Dairy

Focus on Health

1870 "Animals from which milk is obtained are not always healthy. They may be diseased. A cow may be apparently well in the morning, and die before night. Then she was diseased in the morning, and her milk was diseased, but you did not know it. The animal creation is diseased." CDF 357

1896 "Meat-eating is doing its work, for the meat is diseased. We may not long be able to use even milk. The very earth is groaning under the corrupted inhabitants. We need to consider closely our habits and practices, and banish our sinful, darling self-indulgences." 8MR 636

1899 "The light given me is that it will not be very long before we shall have to give up using any animal food. Even milk will have to be discarded. Disease is accumulating rapidly. The curse of God is upon the earth, because man has cursed it." CDF 384

1902 "Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream or butter, because the disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth." CDF 356

1905 "If milk is used, it should be thoroughly sterilized; with this precaution, there is less danger of contracting disease from its use." CDF357

Does Anybody REALLY Need Milk?

The use of dairy products by humans is unique in the animal kingdom -- man never seems to wean himself from the milk habit. We've all heard the logic that the milk of each species is adapted for the young of that species, based on growth rate, size, etc.

No wonder humans who drink cow’s milk experience excessive secretions of mucus and urine, constipation, diarrhea, bowel impaction, nausea, gas, increased blood pressure, edema, and countless other digestive and respiratory problems.

In 1994, the average American drank 25 gallons of cows' milk.

One cup of human breast milk contains 80 mgs of calcium. One cup of cow’s milk contains 288 mgs of calcium.

Healthy Cows

In 1905, God had Ellen White warn "Great care should be taken, however, to obtain milk from healthy cows and eggs from healthy fowls, that are well fed and well cared for:" CDF 365

As far as I'm concerned, the search for "healthy cows" ended over 10 years ago. In our article on "meat," you can read my personal testimony about my search for healthy, disease free

animals. In a nutshell, from the local butcher all the way up through the chain of meat processing to a microbiologist in Washington, D.C., I was told there was no such animal.

The world screams about the cruel conditions brought on cattle, especially dairy cows, and the drugs, chemicals, hormones, and "feed" that is fed to them. How could anyone in this day and age entertain the notion that the milk products they are using could promote health?

The Leukemia Link

In the early 1980's, the USDA reported 40% to 80% of the milk cows in America tested positive for leukemia. Today statistics reveal that 70% HAVE leukemia -- worldwide not just America!

At about the same time, a group in California conducted an independent study. Cartons of milk were purchased at various grocery stores. These milk cartons were taken from the shelves just as any family member would when shopping. The products were not past the pull date. These cartons of milk were taken to an independent lab and tests were done. They found that 80% of the milk cartons contained live leukemia virus. Pasteurization does not kill it!

Baby, Drink Your Milk?

"It has ever appeared to me to be cold, heartless business for mothers who can nurse their children to turn them from the maternal breast to the bottle. In that case, the greatest care is necessary to have the milk from a healthy cow, and to have the bottle, as well as the milk, perfectly sweet. This is frequently neglected, and as the result, the infant is made to suffer needlessly. Disturbances of the stomach and bowels are liable to occur, and the much-to-be-pitied infant becomes diseased, if it were healthy when born." CDF 227

Leukemia is now the #1 killer of children in United States. Children by far drink more milk than adults, and they're getting started earlier with each generation.

From the very beginning, and through their formative years, children are being bombarded with an increasing amount of power-hormones, chemicals and disease.

Milk has been linked to:

- Anemia
- Atherosclerosis
- Bovine leukemia, worldwide. First discovered in Europe in early 1900's. Now 17 out of 24 cows tested have leukemia: that's 71% worldwide. 60% of dairy cows now have leukemia.
- Coronary Artery occlusion
- Diabetes
- Lou Gehrigs disease

(amyotrophic lateral sclerosis)

- Heart attacks
- High blood pressure

- Juvenile rheumatoid arthritis. Most cases show dramatic improvement after milk was removed from diet.
- Leukemia
- Multiple sclerosis
- Myocardia infarction
- Stroke
- Tooth decay (especially in babies), plaque build up, gum disease
- Skin rashes/diseases (acne, eczema, hives)
- Respiratory (asthma, bronchitis, hay fever, nasal congestion, etc.)
- Gastrointestinal disorders (diarrhea, gas, etc.)
- Allergies too numerous to list
- Personality and emotional disorders
- Chronic fatigue syndrome
- Tension fatigue syndrome

In his book "Milk The Deadly Poison," Robert Cohen declares "Milk is the foundation of heart disease and the explanation for America's number one killer."

Chemical Milkshake

In 1983 only 4 out of 25 milk samples detected NO amounts of pesticide: today more powerful drugs and hormones precipitate a percentage of greater concentration than ever before detected.

For example, a number of dairies put formaldehyde into milk as a preservative. Acknowledged by the FDA as a confirmed carcinogen (causes cancer) and a human mutagen, it is also a skin and eye irritant, and if swallowed can cause violent vomiting and diarrhea. Used as a deodorizer, solvent, preservative, disinfectant and adhesive in particle board and plywood, it's also the same chemical that is used to embalm people. And it's not required to list formaldehyde on the milk carton (besides there are 26 other names by which it can be disguised) .

Another chemical, powerful enough to kill a fly with one bite, will be present in every cell of the cow's body. This chemical gets into the milk. Instead of spraying insecticides in the barn and on the outside of the cow's skin, the farmers are now injecting the chemical directly into the cow's blood stream, so when a fly or mosquito bites her anywhere, it will automatically get a dose of the chemical and die.

Today practically all milk contains traces of penicillin from shots given to the cow to prevent disease. "Antibiotic residues in milk are causing allergic reactions in some people because of routine teat-dipping and infusing programs in modern dairy factories." (New York Times, March 1987)

"Most factory dairies use one of about sixty kinds of chemical teat dips after each milking to reduce the spread of mastitis (udder inflammation) in their herds. There is evidence that some of these dips leave residues in the milk that may be dangerous to humans." (Dairy Herd Management, April 1976)

Contaminated Milk

The US Health Service established a standard for milk, hoping to prevent sickness caused by drinking contaminated milk. After pasteurization, milk should contain less than 20,000 bacteria per milliliter. Since it takes five milliliters to make a teaspoon, the government allows us to get 100,000 bacteria per teaspoon. "Pure" white milk is far from being pure, and the bacteria content keeps climbing if the milk is not properly refrigerated at 40F. Since it's impossible to follow the milk through the many steps it takes until it finally reaches the store, one cannot know at which stage of microbe contamination the milk is in when purchased or consumed.

In 1985, Dr. Mitchell Cohen from the Center for Disease Control stated in US News & World Report "The worst epidemic of food poisoning in US history left officials puzzled over how such a widespread outbreak could occur despite modern safeguards. Salmonella-contaminated milk had claimed nearly 4,000 victims -- causing at least three deaths -- in five Midwestern states by mid-April, and authorities said the toll may surpass 10,000 in coming weeks. A significant portion of drug-resistant salmonella is directly transmitted from the animal source in the food chain."

Just a Sip

In the early 1980's I read an article about milk production in a consumer report magazine. (How I wish I'd kept that article!) Recently I came across another article expressing the same type (but more up-to-date) findings:

Each sip of milk contains:

- pituitary hormones
- steroid hormones
- hypothalamic hormones
- thyroid & parathyroid

hormones

- gastrointestinal peptides
- growth factors: nerve,

epidermal, platelet as well as growth inhibitors

- growth hormones,
- fat
- cholesterol
- allergenic proteins
- blood
- pus
- antibiotics
- bacteria
- live viruses
- and much, much more!

Hormones

Cow's milk is perfectly suited for baby calves who grow and develop at a much more rapid rate than humans are supposed to. Is it any wonder that for the past 20+ years we've been seeing accelerated development in school-aged children? Hormones are chemicals produced by an organ or by certain cells of an organ and transmitted by certain body fluids to carry out specific body functions.

Cows develop cow hormones, and dairy cows are given additional hormones, which are passed on in their milk. Should we not expect a few surprises when we give cow hormones to human babies?

Premature thelarche -- the development of the breasts -- is occurring in girls and boys as early as 6 months to 7 years. Slightly older children have a full range of sexual development including menstruation at age 7. The middle East, Italy, and Puerto Rico have been plagued with this problem. In the late 1980's Puerto Rico had over 700 cases, many of which were linked to the addition of milk, dairy products and meat to the diet. Hormones for rapid growth in animals and diethyl-stilbestrol, a known carcinogen (causes cancer), are among the dietary causes of premature thelarche. When meat and dairy products were removed from the diet, symptoms disappeared within 6 to 8 months.

Calcium Saturation

We have been brainwashed that "Everybody Needs Milk!" However, there are countries throughout the world that do not use dairy products. For example, in East Asia, Africa and South America, the people have shown no signs of any deficiencies (with the exception of famine), or health-related problems for not using dairy products. In fact, one health administrator from Korea gave testimony that his family began to suffer asthma and allergies after they moved to the United States and began eating dairy products. The problems went away when dairy products were removed from the family's diet.

Neither do the women of these countries that use little or no dairy products show any signs of bone softening (osteoporosis). Studies are now indicating that rather than too little calcium, we're suffering from calcium saturation.

"Twenty-five million American women over the age of forty have been diagnosed with bone crippling arthritis and osteoporosis. These females have been drinking in excess of two pounds of milk per day for their entire adult lives. Why are their doctors blind to the fact that drinking milk does not prevent osteoporosis?

"Calcium in milk is not adequately absorbed and milk consumption is the probable cause of osteoporosis." (Robert Cohen, Milk The Deadly Poison)

I like what Dr. Frank Oski says in the last paragraph of his book "Don't Drink Your Milk!": "Perhaps when the public is educated as to the hazards of milk only calves will be left to drink the real thing. Only calves should drink the real thing."

"In all parts of the world provision will be made to supply the place of milk and eggs. And the Lord will let us know when the time comes to give up these articles. He desires all to feel that

they have a gracious heavenly Father who will instruct them in all things. The Lord will give dietetic art and skill to His people in all parts of the world, teaching them how to use for the sustenance of life the products of the earth." CDF 359

The Standard American Diet (SAD) approved by the United States Department of Agriculture, Food & Drug Administration (ever wonder why they call it that?) recommends 3 or more servings of dairy products per person of adult age. In 1994, the average adult consumed 586 pounds of dairy products -- that's 40% of their diet.

Cheese

1868 "Cheese should never be introduced into the stomach." 2T68

1890 "The effect of cheese is deleterious." CH114

1905 "Cheese is...objectionable; it is wholly unfit for food." MH302

At the time these quotations were written, the average person consumed about 5 pounds of cheese a year. In 1994, the average adult consumed 28 pounds of cheese. As cheese consumption continues to increase, is it any wonder that we find colon cancer also on the rise? Aged or ripened cheese cannot be digested. It is extremely high in fat and must pass beyond the digestive enzymes of the stomach and literally rot or putrefy in the intestines before the body can pass it. Often the cheese becomes a hardened mass in the intestines ulcerating the delicate lining.

Cheese is made by coagulating casein, the milk protein, by adding rennet (the digesting fluid from the stomach of an animal) or enzymes. The exact process depends upon the type of cheese desired, but the flavor comes by fermenting, aging and decaying. Various types of bacteria are added depending upon the type. The bacteria count of cheese is very high. Fresh cheeses contain from 90,000 to 140,000 microbes per gram. Soft cheeses which have been aged 45 days were found to contain over 2,000,000 microbes.

Cheese often contains skippers and mites which are nothing more than larvae or maggots. Due to the length of processing, strong chemical insecticides such as pyrethrin and piperonyl butoxide are used. Pyrethrin is a moderately toxic chemical which can cause allergic reactions such as nausea, vomiting, and headaches. Piperonyl is also moderately toxic and can cause central nervous system depression and skin irritation. It is also used as a mosquito repellant and lice killer.

In 1990 a report stated "The FDA tested sixteen samples of cheddar cheese from around the nation. There were one hundred pesticide and industrial chemical residues in the samples, representing eleven formulations, BHC, DDT, dieldrin, heptachlor, HCB, octachlor and penta were found in at least a quarter of the samples. This is serious contamination, the result of years of pesticide use, which has laced our soil with poisons. These poisons taint crops and are then concentrated in the milk of dairy cows that feed on those crops. The high fat content of cheddar and other cheeses concentrates the toxins even more. The average American eats a little less than an ounce of cheddar cheese daily. Based on this consumption pattern we can

expect as many as thirty-six excess cancers in one million persons. That makes cheddar—and any other high-fat nonorganic cheese—a high-risk food."

That was written in 1990. Today we can more than double those risks.

Ice Cream

1870 "Large quantities of milk and sugar eaten together are injurious." CDF 330

1890 "...sugar and milk combined are liable to cause fermentation in the stomach and are thus harmful." CDF 331

1905 "The free use of milk and sugar taken together should be avoided." CDF 327

In our tract "How Sweet It Is" we discuss the harmful effects of ice cream and some of the ingredients. Since that time a dear friend shared with us "The Perils of Ice Cream":

In the old days, when ice cream was made of whole eggs, milk and sugar, and laboriously cranked in the old home freezer, a serving of ice cream was an occasional family treat, and didn't do much harm. Today, in this mass-producing, synthetic age, it is quite another matter entirely. Today, there is a very good possibility that you are treating your family to another poison if you buy some cheap supermarket product.

Ice cream manufacturers are not required by law to list the additive used in the making of ice cream. Consequently, today the majority of ice creams are synthetic from start to finish. Laboratory analyzes have shown the following:

- diethyl glycol: a cheap chemical that is used as an emulsifier instead of eggs. It is identically the same chemical used in antifreeze and paint removers.
- piperonal: used as a substitute for vanilla. This chemical is used to kill lice.
- aldehyde C17: used to flavor cherry ice cream. It is an inflammable liquid which is used in anilene dyes, plastic and rubber.
- ethyl acetate: used to give ice cream a pineapple flavor. It is used as a cleaner for leather and textiles, and its vapors have been known to cause chronic lung, liver and heart damage.
- butyraldehyde: used in nut flavored ice cream. It is one of the commoner ingredients of rubber cement.
- amyl acetate: used for its banana flavor. It is used as an oil paint solvent.
- benzyl acetate: used for its strawberry flavor. It is a nitrate solvent.

- The next time you are tempted by a luscious-looking sundae or banana split or ice cream soda, think of it as a mixture of antifreeze, oil paint, paint remover, nitrate solvent, leather cleaner, and lice killer, and you may not find it so appetizing.

Also deserving of honorable mention:

- butyl acetate: a fruit flavoring for beverages, ice cream, candy and gum. It is also used in perfumes, nail polishes, polish remover and lacquers.

- calcium sulfate: found in soft serve ice cream is more commonly known as gypsum or Plaster of Paris.
- furfural: produces a nutty flavor in ice cream but also serves as a herbicide, fungicide, weed killer, and in shoe dyes and leather coloring.

Many of these ingredients are poisonous if swallowed in large amounts, toxic by breathing and skin contact; human mutagens and possible carcinogens.

Even the cherry on top contains chemicals that are known to cause abnormal fetus developments in animals and other animal reproductive effects such as infertility, sterility or birth defects. A human mutagen and possible carcinogen.

Now What?

Most grocery stores (especially in the US and Australia) and health food stores carry non-dairy milk alter-natives. Unfortunately, some of these are high in sugar but investigation pays off.

Vegetarian recipe books are usually helpful for those who choose to make their own milk from nuts, rice, soy beans, etc. Also, there are several tasty "cheese" recipes available.

In some areas there are healthful frozen desserts available to take the place of ice cream. Homemade non-dairy ice cream is so easy to make. For basic vanilla, blend 2 cups milk (your choice), 1/4 cup sweetening; 1½ tsp vanilla, and a pinch of salt. Whiz while adding 1/4 cup of oil. Freeze and add or top with fruit, carob, etc.

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health." MH 234