

# WHAT ABOUT MILK? ITS BENEFITS AND DANGERS

There is an impressive amount of misleading information out there regarding cholesterol and the healthful and unhealthful properties of dairy products and fat. Thus, it becomes necessary for me to further cloud the issue by giving the facts, but first, a long, excessive comment about my philosophy on the healthiness of food, so you know where I am coming from.

This essay is written to stick up for one important part of a traditional healthy diet: Raw milk products, which have been consumed by humans for thousands of years. In my humble deferring opinion, people who go around saying to avoid all dairy products are idiots and pimps for big business. On the other hand, people who go around saying to avoid all dairy products except those that are whole, raw, fermented, and unprocessed, are extremely intelligent and honest to boot. Our breast-feeding and natural nutrient-dense-food-eating ancestors, with their excellent teeth and bone structure, while maybe being illiterate, were not stupid. People tell me I'm illegitimate but I tell them, "Hey, my parents could both read! Remember, Mark Twain stated, "The difference between a cabbage and a cauliflower is a college education."

## HISTORY OF MILK

Our word "milk" comes from the Latin "mulgeo," which means to press out by softening with the hand. Politicians and certain lawyers have a slightly different concept of the word. In the whole range of organic matter, milk (and maybe honey?) is the only substance purposely designed and prepared by nature as food. Milk products have been used for thousands of years as a food for humans. No great civilization in history has risen without the subjugation of animals and the subsequent use of their milk. The ancient Vedic texts of India, written long before the Old Testament, declare the cow to be humankind's greatest benefactor. Milk was, and is now, the symbol of nourishment. On the other hand, the word that the ancient Aryans of India used for "War" was synonymous with "The desire for more cows." Mighty Aryan warrior men had to figure out how to make their effeminate pacifist sons desire more cows! These days we have to figure out how to make our sons desire more oil.

Anyway, this essay is not the place to elaborate on it, but the earliest religions revolved around cows and bulls. "Zor Aster" indicates sacred bull. The Egyptian religions, which lent a great deal to the Jewish religions via the point man Moses, held as their main god Apis the Bull. A few hundred years before Christ, Hippocrates, the father of western medicine, wrote at great length about the benefits of butter and clabbered milk

products. You may remember from Sunday school or Alcoholics Anonymous that while Moses was bringing the Ten Commandments down the mountain, his impatient followers were reverting to their previous religion by building and worshipping the “golden calf.” The Bible is filled with references to milk, such as “the land of milk and honey,” and in Proverbs 27:27: “And thou shalt have goats’ milk enough for thy food, for the food of thy household, and for the maintenance for thy maidens.”

The first evidence of human milk drinking 30,000 years ago is related to the building of fences around the Red Sea to confine, breed, and milk antelope. Antelope, reindeer, sheep, goats, buffalo, camels, lamas, zebras, yaks, and horses—whenever and wherever people have confined these animals, they have milked them. The earliest artifacts of pottery contain residues of milk. 20,000 years ago all humans we are aware of were hunter-gatherers, and the more evolved of them followed and milked their herds. About 12,000 years ago, with the ending of the ice age, people slowly made the collective decision to stop being nomads and start to become “villagers.” They started to cultivate crops and form communities that were the seeds of our current civilizations. The fertile soils they settled on contained the nutrients necessary to grow the nutrient-rich grasses to feed livestock to make milk.

It could be said that the “milk” of civilization as we know it was the healthy soil necessary to create milk. An exception to this was the American Indians who refused to milk buffalo, and yet, were highly civilized until the savages came. The first cattle to arrive sort of close to Nevada City and Grass Valley arrived in Mexico from Spain in 1525. As they had unlimited feed and could run wild, there were soon millions of cattle from Texas to Argentina. In 1610, a shipload of cows from England saved the Jamestown colony in Virginia from starvation. In the early days of the United States, churches and schools were built in locations where people could get home on time to milk the cows. The origin of daylight savings time was to facilitate cow milking in the winter. Cows were raised on pasture, and up until 1850, the Boston Commons was an area where cows grazed in common. In about 1660, the Dutch in New York were such renowned dairy farmers that they became known by the nickname “John Kaas” (John Cheese). John (pronounced Yann) Kaas was the root of the word “Yankee.” Thus, if it wasn’t for milk, the Northern Civil War soldiers might have been called the “Damn Hankies” or “Damn Pankies,” or something equally absurd. I am not at liberty to explain the origin of the word “doodle.”

## **THE NUTRITIONAL DOWNFALL OF MILK**

The War of 1812 with England resulted in the permanent cutting off of America’s whisky and rum supply from the British West Indies. This threat of sanity and sobriety, coupled with the imminent inability to create beautiful women in bars at the end of the night led immediately to the building of grain distilleries. Thus, the U.S. liquor industry was created. By 1814, grain distilleries existed in most all cities and country towns. As cities expanded, the amount of cow pasture shrank while the demand for milk and whiskey grew. Many people used whiskey for medicinal purposes only, and many admitted they had been feeling sickly for many years. Just kidding.

The end product of the fermentation and distillation of the grains to make whiskey was an acidic waste product called “distillery slop.” This grain-waste product was soon fed to cows by unscrupulous and/or retarded owners. As pasture space diminished, cows started to be “confined” next door to the distilleries where they could be fed slop directly as it came hot from the stills. The decline of the healthfulness of milk began with these “distillery dairies” and continued to decline as cities grew. As cow’s milk from slop had minimal value nutritionally, it could not be made into butter or cheese. However, it could still be sold as milk to the innocent public, particularly for consumption by children. Infant mortality soon doubled in New York with the introduction of slop

milk, which also led to diarrhea, tuberculosis, and undulant fever. By 1839, half of the deaths in New York were caused by bad milk.

## PASTEURIZATION

It soon became necessary to pasteurize the factory milk to save lives. Pasteurization means that milk is cooked at 161 degrees for 20 seconds to kill good and bad bugs. Unfortunately, cooking over 102—not to mention 161 degrees—creates protein “cross-linking,” whereupon amino acids start to fuse together thus, making the protein less digestible. (Keep in mind also that pasteurization does not kill botulism, bacterium, or protozoa.) “Ultra-pasteurization” happens when the milk is cooked at 200 degrees for 20 seconds to really kill the bugs. “Ultra-high pasteurization” is where the milk is cooked at 285 degrees for a few seconds to really, really, really kill everything alive. Unlike raw milk, which lasts only a few days before turning into curds and whey, pasteurized homogenized milk lasts for weeks on store shelves. Ultra-pasteurized sterilized milk does not even need to be refrigerated.

Unfortunately, pasteurization allows shysters to put all kinds of diseased and contaminated milk on the market as disease germs are killed. Indeed, most all commercial milk today is filled with pus, toxic bacteria, and feces from diseased cows in confinement on concrete, and away from the Vitamin D found in sunshine. (If you see “Vitamin D fortified” milk it is from cows in confinement out of the sunshine). The big-business milk companies and their lobbyists soon made the sale of raw milk illegal so they could corner and control the market. Surprise surprise. The crooks created bad milk, and then outlawed good milk. This situation continues today. Think about this. Traditional milk and milk products filled with essential nutrients, which have been eaten raw for thousands of years, are illegal due to the corruption of big business and crooked government officials. Only five countries in the entire world actually outlaw raw milk, and all five have officials who make lots of pocket money from the processed milk industry. Just like us.

## HOMOGENIZATION AND ITS DANGERS

“Primitive Homogenization” happened when the village milkman stirred the milk before he poured it into the customer’s containers. The stirring mixed the milk so that some customers did not get all skim milk and some all cream. I suspect he did not stir the milk he delivered to his girlfriend. From about 1930 to the present, as commercial whole milk is being cooked, it is also being forced through a teeny tiny little hole under high-pressure treatment to “crush” it. This crushing breaks down the fat globules (the cream) into teeny tiny pieces. (Imagine breaking a cannonball down into little BBs.) This stops the cream (fat is light) from rising to the top of the milk. The fat globules in unhomogenized cow milk range from 1,000 to 10,000 nanometers . . . smaller than a breadbox. Homogenized fat globules range from 200 to 2,000 nanometers, approximately 1/5 the size.

The enzyme Xanthine Oxidase—we will call it “XO”—is one of the main destroyers of healthy artery and heart issue. It is found in milk on the outer wall of the un-homogenized milk fat globule, the big globule. (It is also found in hydrogenated oils with trans-fatty acids.) On the outer cell wall of the big fat globule, the body can recognize XO and break it down to render it harmless. However, when fat globules are homogenized, the new smaller particles develop a new and different outer wall, which now encapsulates and hides the Xanthine Oxidase inside it. Unfortunately, the new tiny globule wall protects the XO from your digestive enzymes. This allows “undetected” XO to pass from your gut into your circulatory system. The XO, which is not readily

broken down, sneaks through and is then absorbed by your heart and artery walls. In the heart and arteries, the XO destroys a substance called plasmalogen, which normally protects artery tissue. Without adequate plasmalogen protection, the arteries can become inflamed and “catch on fire,” so to speak. With non-commercial, whole-fat non-homogenized milk products, this problem does not exist, as the offensive enzyme XO is recognized, broken down, and made harmless.<sup>1</sup>

When the artery tissue is inflamed and “torn” we can say it is “on fire.” LDL cholesterol is the “fire trucks” and firemen the body sends to put out the fire in the arteries! However, the fire trucks are blamed for clogging the artery! Obedient doctors following quite specific instructions from the drug companies blame the fire trucks for the fire, and then proceed to reduce the number of fire trucks. They ignore the cause of the fire at the expense of the patient. The result is non-relevant and quite dangerous medication to “kill the messenger.”

When death rates from atherosclerosis (too much artery caught fire) are actually correlated with homogenization, the results are somewhat predictable. The United States and Finland have the highest consumption of homogenized milk and the highest number of deaths from heart disease. The French and Swiss drink the same amount, and more, of milk that we drink, but they rarely, if ever, homogenize it. Thus, they have less than 1/5 the number of deaths from heart disease than we do. Furthermore, the French and Swiss eat five times more butter and three times more cheese than we do. Think about it.

Non-fat dried milk is added to 1% and 2% milk. Unlike the healthy cholesterol in fresh milk, the cholesterol in industrial non-fat milk is oxidized. It is the resulting rancid cholesterol that promotes heart disease. Non-fat dried milk also has a very high nitrite content compared to real milk. Drink only organic pasture-fed whole milk from non-confinement dairies. You need the whole milk fat to break down the milk protein. Nature is not stupid. Avoid low-fat and non-fat milk, and try to get milk in the complete form that nature made it. It is the commercial low-fat milks that lead toward heart disease, not organic un-homogenized whole milk.

## NON-FAT AND SKIM MILK

“Non-fat” milk is simply milk that has had the cream taken away. One reason for this is that butter and fancy ice creams bring more money than milk. A little pint of Häagen-Dazs or Ben and Jerry’s ice cream runs close to six dollars—more than a whole gallon of milk. Non-fat or “skim” dried milk is produced by forcing skimmed milk out of a teensy weensy tiny hole at high temperature and pressure in order to crush it. This process destroys not only nutrients, but also creates nitrates, which are potent cancer causers. Furthermore, the process causes “oxidation” of the cholesterol in the milk. This oxidized cholesterol, which is basically rancid, has been shown to initiate the micro-tearing of artery walls, causing injury, inflammation, and pathological plaque build-up in the arteries. (Remember the fire truck analogy).

“Oxidized,” not “undamaged healthy” cholesterol causes atherosclerosis in arteries, and thus contributes mightily to our 600,000 plus deaths a year

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<sup>1</sup> Cholesterol is naturally made in the liver, not in your arteries. The cholesterol in your arteries has almost no relationship (it is estimated about five percent) to the cholesterol in your diet! Eating lard and egg yolk and whole fat milk does not put cholesterol on your artery walls. It’s true! Inflamed tissue has tiny tears in it. Cholesterol is sent to your inflamed arteries as a healing patch, to reduce this artery irritation caused by irritating foods such as margarine and cream substitutes.

from heart disease. "Undamaged" cholesterol in foods like raw milk and other animal fats does not inflame arteries, nor create vascular problems. However, industrial prostitute "researchers" use the oxidized cholesterol in their research—not the natural cholesterol that normally occurs in organic food. Thus, the obedient consumer who drinks reduced and non-fat milks to avoid heart disease is actually **increasing** the intake of substances that cause heart disease and cancer in the first place.

This next concept is extremely important, so read it carefully. For the proper breakdown of protein in your body, adequate fat is necessary. You need essential fatty acids to break down the amino acids of the protein. I will say it again: You need fat to break down protein. That is why God, in her infinite wisdom, put high fat into cow and human milk. Remember, healthy human milk is about 60-70% fat. If you eat protein and do not break it down, you start to demineralize your body. Proteins are made of amino acids. Acids eat things. Alkaline elements are needed to neutralize the hungry acid. If you eat vast amounts of protein acids without adequate amounts of fat, your body starts to eat itself. If you put acid in your eye, your tears try to "digest" it. Because skim milk is high protein without fat, you should not feed it to human babies, as they can't digest the milk protein without fat.

When you eat high protein without fat your alkaline bone mass (calcium) starts to leach away to neutralize the acid of the high protein. Thus, you get premature osteoporosis. In other words, if you're drinking skim milk to be "good to your bones," you are actually being "bad to the bone." Your bones demineralize and start to look like Swiss cheese. When you see the "Got Milk" ads on TV that say milk builds strong bones from lots of calcium, consider them dangerous and extremely misleading at best. If the ads said raw, whole, pasture-fed cow and goat milk builds bones—that would actually be the truth.

Pasteurized—particularly low-fat—milk leaches your bone mass away. (Old folks with the strongest bones were mostly raised on dairies and farms drinking whole milk and whole nutrient-dense foods.) Undigested protein from phony milk, etc., is extremely hard on your kidneys and creates constant inflammation. An amazing 38% of the U.S. population has allergies. Allergies are simply reactions to proteins—many times "processed" milk proteins that the body can't deal with or break down.

It is true, as the commercial milk ads say, that the non-fat dried milk added to reduced-fat milks—so the feeble milk does not look blue or gray and scare the squeamish public—is "protein rich." (Unfortunately most of the "milk solids" added back to skim and low fat milk, and cheese contain MSG the potent neurotoxin). In fact, reduced fat and skim milk have way more protein than whole fat milk. (*You fatten pigs with skim milk, as if you gave them the milk fat they would grow slower and be too healthy! The first thing my wife gives the frustrated people in her weight-loss class is high saturated fat and everyone gets happy and loses weight!*). However, this "high protein without fat" creates another big problem. Your body needs Vitamin A, as well as good natural fat, to assimilate and digest protein. When you eat a protein-rich food without the supporting fats—as in reduced fat milks to which non-fat dried milk is added—your body must draw on your reserve Vitamin A that you store in your liver to digest the protein. This can lead to Vitamin A depletion, which ushers in a whole hoard of diseases from autoimmune disease to cancer.

The healthiest populations on the planet have approximately *ten times* more Vitamin A and "fat soluble" vitamins in their diets than the general U.S. population. They also have four times the amount of water-soluble vitamins than we have. They do not take commercial vitamin pills. The best source of Vitamin A is animal fat. In growing children on diets rich in protein but low in fat, are seen rapid spindly growth, bad posture, poor muscle tone, poor eyesight, and generally poor nervous system development. Your children start to look like Gollum (the little weird guy) in *Lord*

*of the Rings*. This is exactly what we are seeing today as corrupt government and industry promote bovine growth hormone “protein rich” low-fat, low-nutrient milks for growing children, even in school lunches.

If you are eating large amounts of protein, you need large amounts of healthy fat. You need whole milk. If pasteurized skim milk is fed to baby calves, they die. When Nestles sells low-fat powdered milk to third-world mothers—who should be encouraged to breastfeed—thousands of babies die of diarrhea and dehydration from acid protein bowel irritation. Healthy human mother’s milk is about 60% to 70% fat. Imagine your mama taking the fat out of her breast milk then cooking it before she fed it to you. If you were not dead you would demand to be put up for adoption.

When human babies and infants are fed low-fat milk, they have very poor development, particularly of their nervous system, which is composed of 60 to 70% fat. Soymilk and its side-effects are pushed on gullible mothers by Monsanto hit men, because it is low in cholesterol.<sup>2</sup> This is criminal at best. Mothers and babies in Scandinavian countries currently have the best maternity and birth statistics, as the mothers traditionally eat high-fat diets when they are pregnant and nursing. Their babies get extremely high fat from their mothers’ milk. You won’t find too many Scandinavian kids running around with attention deficit disorder and hyperactivity syndromes from feeble brain development. In general, the healthier the fat, the better the child’s nervous system. Remember, the brain is about 60+% cholesterol and fat.

## **LACTOSE INTOLERANCE, EAR INFECTIONS, AND THE LIKE**

I talk to people (my wife says “at” people) constantly, with brief interludes for sleep, who say they can’t ingest milk products because they are “lactose intolerant.” What’s up with that? Raw milk has a milk sugar in it called “lactose.” To break this sugar down into galactose and glucose (blood sugar) that the body can use for energy, an enzyme called “lactase” is needed. Lactase breaks down lactose. When lactose is not broken down in your gut it attracts water into your intestines and drives your intestinal bacteria crazy. The result may be headaches, diarrhea, cramps, and robust farting. Raw milk is loaded with lactase and lactic acid, and thus is self-digesting. However, lactase and other enzymes die around 120 degrees with “moist” heat, and about 150 degrees with dry heat.

When milk is pasteurized at 161 degrees, the milk protein is not only made less digestible, but the lactase and other enzymes die dead. Thus, people who do not produce enough lactase in their bodies cannot digest lactose well. The undigested lactose leads to stomach, bowel, and lymph problems, such as ear infections and runny noses. (What does it mean if your nose runs and your feet smell? It means your body is built backwards).

If you leave a bucket of raw milk outside for a week and come back to check it, you will find that it self-digested and is now curds and whey, and on the way to becoming cheese. On the other hand, if you put a bucket of pasteurized milk outside and come back a week later, it is a black putrid stinky toxic mass. Raw milk ferments, curdles, and turns to cheese. Pasteurized milk putrefies and rots. The human gut digests and processes raw and pasteurized milk in completely differently ways.

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<sup>2</sup> For a detailed review of soy, see the chapter *Don’t Eat Soy (unless it is fermented...)*—in my book “Essays on Personal and Planetary Health.”

Anyway, moving along, it is interesting to note that only about one percent of people who are lactose intolerant cannot ingest raw and fermented milk products. Approximately one percent of that one percent cannot eat a lactase-lactic acid heavy fermented milk product like yogurt or kefir. (I am talking “unprocessed” whole yogurt here, not ridiculous designer low-fat high-fructose corn syrup sugary yuppie yogurts like Yoplait.) These rare people are usually allergic to the milk protein itself and can eat no dairy at all. This sadly includes yogurt. Remember, as you should have read in my essay, *Human Composting*, that the making of yogurt creates high amounts of lactase and lactic acid, which help to break down lactose. Thus, most all lactose intolerant folks can eat yogurt and other fermented milk products, as they are “self-digestive.”

When babies and infants are fed pasteurized milk, particularly low-fat milk, they are at high risk for respiratory and digestive problems such as asthma, ear infection, colic, and diarrhea. The average pediatrician gives these kid’s drugs, and more drugs, to suppress their symptoms rather than take away the cause. I simply tell mothers to use raw milk or yogurt—preferably goat—with a little fish liver oil, and sometimes organic liver, and the child’s digestive problems usually go away. If you have, or know of kids with “milk problems,” read the chapter on feeding babies at page 597 of Sally Fallon’s book, *Nourishing Traditions*. I have copies of it in my office.

## RECOMBINANT BOVINE GROWTH HORMONE (rBGH)

I have a tragic funny joke/question that is pertinent to this diatribe. Why are the Moon, Uranus, Mars, and Venus so barren and lifeless? Answer: Their scientists were much more advanced than ours.

In the early 1980s, scientists at Monsanto and Eli Lilly (Remember, papa Bush was on the Board of Directors at Eli Lilly and has always slept with Monsanto, and had lots of babies) became aware of a hormone that could increase the amount of milk a cow could create. The hormone was called Recombinant Bovine Growth Hormone, or “rBGH.” To make things simple from now on, I will simply call it “rBGH.” rBGH was obviously a financial benefit to the farmer, but overall it was an udder loss to the cows. Cows on rBGH developed huge udders that held vast quantities of milk. The average dairy cow in 1950 gave two gallons of milk a day compared to six gallons a day in 2000.

Non-relevant sidenote: In the Cuban town of Nuevo Gerona, in the early 1980s, lived a Canadian Holstein cow named White Udder, who produced 29 gallons of milk a day, certified by Guinness. That’s 232 pounds of milk. Not bad.

The massive udders created by rBGH tended to tear away from the cow’s bodies and bleed and become infected. However, because the infected milk was pasteurized, the germs and pus were not a danger to humans. (When you read “high somatic cell count,” that means pus). Drink up.

Around 1990, good scientists had determined that rBGH was quite dangerous to humans, while the bad scientists for Monsanto continued to praise it. As Upton Sinclair, the author who first exposed unhealthy slaughterhouse practices wrote, “It is very difficult to get a man to understand something when his salary depends upon his not understanding it.” Anyway, seeing through the prostitute scientist research paid for by Monsanto, etc., **ALL** industrialized countries in the world have now banned rBGH except for the United States. The European Union looks at the U.S. population as a nation of uneducated guinea pig sand lab rats for the good of Monsanto. Even

though these people are mere Europeans on primitive “non-scientific, non-GMO” diets, they are, of course, quite correct—even the French. *Sacré Bleu!*

As of 1994, milk, ice cream, cheese, yogurt, butter, beef, and even baby formulas have been laced with rBGH, and these foods do not have to include rBGH in their list of ingredients. Bush and Monsanto are quite persuasive to their spittle lickers in the FDA. Monsanto currently makes two-and-a-half billion dollars a year on rBGH.

According to the American Mastitis Council, 40% of cows in confinement dairies—on rBGH—have mastitis, an infection of the udder, and approximately 50% of them suffer from lameness from “laminitis,” a foot disease. As the cows become more diseased in their confined, crowded, filthy quarters, more antibiotics are used to keep them alive. The massive use of antibiotics on cows, and the consequent massive ingestion of antibiotics by humans contribute to the decreased effectiveness of antibiotics on all disease.

Putting cows in confinement is as healthy to the cows as putting African slaves into confinement on the slave ships. Natural cows need natural pasture grass to be healthy. Modern cows on cement in tiny quarters are fed shocking diets. Confined cows eat dry feeds, much of which are genetically modified and heavily pesticided, as opposed to natural organic pasture grasses. The pesticide spillover to humans who drink the milk and eat the meat is a serious health concern. As pesticides mimic estrogens in the body, commercial milk and meat consumers are more susceptible to cancer, particularly breast and bowel cancers. Many confined cows are fed styrofoam chips, barrels of rancid waste grease from fast-food restaurants, meats from other sickly animals, stale bakery goods, chicken manure (which is fine if the chickens are healthy), newspapers (except for the Grass Valley Union, of course which is full of exciting things), “citrus cake” (citrus residue from squeezing citrus fruits), and a host of other amazing “indigestible” non-cow foods.

My wife, Diane, was recently on a field trip to the “Jelly Belly Candy Factory” in Vacaville. (“Vaca” means cow in Spanish. Big deal.) Jelly Bellies are little jellybean candies in different flavors and colors. One of the kids asked a guide what happened to the defective jellybeans, and was told they were shipped away for cattle feed. Can you imagine an organic farmer going out into his composted pasture and feeding his good milk cows a bucket of jellybeans? Can you imagine him squeezing the hydrogenated grease out of McDonald’s hamburgers and feeding it to his cows along with some newspapers and Styrofoam chips? Intelligent people would consider him insane, and a cow abuser, and not buy his milk. However, the innocent public continues to buy much worse milk than this, and, not surprisingly, gets progressively sicker.

In 1998, a study showed that cows in confinement on rBGH live approximately two-and-a-half years compared to fifteen years for a typical pasture-fed dairy cow. Compared to “pasture-fed humans” who live, say 90 years, “confined humans” would live about 15 years. The constant supply of young cows that drop dead (called “Drop Cows”) in the crowded filthy dairies is one of the main sources of meat for McDonalds and other fast food chains. Eat up. When you are being reincarnated and they ask you about being a cow next lifetime, be sure to say, “No problem, as long as I am in organic natural pastures.”



Anyway, rBGH contains excessive levels (ten times as much) of IGF-1. IGF-1 is the insulin-like growth factor that is strongly linked to cancer, diabetes, and thyroid problems. A 1993 CANCER RESEARCH JOURNAL article by V. Pappa showed the increased potential of breast cancer from ingestion of IGF-1. Current studies indicate a link with bowel and prostate cancer.

Another basic nutritional problem associated with rBGH is lower nutritional value of the milk. If you are a cow on a standard diet and give one gallon of milk a day, your milk will have whatever minerals and vitamins you have available in your body to give to it. If all of a sudden you are producing 3 to 4 gallons of milk a day on the same diet, your body does not have 3 to 4 times more vitamins and minerals to give to your milk. Thus, your milk has one-third to one-quarter of the nutrition that your original one-gallon of milk had—the more milk, the fewer nutrients to go

Keep in mind that when a food is advertised as “fortified” or “enriched,” it is a dead food. The added synthetic vitamins are also usually worthless nutritionally and sometimes harmful such as the synthetic Vitamin D added to dead milk. The iron in a nail is assimilated in the body in a totally different way than the iron you would get from a natural food like liver, eggs, or cherries, although the chemistry of both looks the same to a chemist.

It is interesting to note that approximately 90% of Vitamin B stock sold in stores is made from sewer sludge in New Jersey. Organic natural Vitamin B (yes, even folic acid) is made in your body by, we hope, your healthy bowel bacteria. If you are eating your natural fermented yogurts and sauerkrauts, and getting lots of good bugs, your Vitamin B level is probably okay. If you continually kill your bacteria with pesticides and antibiotics—from any source—your digestion, and thereby, immune and nervous systems, deteriorate. Approximately 90% of ascorbic acid sold (ascorbic acid is about 1/25 of the “whole” Vitamin C found in foods) is made from corn waste products, also in New Jersey. First, the corporate food wreckers wreck your food by destroying nutrients. Then they try to prop it up and salvage it with phony “imitation” vitamin and mineral supplements. Then, they sell you drugs to suppress the diseases you get from the dead de-mineralized foods. Then you die. Then, they take money out of your will to sell you embalming fluid chemicals to make you look alive again. Hey, that’s pretty funny. That’s about it.

around. Get it? You are getting much less nutrition from modern “diluted” milk products. Years ago the average butterfat in milk ran about 5 to 6%. Currently the average industrial milk runs at 3.5% butterfat. (Remember, you need fat to break down protein).

The more diluted the vitamins and minerals in rBGH milk, the more the milk is “fortified” with minerals and synthetic vitamins. Vitamin D is made in the body of mammals in response to sunshine and eating good liver. Cows in a pasture, with sunshine thus create whole natural Vitamin D in their milk, which is important for building bone mass. Cows in confinement dairies, who are never allowed in the sun, don’t have adequate Vitamin D in their milk, and thus have bones that are more fragile—similar to people who are indoors most of the time, sometimes from fear of skin cancer. (Did you know that melanoma is more frequent on the lower body and is more

common in people indoors than people in the sunshine? It's true.) Thus, phony, synthetic Vitamin D is added to milk to make people think it is nutritionally special. However, synthetic Vitamin D is quite incomplete and irrelevant compared to whole Vitamin D from sunshine. Many scientists consider the added synthetic Vitamin D to be very harmful. The iron content of milk is not normally high, but most factory milk is fortified with iron to try to fool the public into thinking it is superior. This added non-nutritional, non-essential "ferrous iron," particularly added to devitalized grains, is suspected of causing "iron overload." Iron overload creates a strong risk for heart disease.

## **RAW MILK VS. COOKED MILK**

Raw milk and raw milk products from pasture-fed cows, goats, and sheep are some of the healthiest foods on the planet. Humans have eaten raw milk products for thousands of years with no great health hazards. Raw milk is loaded with healthy fats, protein, vitamins, minerals, trace elements, and enzymes. Raw animal milk contains "bioactive" components such as the enzyme lactoperoxidase, which produces "hydrogen peroxide" and actually kills foreign microbes and stimulates the immune system. When U.C. Davis researchers introduced various bacteria, such as staph and strep, into the raw milk sold by Organic Pastures Dairy in Fresno, they were amazed to find that the natural bacteria and enzymes in the raw milk killed the "bad" microbes. This is why baby mammals can wallow in filth, and yet maintain health if they are breastfed. The healthier the pasture soil (preferably composted) the grass is grown on, the more nutritious the milk. So, why is it that as of about one hundred years ago milk became an unhealthy food?

When a cow is fed an unnatural diet, its milk becomes unhealthy. When milk is then pasteurized, as the cows are sick, most all of its nutrients are highly modified and/or killed. Enzymes such as "lactase," which is essential to the digestion of the milk's sugar-lactose-, and "phosphatase" which is essential for the release and absorption of phosphorus and calcium are made inert and destroyed. People who drink pasteurized milk to get their calcium are being fooled. Protein molecules are altered and "hardened" so that they become less digestible. Most vitamins, such as C and B, are destroyed. Minerals such as calcium, as well as amino acids in proteins, are modified so that their assimilation becomes difficult, and even impossible. Baby animals fed on cooked milk are usually quite unhealthy and can die. Raw milk is alkaline and is actually very soothing to your digestive system. Cooked milk is acidic and creates irritation to your digestive system.

## **MILK OVERVIEW**

Raw milk from pasture-fed cows has been a pillar of the human diet for thousands of years. The current slander of milk and dairy products should be looked at with an objectively critical eye, frank amazement, and disgust. While "adulterated" dairy products cause disease, natural organic pasture-fed milk products remain some of our most important foods.

Certain vegetarians and/or vegans who ignore traditional diets around the world throughout history, criticize eating milk products based on the idea that no other animal drinks milk after it is weaned. However, they ignore the fact that humans are the only animals that continue to create lactase after weaning into adulthood, and that human milk has the highest lactose content of any mammalian milk! Thus, unlike all other animals, humans are uniquely adapted to drinking milk, and have obviously been eating dairy products for at least thirty thousand years.

There is absolutely no traditional society that was vegan or vegetarian. Of all diets, the vegan diet leads to the worst birth statistics, as mothers and babies need fat. If vegans pursued their line of thinking regarding animal activity as a basis for human behavior, and then modeled themselves after other animals as they preach, they would also go hunt their food—mostly other animals—and eat it raw. Liver and intestinal contents first. Thus, because I rarely see a vegan with a bow and arrow, I believe that it is safe to ignore that particular argument. Unlike processed disease-causing dairy products, raw pasture-fed dairy products have historically been a proper food for humans, for not decades, but thousands of years.

Quite fortunately, due to a bunch of crazy pinko commie radical left-wing organic freaks getting politically active, California currently allows the sale of raw certified milk, in spite of a huge corrupt corporate milk lobby that constantly tries to ban it. Keep in mind there is only a 5% profit margin in the “industrial milk realm,” so if 5% of the public starts to buy unprocessed raw milk the companies would go under. Thus, like all big business they must strive to destroy any threat to profits.

You can now ask for, and buy, whole raw milk, cream, and butter with lots of complete vitamins and minerals from organic pasture-fed cows. The finest certified raw milk, butter, and cream you can buy at stores is *Organic Pastures Dairy milk from Fresno* (find them at [www.organicpastures.org](http://www.organicpastures.org)). Ask for it, as it is excellent and I know the owner well. (In fact, he uses the DVD he and I had made together on milk as a training video for his staff and visitors). Find it on my website: [jacobsonchiropractic.net](http://jacobsonchiropractic.net). His cows are organic pasture grass-fed, and are not fed hormones, antibiotics, or GMO foods. If they do ever get sick, which is almost never, they are given homeopathic medicines. Amazing.

When his cows do die, he does not sell them to McDonald’s. They go in the compost pile to be recycled back into the organic pastures. These awesome milk products are now available from most natural food stores in the area, such as Briar Patch, Natural Selections, and Natural Valley in Grass Valley and Earth Song (now California Organics) in Nevada City. Go buy some immediately for your family and best friends before the rabidly hungry Jacobson family and their friends get there and vacuum it all up. Get ready—get set—GO!

## CONSUMER GUIDE TO BUYING DAIRY PRODUCTS

### MILK

- BEST:** Clean, certified whole raw milk, preferably from grass-fed cows of old-fashioned breeds that produce high-fat milk, such as Jerseys and Guernseys. This usually must be purchased at the farm or through a co-op. To find high quality, unprocessed milk in your area, visit [www.realmilk.com](http://www.realmilk.com), or contact a local chapter of the Weston A. Price Foundation ([westonaprice.org](http://westonaprice.org) or 202-233-HEAL).  
Organic Pastures raw whole milk (CA and mail order: 559-846-9732)
- GOOD:** Full-fat pasteurized milk, preferably not homogenized, preferably from grass-fed animals.  
Strauss (probably the next best to Organic Pastures)  
Horizon (still a confinement dairy)  
Trader Joe’s organic milk (non-homogenized please)

**AVOID:** Low-fat and skim milk; anything ultra-pasteurized; imitation “milk” made from rice and soy.

## CREAM

**BEST:** Fresh or cultured raw cream from grass-fed cows.  
Organic Pastures raw cream (CA and by mail order: 559-846-9732)

**GOOD:** Pasteurized cream; cultured or sour cream without additives.  
Strauss Family Creamery pasteurized cream (CA)  
Trader Joe’s heavy cream  
Organic Valley sour cream  
Alta Dena crème fraîche  
Horizon

**AVOID:** Ultra-pasteurized cream; sour cream with additives; canned whipped cream; imitation whipped cream made with vegetable oils, such as Cool Whip.

## CHEESE

**BEST:** Whole raw cheese made with milk from grass-fed animals. (Many imported and artisan cheeses are of this type.) NOTE: European cheeses are raw if the label says “milk” or “fresh milk.” (Many artisanal cheeses can be found through websites such as [www.cheesesociety.org](http://www.cheesesociety.org).)

Maytag blue cheese  
Ruminano Parmesan  
Organic Pastures (559-846-9732)  
Greenbank Farms

**GOOD:** Whole milk cheese made from heated or pasteurized milk, preferably from grass-fed animals. (NOTE: Some cheeses labeled “raw” are actually made from milk that has been heated to just below the pasteurizing point. We have included these in the “GOOD” category rather than “BEST.”)

Organic Valley

**AVOID:** Low-fat and processed cheese.

## YOGURT AND KEFIR

**BEST:** Plain, naturally cultured, home-made yogurt and kefir made with whole milk from grass-fed animals.

Strauss  
Nancy’s Organic Whole Milk Organic

Organic pastures raw kefir

**AVOID:** Low-fat and sweetened yogurt and kefir.

## **BUTTER**

**BEST:** Butter or ghee (clarified butter) from grass-fed cows, preferably raw or cultured. (Many grass-feeding farmers advertise butter in *Wise Traditions*, the magazine of the Weston A. Price Foundation.)

Organic Pastures raw butter (CA and mail order: 559-846-9732)

Strauss Family Creamery butter

Organic Valley cultured butter

Trader Joe's organic sweet cream butter

Horizon

**GOOD:** Supermarket butter

**AVOID:** Margarines and spreads; partially hydrogenated vegetable oil; shortenings; spreads combining butter with vegetable oils; whipped butter.

## **EGGS**

**BEST:** Fresh eggs (preferably fertile) from pastured poultry. The best eggs can be purchased only directly from a farmer.

**GOOD:** Organic or high-omega-3 eggs.

Shelton's

Trader Joe's Fertile

Organic Valley

**AVOID:** Most commercial eggs, but if this is all that is available, buy them anyway, but do not eat them raw. Raw, organic eggs are fine.

## **P.S.:**

If you want to pursue more information on raw milk and traditional diets, go immediately to [www.jacobsonchiropractic.net](http://www.jacobsonchiropractic.net) and watch the 80-minute video of me and Mark McFee, the owner of Organic Pastures Dairy, discussing aspects of raw milk in many areas. My favorite books on the subjects are: *Nutrition and Physical Degeneration* by Weston Price and *Nourishing Traditions* by Sally Fallon. Excellent books I stole much information from for this paper include: *The Untold Story of Milk* by Ron Schmid and *The Cholesterol Myth* by Uffe Ravnskov, M.D. Good websites among many are: [www.westonaprice.org](http://www.westonaprice.org) (my favorite), [www.organicpastures.com](http://www.organicpastures.com), and [www.realmilk.com](http://www.realmilk.com).

**Note:** If you want more scientific data on the effects of pasteurization, please look at LANCET, November 17, 1984.

Food fads and alleged food facts come and go, and come and go these days. “Scientific studies” are quoted ad nauseum about the special properties of various foods and supplements to maintain amazing health. Eat this, avoid that, drink this, don’t drink that, etc. This abundance of dietary and lifestyle advice, however, has generally not brought increased health. Indeed, despite relatively easy access to both income and food, the United States is undergoing its fastest health decline in history. In the United States today, one out of three-and-a-half people get cancer. We share the highest heart disease rate in the world, and currently, about one out of thirteen people has diabetes. One out of five college males is clinically sterile. A high number of us are basically mentally ill and 60% of us are overweight and 30% of us are obese. There are over twenty-five industrial countries that have better childbirth statistics than we do. I could go on and on with Parkinson’s, autism, etc., etc., but you get my drift.

My simple philosophy is to stop researching the darkness and go examine the light. In this case, the light is in the societies with the best health. The fact that we don’t study healthy peoples and healthy societies indicates the financial bias of modern diet research. Most everybody with a “health agenda” has something for sale—dairy, soy, cereal, vitamins—whatever it may be. It is high time we look at the diets of happy traditional peoples who have minimal modern chronic diseases. If people have been eating certain foods and avoiding others for thousands of years, we should take a look at that. If current “science” with a “small s” says that people on a high-cholesterol diet get more heart disease—which has already been disproved for years—even the original Framington studies showed people on saturated animal fat diets were the healthiest!—then why do the traditional high-cholesterol-eating Japanese, Austrians, Greeks, Massai, Eskimo, Tibetans, Mountain Swiss, and even the cheese-loving French have far less heart disease than people in the U.S.? In proper science, the exception proves the rule.

Just because intellect and “research” and political jive show something to be “valid,” does not necessarily mean that it is “true.” The question should be, Why don’t these high cholesterol eaters get heart disease? Indeed, women and men over age sixty-five with the highest cholesterol levels live the longest! Young and middle-aged men with cholesterol levels over 350 are only slightly more at risk for heart attacks. Those who have a cholesterol level just under 350 are at no greater risk than those whose cholesterol is very low. For elderly men and women of all ages, high cholesterol levels are associated with a longer life span! Where is the scientific continuity and integrity? Most “scientific” food studies are done by big “research cooking” companies like Monsanto, who simply shoot their “arrows of conclusion,” and then hire the scientific prostitutes to go draw the targets around them. Another Bulls Eye! Amazing! Thus, the public is easily convinced with big words and slick advertising and continues to take anti-cholesterol drugs and fear saturated fats. (Please see my essay “The War on Dietary Cholesterol.”)

The people of Okinawa currently enjoy the longest life span in the world. Have you encountered anyone trying to sell you the “Secret Okinawa Diet?” Of course not. There’s nothing to sell! It is simply a diet of meat, eggs, milk, vegetables, nuts, and fruit grown on composted soil. Their main cooking oil is pig fat. The Okinawans have been eating like this for thousands of years. They don’t have crazy doctors and dieticians telling them to drink skim milk, and avoid meat, eggs, nuts, liver, chicken, and fish skins. Our bastardized refined food, refined supplements, and refined thinking have been around for only about one hundred years or so. Yet, we believe we know so much more about diet and health than anyone else. Give me a break. Doctors do not commonly study healthy people and healthy societies. The current health “researchers” study disease and diseased foods, and then try to supplement them with more unhealthy inorganic substances. Not for health, but for a buck.

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