

# ALL'S NOT WELL WITH DAIRY MILK

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All's not well with dairy milk

By Maneka Gandhi

Op-Ed

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Let me tell you a few facts about the dairy industry in India. It did not come in with Lord Krishna! It was actually started by the British in India. Today, all our advertising and Government positions on milk are taken directly from United States. It is an unpalatable fact that the dairy industry is a monster destroying so many lives.

But since the industry runs on vast political patronage and since it is impossible to convince politicians of something that is so patently obvious, I would like the doctors and bankers (who give free funding under various schemes to the unemployed to open dairies) to understand what they are doing and how much foreign influence has corrupted us.

Both the American and Indian governments declare that milk is essential to good health and subsidise the dairy industry to the tune of billions of dollars. In America, it is made compulsory to give milk to children in public schools. They proclaim that milk is rich in proteins and calcium. But they forget to tell you the downside. Apart from the enormous environmental impact and the suffering of the animal involved, the health effects of milk are being decried by mainstream doctors. Researches show that the consumption of milk may cause anaemia, migraine, bloating, gas, indigestion, asthma, prostate cancer, and a host of potentially fatal allergies, especially if you are a coloured person.

Chairman of Paediatrics at Johns Hopkins University, Frank Oski, MD, wrote a book, *Don't Drink Your Milk*, in which he says every second health problem kids suffer is due to milk. 60 per cent of ear infections in kids under six years of age are milk induced and milk consumption is the number one cause for iron-deficiency in

infants today, according to the American Association of Paediatrics.

Dr Benjamin Spock, the US's leading authority on child care, spoke out against feeding "cow's glue" to children, saying it can cause anaemia, allergies, and diabetes and obesity and heart disease. Most of milk's much-vaunted protein is contained in casein – which is also a raw material for commercial glue.

Undigested, it sticks to the intestinal wall and blocks nutrient absorption. Harvard studies show an increase in osteoporosis in people who consume milk.

Milk has now become a racial issue. I went to a site called "MooMilk.com" run by the milk industry. In question and answer form, it is clearly written in 12 point type about all the wonderful things that milk does, and gives you patently wrong statistics on practically every issue. However, it reluctantly agrees that you can get enough calcium and proteins without drinking milk, but gives the comparison with eating broccoli and turnips, the two vegetables most disliked by children in America).

When it comes to the question whether "coloured" people are intolerant to it, the answer is in six point type, barely readable: "Milk allergies are an abnormal response by the body to milk protein. Lactose intolerance is the body's inability to digest lactose, the sugar in milk. Allergies to milk are rare, while lactose intolerance is not. A food allergy is an abnormal response of the body's immune system to ordinarily harmless foods or ingredients – in this case, milk protein." An estimated one to three per cent of infants and young children are allergic to milk, but usually outgrow it by two or three years of age. If milk allergy is suspected, consult a certified allergist for diagnosis. Those diagnosed with milk allergy should avoid the consumption of dairy products.

Lactose intolerance refers to the symptoms experienced by individuals having low levels of the enzyme (lactase) necessary for the breakdown lactose. It is most prevalent among coloured people. Infants are born with high levels of lactase enabling them to digest it in human milk. "90 per cent of African Americans, Latin Americans, Asians and Southern Europeans lack the genes necessary to digest lactose. The milk industry's response is classic; they have launched new campaigns arguing that non-Whites can digest milk if they take in small sips during the day! The pharmaceutical industry is the only beneficiary; \$450 million a year worth of products are sold to minimise the effects of lactose intolerance.

For the vast majority of the world's coloured people, milk is a public health disaster. The mainstream media and governments ignore the medical studies. The institutionalisation of racism is

highlighted by the US Department of Agriculture's statement on milk that the Government's recommended milk is intended for "the majority of Americans. It doesn't communicate to all Americans." The dairy lobby in America is extremely powerful and lies to ensure its profits.

The milk lobby in India is no less powerful. When I spoke against it a few years ago in a small meeting of Jain munis in Gujarat, I was hauled in the same evening by the Prime Minister – on an official complaint made by the Gujarat Chief Minister – saying I was hurting the milk industry. A study has shown that men who drank milk daily are at a higher risk of prostate cancer than men who reported never drinking milk.

Is there no one in India who understands that that milk hurts our children and puts a burden on the health system? And that the milk industry is out merely to make profits and couldn't care less about the consequences? And that we are victims of fake and dangerous advertising.

More at:

<http://www.dailypioneer.com>

Jai Maharaj

<http://www.mantra.com/jai>

Om Shanti

Hindu Holocaust Museum

<http://www.mantra.com/holocaust>

Hindu life, principles, spirituality and philosophy

<http://www.hindu.org>

<http://www.hindunet.org>

The truth about Islam and Muslims

<http://www.flex.com/~jai/satyamevjayate>

The terrorist mission of Jesus stated in the Christian bible:

"Think not that I am come to send peace on earth:  
I came not so send peace, but a sword.

"For I am come to set a man at variance against his  
father, and the daughter against her mother, and the  
daughter in law against her mother in law.

"And a man's foes shall be they of his own  
household.

– Matthew 10:34–36.

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