

Got Milk?

I have heard it is said that cow's milk is for baby cows. Certainly, human breast milk should be consumed by human babies and ideally up to about age of 2. There are very few women who do this, but it is the best that can be done for the child protecting him/her from overweight, allergies, etc, etc. However, when one reviews the history of the human race, there are very few cultures that have consumed cow dairy products. Although, Israel may have been referred to as the land of milk and honey, it may have been human milk and not necessarily cow or goat milk. There are several problems with cow milk.

The first is **lactose** and the vast majority of the world's population is lactose intolerant. I consumed milk for many years and seemed just fine until I found out my **cholesterol** was 280! Milk fat is better than meat fat for **raising blood cholesterol**, as proven in the Seven Country study many years ago. Now that I am off dairy products, I have become lactose intolerant which probably is a normal for most people. Acquired milk tolerance is probably the beginning of multiple disease states. In addition, dairy intake correlates with cancer of the ovaries, and most alternative practitioners believe that dairy products are the cause of ear, nose, throat, lung congestion such as ear infections, bronchitis, recurrent colds and sinusitis, and **asthma**. I cannot tell you how many of my patients cleared up those problems simply by discontinuing (not reducing!) dairy products.

By Eastern medicine, **bunions** are due to dairy intake and represent a problem with the uterus. I cannot tell you how many of my women patients with **menstrual cramps, fibroids**, inter- or heavy menstrual bleeding, **ovarian cysts**, chocolate cysts, endometriosis, etc. have cleared up or relieved their problem(s) or discomfort by discontinuing all dairy. By Eastern medicine, **ice cream** is a major cause of cancer of the prostate. Since **breast and prostate are comparable** organs, cancer of the breast may very well be a milk problem. Cataracts correlate with dairy intake. When people develop **irritable bowel** disease, relief commonly occurs with discontinuing all **wheat, dairy, and soy**. Although, there is hard scientific information out there that supports the use of dairy, as well as the avoidance of dairy when you "put it all together" I believe that, in balance, it is best to avoid all dairy products 100%.

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