General References:

- **Calcium Without the Cow** by Dr. Sally Rockwell
- **The China Study** by T. Colin Campbell
- **The Food Revolution** by John Robbins
- **Forks Over Knives** directed by Lee Fulkerson

Other Websites:

- **NotMilk.com**
- **ForksOverKnives.com**

Out of Print Books:

(Please look for them at a library or online)

- **Don't Drink Your Milk** by Frank Oski
- **Milk, The Deadly Poison** by Robert Cohen

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  For more information on helping children build healthy bones, visit *www.StrongBones.org.*
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Stop Eating Dairy

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Why does O'Brien Pharmacy say "Stop Eating Dairy!"?

"There's no reason to drink cow's milk at any time. It was designed for calves, it was not designed for humans, and we should all stop drinking it today, this afternoon."
—Dr. Frank Oski, Former Director of Pediatrics at Johns Hopkins University

The advertising promises "milk is the ideal food:" allegedly milk strengthens bones, straightens out the digestive tract, and provides an abundance of protein and calcium. Cow's milk is ideal for a one-hundred pound calf that needs to grow quickly into a four-hundred pound cow. Goat's milk is ideal for a baby goat. But once we take a mammal's milk out of its ideal environment —that specific mammal—and pour it into another species, we have trouble.

What is Milk and How Does it Work?

Humans are the only species that drink the milk of other mammals and continue to consume milk products throughout adulthood. Though all mammals produce milk, the components of the milk vary greatly from species to species; the enzyme systems that digest the milk are appropriate for only that species. This is nature's way of ensuring newborns ingest the proper amount of nutrients to survive and thrive. Breast milk facilitates rapid weight gain and the development of a healthy immune system and intestinal tract. Once newborns are fully functioning, the enzyme system disappears and babies can no longer digest milk. After they are weaned, the extra fat, proteins, sugars, hormones, and growth factors in breast milk become toxic to the growing mammal.

Americans consume ten times more dairy than any other country and suffer the most from dairy-generated illnesses. Concentrated forms of dairy such as yogurt, Greek yogurt, cottage cheese, sour cream, ice cream, and cheese are even more detrimental to our health than milk; they contain more "white stuff" (casein, whey and lactose) and cause more inflammation and damage. Twelve ounces of milk go into making one ounce of these concentrated products. So one ounce of yogurt is twelve times more damaging to the body than one ounce of milk. Butter is mostly fat and contains very little of "the white stuff." This is why the body tolerates butter. The fat, however, is where pesticides, toxins, and hormones concentrate. That is why it's best to eat organic butter when possible.

The Bite That Changes Your Life

Medical research offers the real story: by drinking that innocent looking glass of milk, spooning in mid-morning strawberry yogurt, eating the all-American grilled cheese sandwich and the evening bowl of Rocky Road ice cream, we are harming our bodies. With the exception of organic butter, dairy products are the most toxic and inflammatory of all foods. Inflammation is at the root of cardiovascular disease, the aging process, cancers, infections, all allergies and autoimmune diseases, and more. The latest studies show that even organic dairy products are destructive to the digestive and immune systems and cause a multitude of diseases.

Stave off Weight Gain and Diabetes

Nature designed cow's milk to nutritionally support and provide powerful growth factors for large baby calves, not small humans. As adults, our goal is to consume foods that support maintenance instead of promoting growth. When foods stimulate growth in adults, the result is the formation of cancers and inappropriate weight gain. This weight gain is triggered by a number of factors present in dairy products: concentrated pesticides, herbicides, fats, sugars, growth hormones, and proteins. Infants that are fed dairy-based formulas tend to weigh more than breast-fed babies. This is because they take in higher concentrations of fats, sugars and proteins that fuel the development of additional fat cells. These fat cells stay with them into adulthood.

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The proteins and lactose also prompt insulin production, leading to chronically high insulin levels. Elevated insulin causes insulin resistance and type II diabetes. Dairy has also been linked to the inflammation of the beta cells in the pancreas, leading to type I diabetes in children and adults.

Protect Your Cardiovascular System

Due to its effects on the vascular system, liver, and pancreas, the American Heart Association named dairy as the premier cause of elevated cholesterol and triglyceride levels, atherosclerosis, and hypertension. Additionally, the xanthine oxidase found in all dairy products damages vascular walls, an injury that attracts artery-clogging calcium and cholesterol deposits. The excess calcium in milk also calcifies the vascular walls themselves. These rigid and clogged arteries lead to strokes, heart attacks, and high blood pressure.

Solve Your Gut and Digestive Issues

The indigestible whey, casein, and lactose in dairy products irritate and thin the intestinal lining. To soothe the irritation, the intestinal lining coats itself with excess mucus, making digestion and the absorption of nutrients difficult. The excess mucus fosters pathogens and cancers in the gut. This irritation also breaks down the normally efficient gut barriers, so they become leaky and undigested foods pass into the blood stream. The undigested milk solids and fat create gas and pressure, forcing stomach contents up into the esophagus. We experience this as acid reflux (heartburn) and gastro-esophageal reflux disease (GERD). Peptic, esophageal, and duodenal ulcers can be an extreme consequence of the erosive properties of dairy. In addition, whey, casein, and lactose alter the immunity of the gut which is a leading cause of disorders such as Crohn's disease, ulcerative colitis, celiac sprue, diverticulosis, and irritable bowel syndrome.

Alleviate Your Allergies, Sinusitis and Chronic Ear Infections

Milk-based products are the leading cause of allergies, chronic and acute sinusitis, postnasal drip, bronchitis, inner ear infections, and asthma. The creation of excess mucus in the sinuses and bronchioles provides a perfect breeding ground for bacterial, viral, and fungal infections. Leaky mucous membranes in the airways and gut allow pollens and other proteins to enter the bloodstream, resulting in allergic and other reactions. There is good news: when people delete dairy, they often alleviate their allergy symptoms.

Reduce Your Chances of Cancer

Dairy has higher toxin levels and is more inflammatory than any other food. Dairy is a poisonous cocktail of pesticides and herbicides, bovine and artificial hormones, growth factors, fat-soluble toxins, and antibiotics. These toxins act as estrogenic hormones and can join together to become primary causes of breast and prostate cancer. Hormones in dairy also generate pancreatic, colon, and other cancers. Frequently, milk products are contaminated with viruses and bovine leukemia. Deposits of these viruses have also been found in human breast tissue.

The lactose, whey, and casein in dairy incite widespread inflammation, which can trigger cancer. The casein in dairy has been studied globally and consistently tops the list of cancer-causing foods. A study published in *American Journal of Epidemiology* found casein consumption to be a significant risk factor for prostate cancer.

Boost Your Brain Cells and Reduce Neurological Disorders

In the central nervous system, dairy products cause oxidative damage to the myelin sheath, short circuiting nerve impulses, and damaging brain cells, sometimes even DNA. Other disruptions from toxic inflammation include neuropeptide production and uptake and glutamate toxicity. The bovine hormones in dairy feed the wrong estrogen, progesterone, and testosterone to our brain cells, causing mood disorders and problems with neuropeptide functioning. Depending on the individual, dairy consumption can translate into MS, ALS, Lou Gehrig's disease, Alzheimer's disease, Parkinson's disease, hormone imbalance, migraines, depression, irritability, anxiety, autism and ADD. Milk is also addictive, forming opiates in the mid-brain; the more we consume, the more we want.

Diminish Arthritis Pain and Inflammation

Autoimmune diseases and inflammatory conditions can be traced biochemically back to dairy consumption. The immune globulins in the bloodstream caused by the leaky gut condition lead to elevated immune markers, including sed rates, ANA, C- reactive protein, PSA, and those for Hashimoto's thyroiditis and Grave's disease. When people eliminate dairy products from their diets, these immune markers decrease.

Dairy consumption literally hurts! It increases substance P production, which heightens our perception of pain. This means injuries or conditions, such as arthritis, send extra messages of pain to the brain via substance P. As a result, people experience more discomfort than their condition warrants. Removal of dairy from the diet results in decreased pain and inflammation.

Smooth Your Skin

One of the primary roles of the skin is to detoxify the body and itself. The "alive pus" in dairy pollutes our skin with inflammatory pathogens, which can trigger acne and rosacea. The thickening of the lymphatics produced by dairy consumption impedes the detoxification process of the skin and diminishes the immune system's ability to fight bacterial, viral, and fungal invaders. The bovine hormones in dairy products overstimulate the sebaceous glands, resulting in oily skin and acne. They also promote the overgrowth of yeast and other pathogens while interfering with the proper production and utilization of human hormones in the skin.

According to the American Dairy Council, dairy consumption in the United States continues to rise. As dairy consumption has increased, so have the incidents of scarring acne; in the 1950s, 18% of adolescents had acne. Currently, 85% of teens develop acne and 25% of those will have permanent scarring. The inflammatory mechanisms of dairy also manifest as eczema and psoriasis.

All these conditions improve or are eliminated when dairy is removed from the diet.

Build Your Bones—Calcium Deficiency

The proteins in dairy actually cause bone loss in humans, in part by making the system more acidic. People from America, Finland, Sweden, and England have the highest dairy consumption and the highest incidents of osteoporosis. In a study of 75,000 women, those who increased their daily dairy intake had a higher fracture risk than those who did not. A review published in *Pediatrics* showed that children who consume dairy have no improvement of bone integrity.

The proteins and phosphates in dairy cause us to lose vital bone minerals and bone cells. The high concentration of protein in dairy products is very acid forming. This means that our body's pH and the pH of the blood drops slightly. When this slightly acidic blood circulates to the bones, calcium and other minerals such as magnesium, boron, strontium, molybdenum, and vanadium are dissolved into the bloodstream where they are processed by the kidneys and excreted in the urine. The process is similar to acidic vinegar dissolving calcium deposits from our coffee pots. Our bone cells follow these minerals into the bloodstream. As a result, Americans are peeing out their bone cells to the tune of 10-85 mg per day. In addition, humans can't utilize the calcium phosphate in dairy.

Give Up Dairy and Embrace Vibrant Health

We can eliminate dairy and still enjoy a fascinating, rich and varied diet. Now there is an array of delicious milk products, gourmet cheeses, tempting ice creams, and soothing yogurts made from coconut, rice, almond, hemp, oat, chia seed, or cashew milk. Most of the milks are fortified with a better source of calcium than we find in cow's milk, along with vitamin D and vitamin A. Other sources of calcium include green leafy vegetables, broccoli, almonds, nuts, and alfalfa.

For more information, read any or all of the following resources, check out our web site at *obrienrx.com*, or make an appointment to speak with one of our practitioners.

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