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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. Those 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 inefficient. The irritation also breaks down the normally rigid intestinal lining coats itself with excess mucus. This irritation breaks down the normally rigid and clogged arteries lead to strokes, heart attacks, and high blood pressure.

**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 bronchiac causes a perfect breeding ground for bacterial, viral, and fungal infections. Leaky mucus 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 experience this as acid reflux (heartburn) and gastro-esophageal reflex 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.

**Diminish Arthritis Pain and Inflammation**
Autoimmune diseases and inflammatory conditions can be traced biochemically back to dairy consumption. The immune globalisins 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 1990s, 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 peeling 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 obrinemail.com, or make an appointment to speak with one of our practitioners.

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