

## Dairy Health Hazards

### *Health issues related to the consumption of dairy*

Cow's milk is suited to the nutritional needs of calves, who, unlike human babies, will double their weight in 47 days, grow four stomachs, and weigh 1,100-1,200 pounds within two years.

It is not natural for humans to drink cow's milk. No other species drinks milk beyond infancy, and no other species drinks the milk of another species.

Dr. Frank Oski from John Hopkins University says, "There's no reason to drink cow's milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today."

The late Benjamin Spock, America's leading authority on childcare, spoke out against feeding cow's milk to infant humans, saying it can cause anemia, allergies, and insulin-dependent diabetes.

Cow's milk is deficient in fiber, niacin, vitamin C, and iron.

Cow's milk is linked to allergies, heart disease, cancer, and other diseases.

Dairy products are loaded with fat and cholesterol, and frequently contaminated with drugs and pesticides.

Milk and cheese may actually cause osteoporosis, since their high-protein content leaches calcium from the body. Foods high in animal protein leach calcium from the body in order to buffer the acidic byproducts that result from the breaking down of the excess protein; this causes a net loss of calcium.

A ground breaking Harvard study of more than 75,000 nurses indicates that the incidence of osteoporosis rises with an increase in milk consumption.

The best sources of calcium are beans, figs, and green leafy vegetables.