterine cancer growth; and precocious puberty, so your little kids have breasts and menstrual periods when they are 8 years old.

### **New weight-loss campaign.**

You've heard this, haven't you? Of course! Of course the Dairy industry has 200 million dollars; they can say anything they want and nobody can stop them. OK, Michael Zemo is one of the main employees of the Dairy industry. He is known on our circles as an extremely biased, paid henchman for the Dairy industry. We know that anything out of that man's mouth is going to be what the Dairy industry wants said. And he publishes; he designs and manipulates his studies so that they show whatever he wants to show. So he's come up with a few studies; they are not good studies they are terrible studies, but who cares? You got 200 million dollars to promote them. They put out advertisements like this that came out of one of your magazines: "Recent publications in leading journals suggest a link between Dairy consumption and reduced body weight."

I want to introduce you to a man, his name is Gregory Miller; he is a PhD in nutrition. He's a real smart guy! When I first met him, he was the PR person for the National Dairy Association. Right now he is a senior vice-president of nutritional research at Dairy Management Inc. PhD in Nutrition; he is no light-weight. I did a show back in 1993 with a man named V. H. he's a medical doctor, Master's in public health, former Dairy inspector of the state of California, and we did a national television show called lifestyle magazine. I was a regular guest; I was on every episode of this show.

We did this show, we talked about the relationship of Dairy and Heart Disease, diabetes and cancer, constipation and all kinds of things; and also, remember this was 1993; we talked about Mad Cow Disease and nobody had even heard about that, it was sort of a radical idea; you'd be considered a quack or a nut to talk about something like Mad Cow back in 1993.

We talked about Bovine Leukemia viruses; bovine Aids viruses; we did a whole half an hour on the Dairy industry and the Dairy industry saw the show. Gregory Miller called my producer and said, "We need equal time". So he flew out to get equal time; but my producer said, "You are not going to be on that stage alone, Dr. McDougall will be on that stage with you."

If you look on the internet and search Dairy Management Inc. you'll see statements by Gregory Miller. He says things like, "independent research confirming Dairy's role in weight reduction is mounting." He says, "This helps position Dairy foods as part of the solution to America's growing obesity epidemic." And he says, "Informing the public about Dairy's role in the fight against obesity will help increase consumption of milk, cheese and yogurt, among other Dairy products." Milk, not just low-fat milk, but milk and cheese and yogurt and anything else we can sell you. That is the statement that really clues you in as to what Gregory Miller is all about; it is on the internet, go and look it up.

Tell me, when did milk become the miracle weight-loss product of the 21<sup>st</sup> century? I thought milk was designed to grow a little baby cow from 60 pounds to 600 pounds. Why does it all of a sudden cause people to lose weight? I don't understand. It doesn't make any sense, does it?

Well if you look at the research, by the way, paid for by the Dairy industry; this comes from a study paid for by the Dairy Industry, they reviewed the research on Dairy products and weight loss and these are the things that they say in their research papers. They said one in seventy studies found weight loss in people taking calcium pills. Calcium pills; 16 out of 17 showed no weight loss. One study showed weight loss.

They go on and say that in 9 randomized studies, where fluid milk was added, 2 showed significant weight gain, and none showed significant loss. These are words from the Dairy industries own article that they paid for. They had a meeting in New Orleans, which was a symposium on Dairy product consumption and weight regulation. April 21, 2002, sponsored by Dairy management Inc. Susan Barr, one of the other paid employees of the Dairy industry, she published a paper with this conclusion; this is the conclusion: "The data available from randomized trials of Dairy products and calcium supplementation provide little support for an effect in reducing body weight or fat mass."

The Dairy industry knows this is a lie; they know this. And they continue to promote to you and to your family, and to the schools; and to dieticians; and to doctors; that Dairy products are a miracle weight-loss drug. They lie, and they know they lie, but they get away with it, they got 200 million dollars. Who's going to stop them? Nobody. Everything you once believed about nutrition is false. I have to tell you that; because the Dairy industry can say anything they want.

"The Dairy association has teamed up with the national medical association to write articles about the role of Dairy in helping to reduce heart disease, hypertension and other serious health issues, like colon cancer." They have teamed up with the National Medical Association to do this. This has really got to be powerful stuff. And their public policy statements are that you can solve these problems by consuming more Dairy. But wait a minute, who's the National Medical Association? Who are these guys?

The National Medical Association promotes the collective interests of physicians and patients of African descent. Now what do you know about milk products and people of African descent? Have you ever heard of lactose intolerance? Do you know that 90% of African-American people have lactose intolerance? In other world if they drink Dairy, eat Dairy products with lactose, they get diarrhea, gas and stomach cramps, they get sick, just like Asians, Eskimos, and Hispanics! Now how is it that the National Medical Association, whose job it is to promote the interests of black people, is tied in with a company that sells something that makes black people sick? They got 200 million dollars; they can do anything they want!

### **Got Milk? Got Disease!**

Now let's get to the serious part of this talk. Got Milk? Got Disease. Let me just review some of the things you already know; you know milk is high calorie, right? It grows a baby cow from 60 to 600 pounds. High calories promote obesity; type 2 Diabetes; heart disease and cancer. It's high fat, you know that, it's 50% fat and 97% of that fat is saturated fat. Cheese is 70-80% fat—it's high fat. Fat promotes obesity, cancer, type 2 Diabetes. It's high in saturated fat—97% of the calories in milk are saturated fat, which promotes heart attacks and strokes—you know all this stuff.

It is high in protein so it causes kidney damage; osteoporosis; kidney stones—that bone that gets dissolved, it ends up in your kidney collecting system and solidifies and you have little bones now in your kidney collecting system, they're known as kidney stones. Almost all kidney stones are calcium



oxalate based, from the high protein American diet. It is high in acid, which causes osteoporosis and kidney stones. It is high in cholesterol which promotes heart attacks and strokes, generalized atherosclerosis. It is very low in iron so it contributes to anemia and iron deficiency. It has no dietary fiber, no dietary fiber, not a speck, so it contributes to constipation.

What it does have, more than anything else, is a lot of contamination. It is low in carbohydrate except for basic cow's milk, which is 30% carbohydrate; it has no vitamin C, so you have problems with tissue healing. It is deficient in essential amino acids, which contributes to neurologic problems like multiple sclerosis.

It is high in environmental contaminants, loaded with them. In one year in one state they had to pull milk off the shelves because it was contaminated with heptachlor; tuberculosis and then penicillin. High in allergy autoimmune diseases, leads to multiple allergy problems, and it's loaded with microbes.

Now I want to defend the Dairy industry a little bit; The Dairy industry has morals. They have principles; and they set out a rule in 1993 and as far as I know that they stuck to; and that is that they will not allow to be sold to your children and to the public, any milk that contains more than 750,000 pus cells per CC. it is against their rules. 750,000 pus cells are allowed—do you know how much a CC is? It's a 30<sup>th</sup> of an ounce.

A study in their journal; 'The Journal of Dairy Science'; 2002 confirms that they stick to their principles. They looked at the milk in the state of New York and on average it contains 363,000 pus cells—you think I am exaggerating right, per CC and that is to fight off the 25,000 bacteria. Now they know about this and I think if they are going to get honest any time, any day they'll have truth in advertising and they ought to change their milk mustache ads to read like this: "Contains a quarter of a million pus cells and 25,000 bacteria per CC, Drink Milk!" Can you imagine a baseball player, a model, or somebody with that all over your face?

Of all foods Dairy products were the products most often recalled by the FDA between 1993 and 1998; for things like staphylococci, listeria, salmonella, deadly E-coli; a type of para-tuberculosis that many people believe causes Crohn's disease.

I want to talk to you about one particular infection that's never talked about. They got this one really buried, but you ought to know about it; and that's the infection of our cows, not just Dairy products but also our eating cows; the ones we make steaks out of and ribs and stuff like that, they are infected with Bovine Immunodeficiency Virus which is abbreviated BIV, and Bovine Leukemia virus. You need to know that Bovine AIDS virus which is Bovine Immunodeficiency Virus is almost indistinguishable from human AIDS virus. They are so close molecularly; if you look at some of the old data, this one here is 20 years old, so I know it is much worse now, but 40% of the beef herds were found to be infected with Bovine Immunodeficiency Virus, and 64% of the Dairy herds were found to be infected with Bovine AIDS virus.

This statistic is up to date in 2006: 9 out of 10 herds in America are infected with Bovine Leukemia virus; and that is government statistics. If you look around the world what you find is where cattle is big, so is infection with these retroviruses. In Canada, 70% of the cows are infected; in Argentina, 84% of the herds are infected. Now those countries don't take this serious, but there are countries who take these infections very seriously.

Many European countries have taken these infections very seriously because they are concerned about their population. For example, Finland in 1996 declared victory with an eradication program that they started 30 years before to get rid of all Bovine Leukemia viruses in their cattle. That meant they had to kill an awful lot of cattle, but they thought it was worth it to protect their citizens to kill these infected animals. There are many other European countries that are on the same page. They're concerned; so much so that they sacrifice hundreds of millions of dollars; but our cattle industry is not concerned.

Herds that are infected with Bovine Immunodeficiency Virus, that's Bovine AIDS virus, are usually infected with Bovine leukemia virus. Why is that? It is because of our farming practices. These cattle are tattooed with the same instruments; they use the same de-horning instruments; same syringes from cow to cow; spreading infection. They feed milk to the baby cows, which comes from pooled colostrum. They take milk from a lot of mother cows put it all together in one big bucket and feed it to a whole bunch of baby cows, and spread infection that way. It goes from mother to baby also as direct transmission through the breast milk and that is how they spread the infection.

There is another way they spread the infection that is kind of interesting; that was brought out by Howard Lyman, the Mad Cowboy; and he got into a lot of trouble when he went on the Oprah Winfrey Show and talked about some of these problems, including mad cow disease and Oprah said "I'll never eat another hamburger again!" and that was the beginning of the law suit, you know that story!

OK, the problem was at that time, before 1997, the common practice was to take sick cows and, I don't even know if they waited until they died, but they took these very sick cows, called downer cows, and they would grind them up and put them into the cattle feed. So they were feeding dead, sick cows to live cows as part of the cattle feed; it's called offal. The Dairy industry after the Oprah Winfrey show, they showed their principles; their morals; their concern for you; and they banned in 1997 the feeding of dead cows to live cows.

But here is the report from the USA Today, front page; June 10 2003, what they tell us is that the dairy industry still feeds dead cows to chickens and pigs. OK so you don't eat chickens and pigs, but then what they do is this, the chickens and pigs eat the dead cow and they don't have good table manners and drop some of it on the floor, and they poop a lot of this undigested dead cow out, and that lands on the floor. Then the industry takes all that scrapings from the floor and puts it together and crushes it into pellets and then they feed that to the live cows. I am not joking, that is common practice. You talk to any cattle farmer; that's every day practice. That is what this story said.

Then we have the waste plate exception; if you go to a restaurant and order a steak and you don't finish it, you don't throw that away, you put that in a bucket which is destined to go back to make food for live cows. Then we also take those dead cows and grind them up and feed them to pets; did you know that there are some unethical farmers who actually buy pet food and feed it to their cows? Can you believe that?

Then the slaughter houses waste nothing, including the blood; so they take the blood from the dead cow and make it into a milk formula which they feed to the calves. These are everyday practices in every part of the Dairy industry throughout the country and they say they can't change it because they can't compete economically if they didn't do these kinds of things.

### **The Concern**

Both viruses can cross species lines; you can take these viruses; Bovine Aids and Bovine Leukemia viruses, you can infect other animals such as sheep, goats, and Chimpanzees, and they get sick. For example one experiment published in 1974, they fed 6 young chimpanzees cow's milk and within a year 2 died of leukemia. Nationwide and worldwide, wherever you look at populations what you find is the more Dairy they consume, the more leukemia and lymphoma in the population. There's an increased incidence of leukemia among people who contact cows closely, like butchers; Dairy farmers; and veterinarians.

Most animals that get infected don't live long enough to get sick, because they're off to the slaughter house when they are very young. But still, even though most are off to the slaughter house young, 1 to 5% of cows develop malignant leukemia and lymphoma. Now if you get malignant leukemia or lymphoma, and a lot of people get these diseases every year, there are 30,000 cases of leukemia and 70,000 cases of lymphoma. So you go to the doctor and without exception; you say, "Why did my child, why did my wife, why did my husband get this disease?" The doctor says, "We don't know. We have no idea how you get this disease."

Now you take your cat to the veterinarian and they give it feline leukemia vaccine. Vets know there is a problem with leukemia viruses. But somehow it is OK to feed people leukemia viruses and AIDS virus, it's OK. You shouldn't be worried about it; the Dairy industry and the USDA aren't worried about it. Let me tell you why they aren't worried about it. They have known about these infections since 1969; so that is over 35 years they've known about these infections in the cattle. The reason they are not worried about it is based upon the tests they use; they cannot find these Bovine Leukemia and Aids viruses in people; so their official policy is they cannot find them in people, any evidence in people, it's not a problem, you just go ahead and pour your child a tall cold glass of leukemia virus; it's not a problem.

But now they got a problem, because our techniques and science has gotten better so we can detect things much more easily and more precisely with new technology. There was a study done at U C Berkley recently (2006) where they took 250 people off the street, and they took their blood and they checked it by present scientific methods, and they found that 74% of people had evidence of previous or present infection with Bovine leukemia virus. Now they can't say that anymore; because we find it in people. We also find this virus in breast cancer patients, in their tumors.

### **Let's talk about Children**

You can do anything to adults, I am sure you don't care too much about you as adults eating a nice slice of parmesan leukemia virus; but think about feeding your child some of these products and you might get a little upset about it. Really the target of the Dairy industry is your children; they are out after your children. They have these programs; the American school fund service association is tied up with the Dairy industry, to develop a school milk pilot test program so they get kids to drink more milk. They are developing all kinds of interesting techniques to get kids to drink more milk.

When I was a child in school we had milk for sale; 2 cents for white milk and 3 cents for chocolate; I always forked over the extra penny because I couldn't get the white down. Now they have strawberry; they have fancy straws and cartons; they have all kinds of techniques to get these kids to drink more of that milk and they are succeeding. If you look on the internet on the Dairy Management site, you can see the following statement: "The goal is to guide school-aged children to become life-long consumers

of Dairy Products. 2003 activities will target students, parents, educators and school food service professionals.” Listen to those words; “The goal is to guide school-aged children to become life-long consumers of Dairy Products. What other industry talks that way? What other industry tries to hook kids on their product? Sure—the tobacco industry; this is the same words the tobacco industry uses. And they’re succeeding.

Annual consumption in children from 6 to 12 years old has increased to 28 gallons per child per year; children under the age of 18 drink 46% of the milk. With 200 million dollars you can do anything you want and nobody’s going to stop them.

### **Constipation**

Let’s talk about a little problem with children that I noticed when I used to be a family practitioner; and I saw, several times a day, children coming in with belly ache, constipation and bloody stools, every day. Mom didn’t know there was a problem because she had the same difficulty. She thought that was a normal part of life.

Researchers published a study in the New England Journal of Medicine in 1998, where they looked at severely constipated children; those who didn’t have a bowel movement for 3-15 days; that is not unusual. They had to have a laxative to have that bowel movement. They took these children off cow’s milk and they put them on soy milk; not that soy milk is particularly good, but at least it solved the problem that they were having and 70% of the children were cured when they stopped the cow’s milk. They biopsied these children’s rectums, and found their colons were inflamed and they had anal fissures that caused horrible pain when they defecated.

Then 8-12 months later they put them back on cow’s milk and every single one of them became constipated within 5-10 days. It’s not just the lack of fiber, your children actually have allergic reaction to the cow’s milk protein that causes them to have a paralyzed gut. I think that is terrible, I really do; if it was only just for this particular problem with cow’s milk all the schools in the country should ban it and do education programs just like they do against drug addiction and teen-age sex, they should do education programs to teach the parents and the kids not to consume this harmful product.

This is terrible child abuse to cause these children to suffer like this. Don’t you think if you caused a child to have bloody bowel movements and pain in their rectum, stomach pains and headaches and arthritis and snotty noses and acne, if you caused them to have these difficulties with a stick, what would our society do to you? They would put you in jail. But because you do it with a fork and spoon it’s acceptable. Ministers do it; policemen do it; schoolteachers do it to their kids, it’s normal proper behavior to cause this kind of suffering.

All kinds of things happen to kids when they drink cow’s milk; snotty noses, ear infections, did you ever wonder why your neighbor’s child is going to the doctor every month for an ear infection? Think there is some kind of new bacteria out there? Dairy is at the root of these problems. They have gastro-esophageal reflux disease, eczemas, acne and all kinds of problems. Why? Because cow’s milk is not meant for children; cow’s milk is meant for baby cows.

The American academy of pediatrics made a statement in 1994; they reviewed the literature on type 1 diabetes and cow’s milk, and they said, “Early exposure of infants to cow’s milk protein may be an important factor in the initiation of beta-cell destructive processes in some individuals.” Beta cells

make insulin, so what they found and concluded in 1994 that feeding cow's milk to little children initiates the destruction of the insulin producing cells and leads to type 1 diabetes, and the research today supports that. They recommended that kids avoid cow's milk to prevent type 1 diabetes. You want to ruin a family? Give them a child with type 1 diabetes, you'll ruin a family.

If you research the literature you will find there is a causal relationship between cow's milk and the following problems that has been published in the scientific literature; canker sores; tonsil and adenoid enlargement, do you know why they get big? They are there to be the first line of defense for substances coming in through your mouth. What happens is these foreign proteins are coming into your system and your body is fighting them, to do this they have to enlarge. That is their job.

Continuing the list: Gastro-esophageal reflux disease; ulcer disease; colic; stomach cramps; bloody stools; painful defecation; chronic constipation; colitis; Crohn's; ulcerative colitis; snotty noses; ear infection; sinusitis; wheezing; asthma problems; non-specific arthritis; also rheumatoid arthritis; Lupus; rashes; ectopic dermatitis; eczema; seborrhea; hives; multiple Sclerosis; Parkinson's disease; autism; schizophrenia; headaches; fatigue, mental depression; and bed wetting problems.

### **Bed wetting**

I get a letter about once a week from some mother telling what they had been through with bedwetting problems with one of their children, until they had read one of our books or heard one of the DVDs and learned that cow's milk is most likely at the bottom of it. They say, "What do I have to lose?" They've been taking this child to the psychiatrist faithfully every month for bed wetting problems and he or she is now 10 or 11 years old. "The psychiatrist hasn't helped, they told me that when I was changing the baby's diaper that I must have touched the wrong part and now there is something wrong with it!"

What happens is this; when you drink the milk, the milk goes into the gut, into the bloodstream, then it is filtered into the bladder, and the proteins cause an allergic reaction in the bladder and the bladder swells like a big hive. The bladder becomes insensitive, so the child goes to bed at night and the bladder fills up with urine, and the child can't feel it because the tissues are all swollen. The first thing the child feels is the wet bed sheets. They get off the milk, and in vast majority of cases, the bed-wetting goes away. The sensitivity of the bladder returns; and you can stop going to the psychiatrist.

Continuing the list of problems associated with cow's milk; iron deficiency anemia; nephritic syndrome; arthritis; SIDS; atherosclerosis, if you look at people who have terribly rotten arteries, heart disease, strokes, terrible artery disease all over their body, the rottenest arteries you find are in people who have the most antibodies directed to Dairy protein. What happens is, you eat the Dairy protein, you gave up the fat, you are now drinking skim milk, but you are drinking Dairy protein, that is what skim milk is. So the dairy protein comes into the body, the body recognizes that protein is foreign; it could be a virus or bacteria, it makes antibodies against it.

Let's go back to Greg Miller PhD, so Greg gets his half hour on the television show and this is the way it went; heart disease; diabetes; constipation; leukemia virus; and I count them on my fingers and just lay it on. Then Greg Miller offers his defense about 3 minutes into the show; what he does is he reaches into his pocket and provides the only defense that he could muster, he did not once say, "You're wrong, the scientific literature does not say this, it does not show that. You are misleading the public."

Not once! This was his only defense other than saying that the Dairy industry guys are very nice good people and they have the best nutritional product out there.

His only defense was the following, he says "When I was on the plane, I tried to figure out what to say to you so you can know how helpful Dairy really is;" He reaches into his pocket and pulls out a picture of his two children, and he says, "If there was any thought that Dairy products were in any way harmful, there is no way I would let them consume them." His 2 year old son consumes milk, yogurt, cheese regularly and the 5 ½ month daughter is on a cow's milk based formula. That is his only defense. If there was something wrong with them I wouldn't feed them to my kids. That's it; that's all he's got to say.

I hope I gave you some things to think about.