

## Re: ALL'S NOT WELL WITH DAIRY MILK

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Ah, changing the topic. Jay stevens, aka dr. jai etc., having lost the original point to his better informed, now changes the subject in a vain attempt to regain face, not. Do notice that the info presented below is from an animal rights group who think cows should not be milked. Do notice that all the problems identified as potential are for very specific fractions of the very young. Even with those in mind, the original ideas about milk and india etc. are trashed in total. Do snip, as this does, all the commercial several links jay adds to each post so his use of them to spam the many newsgroups will be thwarted.

>> *Everyone knows Maneka Gandhi is nuts .*

>

>No, please read:

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><http://www.pcrm.org/health/veginfo/milk.html>

>

>Shouldn't I drink milk?

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>Milk: No Longer Recommended or Required

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>A substantial body of scientific evidence raises concerns

>about health risks from cows milk products. These

>problems relate to the proteins, sugar, fat, and

>contaminants in dairy products, and the inadequacy of

>whole cows milk for infant nutrition.

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>Health risks from milk consumption are greatest for

>infants less than one year of age, in whom whole cows

>milk can contribute to deficiencies in several nutrients,

>including iron, essential fatty acids, and vitamin E. The

>American Academy of Pediatrics<sup>1</sup> recommends that infants

>under one year of age not receive whole cows milk.

>

>Cows milk products are very low in iron,<sup>2</sup> containing

>only about one-tenth of a milligram (mg) per eight-ounce

>serving. To get the U.S. Recommended Daily Allowance of

>15 mg of iron, an infant would have to drink more than 31  
>quarts of milk per day. Milk can also cause blood loss  
>from the intestinal tract, which, over time, reduces the  
>body's iron stores. Researchers speculate that the blood  
>loss may be a reaction to proteins present in milk.<sup>3</sup>  
>Pasteurization does not eliminate the problem.  
>Researchers from the University of Iowa recently wrote in  
>the *Journal of Pediatrics* that "in a large proportion of  
>infants, the feeding of cow milk causes a substantial  
>increase of hemoglobin loss. Some infants are exquisitely  
>sensitive to cow milk and can lose large quantities of  
>blood."<sup>3</sup>

>

>Although concerns are greatest for children in the first  
>year of life, there are also health concerns related to  
>milk use among older children and some problems  
>associated with cows milk formulas.

>

>*Milk Proteins and Diabetes*

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>Several reports link insulin-dependent diabetes to a  
>specific protein in dairy products. This form of diabetes  
>usually begins in childhood. It is a leading cause of  
>blindness and contributes to heart disease, kidney  
>damage, and amputations due to poor circulation.

>

>Studies of various countries show a strong correlation  
>between the use of dairy products and the incidence of  
>diabetes.<sup>4</sup> A recent report in the *New England Journal of*  
>*Medicine*<sup>5</sup> adds substantial support to the long-standing  
>theory that cows milk proteins stimulate the production  
>of the antibodies<sup>6</sup> which, in turn, destroy the insulin-  
>producing pancreatic cells.<sup>7</sup> In the new report,  
>researchers from Canada and Finland found high levels of  
>antibodies to a specific portion of a cows milk protein,  
>called bovine serum albumin, in 100 percent of the 142  
>diabetic children they studied at the time the disease  
>was diagnosed. Non-diabetic children may have such  
>antibodies, but only at much lower levels. Evidence  
>suggests that the combination of a genetic predisposition  
>and cows milk exposure is the major cause of the  
>childhood form of diabetes, although there is no way of  
>determining which children are genetically predisposed.  
>Antibodies can apparently form in response to even small  
>quantities of milk products, including infant formulas.

>

>Pancreatic cell destruction occurs gradually, especially  
>after infections, which cause the cellular proteins to be  
>exposed to the damage of antibodies. Diabetes becomes  
>evident when 80 to 90 percent of the insulin-producing  
>beta cells are destroyed.

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- >Milk proteins are also among the most common causes of
- >food allergies. Often, the cause of the symptoms is not
- >recognized for substantial periods of time.
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- >Milk Sugar and Health Problems
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- >Many people, particularly those of Asian and African
- >ancestry, are unable to digest the milk sugar, lactose.
- >The result is diarrhea and gas. For those who can digest
- >lactose, its breakdown products are two simple sugars:
- >glucose and galactose. Galactose has been implicated in
- >ovarian cancer<sup>8</sup> and cataracts.<sup>9,10</sup> Nursing children have
- >active enzymes that break down galactose. As we age, many
- >of us lose much of this capacity.
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- >Fat Content
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- >Whole milk, cheese, cream, butter, ice cream, sour cream,
- >and all other dairy products aside from skim and non-fat
- >products contain significant amounts of saturated fat, as
- >well as cholesterol, contributing to cardiovascular
- >diseases and certain forms of cancer. The early changes
- >of heart disease have been documented in American
- >teenagers. While children do need a certain amount of fat
- >in their diets, there is no nutritional requirement for
- >cow's milk fat. On the contrary, cow's milk is high in
- >saturated fats, but low in the essential fatty acid
- >linoleic acid.
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- >Contaminants
- >
- >Milk contains frequent contaminants, from pesticides to
- >drugs. About one-third of milk products have been shown
- >to be contaminated with antibiotic traces. The vitamin D
- >content of milk has been poorly regulated. Recent testing
- >of 42 milk samples found only 12 percent within the
- >expected range of vitamin D content. Testing of ten
- >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.<sup>11</sup>
- >Vitamin D is toxic in overdose.<sup>12</sup>
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- >Osteoporosis
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- >Dairy products offer a false sense of security to those
- >concerned about osteoporosis. In countries where dairy
- >products are not generally consumed, there is actually
- >less osteoporosis than in the United States. Studies have
- >shown little effect of dairy products on osteoporosis.<sup>13</sup>
- >The Harvard Nurses Health followed 78,000 women for a

>12-year period and found that milk did not protect  
>against bone fractures. Indeed, those who drank three  
>glasses of milk per day had more fractures than those who  
>rarely drank milk.<sup>14</sup>

>  
>There are many good sources of calcium. Kale, broccoli,  
>and other green leafy vegetables contain calcium that is  
>readily absorbed by the body. A recent report in the  
>American Journal of Clinical Nutrition found that calcium  
>absorbability was actually higher for kale than for milk,  
>and concluded that "greens such as kale can be considered  
>to be at least as good as milk in terms of their calcium  
>absorbability."<sup>15</sup> Beans are also rich in calcium.  
>Fortified orange juice supplies large amounts of calcium  
>in a palatable form.<sup>16</sup>

>  
>Calcium is only one of many factors that affect the bone.  
>Other factors include hormones, phosphorus, boron,  
>exercise, smoking, alcohol, and drugs.<sup>17–20</sup> Protein is  
>also important in calcium balance. Diets that are rich in  
>protein, particularly animal proteins, encourage calcium  
>loss.<sup>21–23</sup>

>  
>Recommendations

>  
>There is no nutritional requirement for dairy products,  
>and there are serious problems that can result from the  
>proteins, sugar, fat, and contaminants in milk products.  
>Therefore, the following recommendations are offered:

>  
> o Breast-feeding is the preferred method of infant  
>feeding. As recommended by the American Academy of  
>Pediatrics, whole cow's milk should not be given to  
>infants under one year of age.

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> o Parents should be alerted to the potential risks to  
>their children from cow's milk use.

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> o Cow's milk should not be required or recommended in  
>government guidelines.

>  
> o Government programs, such as school lunch programs  
>and the WIC program, should be consistent with these  
>recommendations.

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- >Jai Maharaj