

MILK: A-Z by Robert Cohen

(GOT MILK? www.gotmilk.com ; NOT MILK! www.notmilk.com)

Examine the facts from scientific journals.

A is for ALLERGIES

"In reality, cow's milk, especially processed cow's milk, has been linked to a variety of health problems, including: mucous production, haemoglobin loss, childhood diabetes, heart disease, atherosclerosis, arthritis, kidney stones, mood swings, depression, irritability, allergies."

Townsend Medical Letter, May, 1995

B is for BREAST CANCER

"Insulin-like growth factor-I (IGF-I, a cow's milk hormone) produces a 10-fold increase in RNA levels of cancer cells. IGF-I appears to be a critical component in cellular proliferation." X.S. Li, *Exp-Cell-Res.*, March, 1994, 211(1)

C is for CROHN'S DISEASE

"Mycobacterium paratuberculosis (bacteria not killed by pasteurisation) RNA was found in 100% of Crohn's disease patients, compared with 0% of controls."

D. Mishina, Proceedings National Academy of Sciences USA:93: September, 1996

D is for DIABETES

"These new studies, and more than 20 well-documented previous ones, have prompted one researcher to say the link between milk and juvenile diabetes is 'very solid'."

Diabetes Care, 1994;17(12)

E is for EAR INFECTIONS

"Milk allergies are very common in children...They are the leading cause of the chronic ear infections that plague up to 40% of all children under the age of six."

Julian Whitaker, M.D., "Health & Healing," October, 1998, Volume 8, No. 10

F is for FAT

"Preference for a diet high in animal fat could be a pathogenic factor, and milk and high fat dairy products contribute considerably to dietary fat intake."

J. Am Coll Nutr, 2000 Apr, 19:2 Suppl

G is for GROWTH FACTOR

"The insulin-like growth factor (IGF) system is widely involved in human carcinogenesis. A significant association between high circulating IGF-I concentrations and an increased risk of lung, colon, prostate and pre-menopausal breast cancer has recently been reported."
Interoational J Cancer, 2000 Aug, 87:4

H is for HEART DISEASE

"For ischemic heart disease, milk carbohydrates were found to have the highest statistical association for males aged 35+ and females aged 65+. In the case of coronary heart disease, non-fat milk was found to have the highest association for males aged 45+ and females aged 75+, while for females 65-74, milk carbohydrates...had the highest associations."

Altern Med Rev, Aug, 31998

I is for IRON DEFICIENCY

"Cow's milk-induced intestinal bleeding is a well-recognized cause of rectal bleeding in infancy. In all cases, bleeding is resolved completely after instituting a cow's milk-free diet."

J Pediatr Surg, 1999 Oct, 34:10

J is for JUVENILE ILLNESSES

"At least 50% of a11 children in the United States are allergic to milk, many undiagnosed. Dairy products are the leading cause of food allergy, often revealed by constipation, diarrhoea, and fatigue. Asthma and sinus infections are reported to be eliminated by cutting out dairy." *Natural Health, July, 1994, Frank Oski, M.D.*

K is for KILLER BACTERIA

".. curing alone may not be a sufficient pathogen control step to eliminate Salmonella, Listeria, and E. coli 0157:H7 from cheese." *J Food Prot, 1998 Oct, 61:10*

L is for LACTOSE INTOLERANCE

Lactose malabsorption and lactase deficiency are chronic organic pathologic conditions characterized by abdominal pain and distention, flatulence, and the passage of loose, watery stools. Once correct diagnosis is established, introduction of a lactose-free dietary regime relieves symptoms in most patients." *J Clin Gastroenterol, 1999 Apr, 28:3*

M is for MAD COW DISEASE

"A 24-year-old vegetarian has been diagnosed with Cruetzfeld-Jacob disease (the human form of mad cow disease). Scientists fear that milk and cheese may be the source of infection."

London Times, August 23, 1997

N is for NASAL CONGESTION

"Symptoms of milk-protein allergy include cough, choking, gasping, nose colds, asthma, sneezing attacks..."

Annals of Allergy, 1951; 9

O is for OSTEOPOROSIS

"Osteoporosis is caused by a number of things, one of the most important being too much dietary protein."

SCIENCE, 1986; 233

P is for PESTICIDES AND POLLUTION

"The level of dioxin in a single serving of the Ben & Jerry's World's Best Vanilla Ice Cream tested was almost 200 times greater than the 'virtually safe [daily] dose' determined by the USA Environmental Protection Agency."

Steve Milloy, author of junkscience.com (Milloy tested samples of ice cream for dioxins. The only major newspaper to report the story was the Detroit Free Press.), 11/8/99

Q is for QUIXOTE SYNDROME

"I have two lasting impressions. One is that underestimating Robert Cohen's ability to damage the dairy industry is a big mistake. The other is a profound wish that the man was on our side."

Editorial by Teresa VanWagner, American Dairy Farmer Magazine, Oct., 1998

R is for RHEUMATOID ARTHRITIS

"In the case of the eight year old female subject, juvenile rheumatoid arthritis was a milk allergy. After avoiding dairy products, all pain was gone in three weeks."

Journal of the Royal Society of Medicine, 1985, 78

S is for SUDDEN INFANT DEATH

"Those who consumed cows' milk were fourteen times more likely to die from diarrhoea-related complications and four times more likely to die of pneumonia than were breast-fed babies. Intolerance and allergy to cow's milk products is a factor in sudden infant death syndrome."

The Lancet, vol.344, November 5, 1994

T is for TUBERCULOSIS

"Diseases such as tuberculosis are transmissible by milk products."

Journal of Dairy Science, 1988; 71

U is for UTERINE & OVARIAN CANCER

"The uterus and ovary, like the breast, are hormone-sensitive organs. Not surprisingly, uterine and ovarian cancers are both linked to fatty diets in epidemiologic studies."

Cancer, 1966;19

V is for VITAMIN D-EFICIENCY

"Exposure to sunlight provides most humans with their vitamin D requirement."

Journal of Nutrition, 1996;126(4 Suppl)

W is for WISCOWSINITIS

"These dairymen are organized, they're adamant, they're militant, and they - they're massing an enormous amount of money that they're going to put into political activities, very frankly."

Secretary of the Treasury John Connally to President Richard Nixon, from the Watergate Tapes, March 23, 1971 (after President Nixon had received a \$3 million cash gift from dairy industry representatives in the oval office)

X is for XANTHENE OXIDASE

"Bovine milk xanthene oxidase (BMXO) may be absorbed and may enter the cardiovascular system. People with clinical signs of atherosclerosis have greater quantities of BMXO antibodies. BMXO antibodies are found in greater quantities in those patients who consume the largest volumes of homogenized milk and milk products."

The X-O Factor, by Kurt Oster, M.D., and Donald Ross, Ph.D.

Y is for YIN/YANG

"Scientific data suggest positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer."

Journal of the American Dietetic Association, November 1997, 97(1) Z is for ZITS

Z is for ZITS (acne)

"We studied the effects of growth hormone (GH) and insulin-like growth factors (IGFs), alone and with androgen, on sebaceous epithelial cell growth...IGF-I was the most potent stimulus of DNA synthesis. These data are consistent with the concept that increases in GH and IGF production contribute in complementary ways to the increase in sebum production during puberty."

Endocrinology, 1999 Sep, 140:9, 4089-94

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