

# MILK

## DOES IT DO A CHILD'S BODY GOOD?

The bottom line for milk consumption...

Humans do not require it after the age of weaning. Children do, however, need calories, nutrients, and fresh water for proper growth and development. So use milk and milk substitutes with this in mind. Ensure that calories and fluids consumed with milk are not substituting nutrient rich foods and water.

### PASTEURIZED AND HOMOGENIZED MILK

1. Pasteurization began in the 1920's to stop Tuberculosis, undulant fever, diarrhea and other illness caused by poor sanitation and poor animal nutrition.
2. Milk is put through a violent heating process that takes the temperature from cold to boiling in less than two seconds.
3. All the bacteria and enzymes are killed that are essential for healthy digestion of milk in children.
4. Pathogens thrive without beneficial bacteria, which have been associated with allergies, colic in infants, tooth decay, osteoporosis, arthritis, heart disease and cancer.
5. The vitamin content is diminished and vitamins C, B12 and B6 are destroyed.
6. The fragile proteins are denatured.
7. The milk will now putrefy instead of souring naturally.
8. In order to look and taste palliative, colorings and artificial flavorings must be added to products made from this milk.
9. The cows are given hormones to increase their milk production, which in turn can store in the liver and fat of developing children when the natural detoxification pathway is sluggish or impaired.

### ORGANIC MILK

1. Organic milk is usually pasteurized and homogenized.
2. It is certified free of hormones and antibiotics.
3. As larger companies are purchasing smaller organic farms, certification practices have become more and more difficult to enforce.
4. For complete list with ratings of organic milk producers, go to [www.cornucopia.org](http://www.cornucopia.org).

### REAL MILK, RAW MILK

1. According to the campaign for real milk at [www.realmilk.com](http://www.realmilk.com), real milk from real cows eating real food can provide our children with protein, vitamins, minerals, balanced bacteria and healthy fat.
2. For decades, studies have shown that raw milk contains many overlapping systems that eliminate bad bacteria and enhance the immune system.
3. The Centers for Disease Control's own website indicates raw milk is over twice as safe as pasteurized milk when considered on a case-per-consuming population basis.
4. Real milk is full fat and contains no additives.

### DAIRY MILK ALTERNATIVES:

1. Goat's milk
  - \_ This milk is easier to find in its raw form in most states.
  - \_ In research at the University of Granada, a comparison study between cow's milk and goat's milk found goats milk to be more beneficial at preventing ferropenic anemia (iron deficiency) and bone demineralization (softening of the bones).
2. Almond milk
  - \_ This beverage dates back to the middle ages.
  - \_ Almond milk is a good substitute for cow's milk when used in baking, cereals and smoothies.
  - \_ Almonds are lower in carbohydrates but a better source of protein than rice milk at 2 grams per cup.

### 3. Rice milk

- \_ This milk can be made from fresh with a blender and cooked rice or purchased.
- \_ Rice is non-allergenic for most individuals.
- \_ Can be packaged with added oils like sunflower, safflower or canola.
- \_ This milk is not a real source of protein with only 1 gram per 8 oz. cup.

### 4. Hemp milk

- \_ Seeds are hulled and blended with water and sweetener to produce milk that is high in Omega 3's and 6's, all 10 amino acids and 4 grams of protein per cup.
- \_ This milk is still very new on the market, but sales are rapidly growing.
- \_ Manufacturers guarantee their Organic Hemp Milk to be THC free.
- \_ Long-term implications of a hemp bi-product are unknown.

### CALCIUM CONTENT:

Best non-dairy sources of calcium are dark green, leafy vegetables as well as dried beans and legumes.

Examples:

- \_ Spinach, cooked 250 mg/cup
- \_ Mustard or turnip greens, cooked 450 mg/cup
- \_ Almonds 165 mg/ ¼ cup
- \_ Garbanzo beans, cooked 340 mg/cup
- \_ Blackstrap molasses 130mg/tbsp
- \_ Dried figs 100 mg/3 oz

Good sources of dairy calcium could include yogurt, hard cheeses, and milk

Examples:

- \_ Yogurt, plain, low fat 415 mg/8 oz
- \_ Hard cheese 360 mg (average) /50 gm
- \_ Milk 360 m./cup