

12 GOOD REASONS TO STOP USING DAIRY PRODUCTS

1. Pesticide Residues - Dairy products have 6 times higher Pesticide Residues than the average non-animal products (Page 317 of Diet For New America, by J. Robbins)
2. Antibiotics are routinely added to the feed of cows. This comes through the milk and meat. This can upset the natural balance of intestinal flora in the body and may be related to candida albicans problems.
3. D.E.S. and other female sex hormones are routinely administered to cows. Residues are transmitted to people.
4. Congestion - Dairy products are mucous producing and involved in many instances of allergies, sinus congestion, post-nasal drip, bronchial and lung congestion.
5. Prostate Cancer - Milk and cheese are specifically identified as risk factors for fatal prostate cancer (American Journal of Epidemiology, August 1984).
6. Uterine Fibroids - The consumption of dairy products is strongly linked to various disorders of the female reproduction system, including ovarian tumors/cysts, vaginal infections/discharges, and uterine fibroids, (Food as healing, by Ann Marie Colbin).
7. Multiple Sclerosis - Dairy Products are implicated as a causative factor in Multiple Sclerosis. (Diet for New America, page 279-282, by John Robbins)
8. Osteoporosis - The high concentration of protein causes urinary excretion of calcium. This calcium loss actually promotes osteoporosis, (McDougall's Medicine, by John McDougall)
9. Lactose Intolerance - This is a condition in which the body lacks the digestive enzyme "lactase" which digests the carbohydrate portion of dairy products known as lactose or milk sugar. This commonly causes headaches, gas, abdominal pain and craps.
10. Saturated Fat - The fat content of dairy products is Saturated Fat. This fat contributes to heart disease, strokes, and many forms of cancer.
11. No Fiber - Dairy products as well as meat contain no fiber, which could contribute to constipation, hemorrhoids and colon cancer.
12. Colic - The antibodies in cow's milk can cause colic in babies. Even if the baby is breast-fed. If mom is drinking cow's milk baby could have colic