

Dairy Products

Humans are the only animals that continue to consume milk beyond the weaning period, and that from another species!

Cow's milk is perfectly designed to do what it's supposed to do - turn a 50 pound calf into a 500 pound cow in a relatively short period of time. It is not ideal for human consumption. This is seen in the fact that the vast majority of earth's population is lactose intolerant - producing abdominal cramping, gas, and watery stools after consumption of cow's milk.

Cow's milk is contaminated with:

Bovine leukemia virus (human cases of lymphoma are increased in those who drink more cow's milk) and other viruses like BIV Bovine Immunodeficiency Virus (cow HIV).

Bacteria (U.S. Public Health Service allows for up to 20,000 bacteria and no more than 10 coliform bacteria per milliliter AFTER pasteurization),

Antibiotics (for mastitis [breast infections] and increased growth, only 4 of 82 drugs are routinely tested for [Consumers Union and the Wall Street Journal tested milk samples in the New York metropolitan area and found the presence of 52 different antibiotics.]),

Hormones (natural - for the calf, and added - for productivity. 50 years ago the average cow made 2,000 pounds of milk yearly. Today top producers make 50,000),

Pesticides,

Blood (US Food and Drug Administration allows for 1-1.5 million white blood cells [pus cells] per milliliter of milk),

Saturated fats (these increase LDL [low-density lipoprotein, or "bad cholesterol"], diabetes, and cardiovascular disease [heart attack, stroke, peripheral vascular disease, etc.]),

Casein (a protein / glue that has been linked with cancer and cancer progression as well as constipation)

Cheese contains:

all of the above (1 lb cheese up to 7.5 billion pus cells), concentrated up to 10 times, plus the following ingredients:

Rennet (the digestive lining of animals such as calves or goats) to help process the milk. Vegetarian cheese typically is called this because they have genetically engineered a rennet substitute and use that rather than the actual rennet. Otherwise, the ingredients are about the same!

Tyramine (caused high blood pressure, and racing heart rates, and migraine headaches),

Nitrosamine (a known cancer-causing substance),

High salt content (some cheeses),

Additional bacteria or molds added (in some cheeses for flavor and color (i.e. blue cheese)),

Mold and bacteria waste products (give the distinctive taste of the particular cheese it produces). In other words, cheese is what the bacteria or mold would flush down the toilet after processing the milk.

Problems associated with dairy product consumption include:

Allergies

Asthma

Bacterial infections

Cancer: Prostate, ovarian, rectal, breast, lymphoma, leukemia

Cardiovascular disease (stroke, heart attack, peripheral vascular disease, etc.)

Constipation

Creutzfeldt, Jakob disease (Bovine Spongiform Encephalopathy otherwise known as Mad Cow Disease)

Type 1 (child-onset) diabetes

Type 2 (adult-onset) diabetes

Migraine headaches

Osteoporosis (countries with higher rates of dairy and meat consumption have higher rates of osteoporosis)

Viral infections

Animal Diseases that threaten humans who eat them:

Bacterial infections

E. coli	Clostridium perfringens	Vibrio vulnificus	Tularemia
Listeria	Campylobacter	Vibrio colera	Brucellosis
Salmonella	Yersenia	Anthrax	Psittacosis
Leptospirosis	Plague (bubonic)		

Cardiovascular disease

Constipation

Creutzfeldt, Jakob disease (Bovine Spongiform Encephalopathy) / possible connection with Alzheimer's?

Type 2 (adult-onset) diabetes

Paget's disease (abnormal bone growth in adulthood that deforms especially the hands, face and head)

Parasites

Trichinosis	Hookworm	Giardia	Tapeworm	Nematodes	Ring worm
Cryptosporidiosis					

Viral infections

Bovine Immunodeficiency Virus	Bovine Leukemia Virus	Rabies	Hantavirus
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“Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth.” Testimonies to the Church, volume 7, page 135 (this was published in 1902!)