

# **MILK CAUSES BONE FRACTURES**

## **- The Nurse Study -**

### **THE DAIRY INDUSTRY IS IN A BAD MOOOOOOD**

If everybody in America reads today's newsletter, tomorrow will begin a most devastating week for dairy farmers. The single-most important reason for drinking milk has been contradicted and negated by the largest scientific study in history. Last week's events provided bad news for milk drinkers and milk producers. I'll get to the MAJOR STORY in a moment, but first, some lighter dairy news.

### **WE SCREAM FOR ICE CREAM**

Last week, Ben & Jerry's began touting its new "environmentally friendly" ice cream container that contains no DIOXINS. Ben and Jerry do not want dioxins to leech into the ice cream they produce which is already loaded with atrazine, a powerful pesticide, as well as sugar and naturally occurring powerful growth hormones.

What Ben and Jerry forgot to promote was the TRUTH. Ninety percent of the dioxins entering the human body come from dairy products and meat, according to the World Health Organization. (See the final paragraph of the 2/14/99 Dairy Education Board newsletter):

According to Ben & Jerry, "The only safe level of dioxin exposure is no exposure at all." That being the case, here is a recipe for Ben & Jerry's new Rocky Roads, because, appropriately, it is sure to be a rocky road for all dairy producers from hereon:  
Scoop out the contents of a one-pint container of Rocky Roads, add one pint of freshly whipped cream, and pour it all down the drain and eat the dioxin-free container.

### **THE PRICE OF MILK IS DROPPING**

Californians are now paying 50 cents less per gallon of milk than they did one month ago. Increased supplies and decreased demand coupled with California's bad news provide an ominous omen for the rest of America's dairy industry. As milk moustache ads increase, milk consumption decreases. Do milk moustache ads drive down the price of milk? Would you want to be seen in public with white creamy pus under your nose?

### **HOW MUCH MONEY DO DAIRY FARMERS MAKE?**

Farmers have historically received about \$14 for every 100 pounds of milk they produce. This past year, dairymen and dairywomen realized their largest net profits, ever. Farmers averaged \$17 per hundred pounds of milk produced. Consumers had to pay over \$4.50 per pound for butter. As a result of increased income and cash flow, many dairy farmers purchased more cattle and built more barns. They bought more feed, leased more land and mortgaged their farms and their futures.

### **HORRIBLE FINANCIAL NEWS - (B)UTTER CHAOS**

The wholesale price of milk secured by farmers is determined by a series of complex factors. The final number is called the Basic Formula Price (BFP). That number is "set" every month. Last week the BFP fell from \$16.27 to \$10.27. At that low level, every dairy farmer in America will lose money on each quart of milk he or she produces. The next story provides even worse news for dairy people.

## **MAKE NO BONES ABOUT IT**

# **THIS IS A BACKBREAKER!**

### **MILK DOES NOT PROTECT AGAINST BONE BREAKS**

The new ANTI-DAIRY advertising campaign from the Physician's Committee for Responsible Medicine

(PCRM) is an effective antidote for the dairy industry 'GOT MILK' moustache ad blitz. At last, science-based TRUTH for 40 million American women who suffer from the effects of bone disease.

### **THE TEXT OF THE ABOVE AD READS:**

"Don't count on milk to beat osteoporosis. In a Harvard study of 78,000 nurses, drinking three or more glasses of milk per day did not reduce fractures at all. An Australian study showed the same thing. Still, you do need calcium, and good non-dairy sources include fortified orange or apple juice, green leafy vegetables, beans and calcium supplements. The amount you need is less when you reduce sodium and animal protein in your diet. Exercise and vitamin D (from the sun or a supplement) are also key."  
(PCRM's ad campaign is based upon two studies;

The Harvard Nurse's study - Cumming & Klineberg, published in the American Journal of Epidemiology, and the Australian study - Feskanich, published in the American Journal of Public Health. FAX your request for these studies to: Dairy Education Board - 201-871-9304)

# **C R I T I C A L S T U D Y !**

*(the worst news in dairy industry history)*

### **THE HARVARD NURSES' STUDY**

PCRM bases their ad campaign on the most complete and well-respected scientific study in American history; ongoing at Harvard University. Hundreds of publications in scientific journals have resulted from data gleaned from interviews and questionnaires completed by the study's participants. Diet records and health records are rigorously analyzed; obtained from 121,000+ female registered nurses in eleven states between the ages of 30 and 55. Nearly 78,000 nurses participated in the 12-year milk and bone fracture study.

### **MILK, DIETARY CALCIUM AND BONE FRACTURES**

The study found "no significant association" between teenaged milk consumption and the risk of adult fractures. Data from the study indicate that frequent milk consumption and higher dietary calcium intakes in middle aged women do not provide protection against hip or forearm fractures.

### **A SHOCKING AND UNEXPECTED REVELATION**

In the Harvard study, women consuming greater amounts of calcium from dairy foods had significantly INCREASED risks of hip fractures, while no increase in fracture risk was observed for the same levels of calcium from nondairy sources.

### **THE AUSTRALIAN STUDY**

Two hundred thousand hip fractures occur in America every year. The Journal of Epidemiology published a case-controlled study of risk factors for hip fractures in the elderly. This study concludes: "Consumption of dairy products, particularly at age 20 years, were associated with an increased risk of hip fractures." The Australian study provides the mechanism for such a high correlation. The authors explain that the metabolism of dietary protein causes increased urinary excretion of calcium.

PHYSICIAN'S COMMITTEE FOR RESPONSIBLE MEDICINE (PCRM) president, Neal Barnard, MD is a popular speaker and best selling author of many books including my favorite, "FOOD FOR LIFE." Dr. Barnard founded PCRM in 1985 and the non-profit organization now includes 5,000 physicians and 100,000 laypersons in its membership.

### **DOCTORS ON PCRM'S ADVISORY BOARD:**

- T. Colin Campbell - Cornell University
- Caldwell Esselstyn - The Cleveland Clinic
- Henry Heimlich - The Heimlich Institute

- **John McDougall - The McDougall Program**
- **Dean Ornish - Preventive Medicine Institute**
- **William Roberts - Baylor Cardiovascular Institute**
- **Andrew Weil - University of Arizona**

### **NONDAIRY CALCIUM ALTERNATIVES**

**In September of 1998, the Dairy Education Board published a column containing a list of plant-based calcium alternatives. Human breast milk contains 33 milligrams of calcium per 100-gram portion. Baby humans do not grow up to become 1,200-pound cows. Foods are naturally loaded with calcium. Cows do not drink milk. However, their milk contains large amounts of calcium. They obtain calcium from plant-based foods. Their bones do not break (until they meet their ultimate fate on the way to Burger King).**

### **A PRESCRIPTION FOR HEALTH**

**Once a person gives up all milk and dairy products, he or she takes the most significant first step in reclaiming good health. There is a FOUNTAIN OF YOUTH, and my friend, Chet Day, has been teaching and writing about the right things to do for many years. His column is read by many thousands of health-conscious people and I highly recommend that you check out Chet's website and subscribe to his free health newsletter:**