

THE TRUTH ABOUT MILK MUSTACHES ("GOT MILK?")

Each sip of cow's milk provides you with PUS (FDA allows 750 million pus cells per liter of milk), GLUE (80% of all protein milk and cheese is casein, the glue used to hold a label to a bottle of beer), and HORMONES (Estrogen, Progesterone, Testosterone, Corticosteroids, Oxytocin, Growth Hormone and 53 other bio-active hormones). The most powerful growth hormone in milk is insulin-like growth factor-I (IGF-I)... think of this one as "plug and play cancer fuel". There is a lot MORE bad news about milk and dairy (read <http://www.notmilk.com/milkinfo.txt>).

IGF-I (cancers)

IGF-I is the only hormone in nature (4,700 mammals, millions of different hormones) that is an exact match between two species. This powerful growth hormone (the most powerful in the human body) has 70 amino acids in the same sequence in both humans and cows. IGF-I exerts powerful growth effects on humans and has been called the key factor in the growth and proliferation of prostate cancer (1), breast cancer (2), and lung cancer (3). IGF-I levels increase by a factor of 10% in people who drink milk. (4) Milk is a hormonal delivery system. Mechanisms in milk insure that lactoferrins, immunoglobulins, and protein hormones survive digestive processes, and exert their designed biological effects. (Read <http://www.notmilk.com/igf1.txt>, <http://www.notmilk.com/b.txt> and <http://www.notmilk.com/prostate.html>)

GOT BONE DISEASE? (Osteoporosis)

Nations with the highest rate of bone disease include Denmark, Norway, Holland, Sweden and the US. The Harvard Nurses' Study (121,800 participants) has proven that women who drink milk and eat cheese as teens develop higher rates of pelvic and bone fractures than non-dairy users. (5) (read <http://www.notmilk.com/deb/030799.htm> and <http://www.notmilk.com/badbones.html>).

GOT HEART DISEASE?

The amount of cholesterol contained in the average American's daily intake of all dairy products (milk, cheese, ice cream, etc.) equals the same amount of cholesterol contained in 53 slices of bacon. By age 52, from milk & dairy products, the average American will consume the same cholesterol contained in 1,000,000 slices of bacon and will have no clue as to the cause of America's #1 killer. (Read <http://www.notmilk.com/h.html>)

THE GREATEST MYTH OF THE 20TH CENTURY!

All of the over 4700 mammals WEAN their young at an appropriate time in development. Only humans return to the teet, and then it is that of a four-legged alien species with milk designed for a calf. Not until pasteurization (which works very poorly) met mass transportation, refrigeration, and a few greedy men was there a "dairy industry". Decades and billions of dollars in brainwashing suggest this toxic soup is healthy and even necessary. NOT SO! Think 59 hormones, scores of toxins and allergens, blood, feces, viruses, up to 52 antibiotics, 49% of calories from animal fats, the cholesterol of 17 slices of bacon per glass, up to 20 million live bacteria per liter, up to 750 million PUS cells (US National average 323 million) per liter, proteins implicated in diabetes, behavioral problems and much more. The file <http://www.dorway.com/topten.txt> spells out the results of too much dairy (and meats).

For more information call 201-871-5871, Visit <http://www.notmilk.com/milkatoz.html> or <http://www.notmilk.com/milkinfo.txt> or Email NOTMILKman@notmilk.com

QUOTES

"In reality, cow's milk, especially processed cow's milk, has been linked to a variety of health problems, including: mucous production, hemoglobin loss, childhood diabetes, heart disease, atherosclerosis, arthritis, kidney stones, mood swings, depression, irritability, allergies..."
Townsend Medical Letter, May, 1995

"The National Dairy Board's Slogan, 'Milk. It does a body good,' sounds a little hollow these days."
Scientific American, October, 1992

"Cow's milk has become a point of controversy among doctors and nutritionists. There was a time when it was considered very desirable, but research has forced us to rethink this recommendation...dairy products contribute to a surprising number of health problems (including) chronic ear problems..." Benjamin Spock, M.D., "Child Care," 7th Edition

"At least 50% of all children in the United States are allergic to milk, many undiagnosed. Dairy products are the leading cause of food allergy, often revealed by constipation, diarrhea, and fatigue. Many cases of asthma and sinus infections are reported to be relieved and even eliminated by cutting out dairy." Natural Health, July, 1994, Frank Oski, M.D., Chief of Pediatrics at Johns Hopkins Medical School

"Milk from cows inoculated with listeria was pooled for 2 to 4 days and then heated at 162 degrees Fahrenheit for 16 seconds in a high-temperature, short-time pasteurization unit. Live listeria bacteria was then successfully isolated from the milk after heat treatment in 11 of 12 pasteurization trials." Journal of Environmental Microbiology. July 1987, (53)

"Symptoms of milk-protein allergy include cough, choking, gasping, nose colds, asthma, sneezing attacks..." Annals of Allergy, 1951; 9

"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 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

"Testing of 42 milk samples found only 12% within the expected range of Vitamin D content. Testing of 10 samples of infant formula revealed seven with more than twice the Vitamin D content reported on the label, one of which had more than four times the label amount. Vitamin D is toxic in overdose." New England Journal of Medicine, 1992, 326

Links to important information:

Read:

An eye opening layman's overview: <http://www.notmilk.com/milkinfo.txt>

Milk, from A-Z: <http://www.notmilk.com/a-z.txt>

Reasons to abandon dairy: <http://www.notmilk.com/52reasons.txt>

Overview with references: <http://www.notmilk.com/milkatoz.html> or

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