

# A Conspiracy of Silence

They are not bad people, these co-conspirators. They merely follow rule number one of self-preservation:

***Never bite the hand that feeds you.***

In this case, hundreds of millions of dollars of milk funds fuel television and magazine ads. That is why no major media source will touch the Flo Jo story. Editors, reporters, researchers all know that the dairy industry does not get mad, they get even.

On March 23, 1971, after receiving a \$3 million cash bribe from dairy leaders, recorded on a Watergate tape, Nixon advisor John Connally said:

"These dairymen are organized, they're adamant, they're militant...And they, they're massing an enormous amount of money..."

Here is the Flo Jo autopsy. These are the facts:

## **FLORENCE GRIFFITH JOYNER'S AUTOPSY**

Florence Griffith Joyner was an all-American hero.

This female African American became an admired role model to all as a result of her Olympic achievements in track and field. She crossed ethnic and racial barriers, and her life became an inspiration to male and female, black and white, young and old. Flo Jo, as she was most commonly known, was wife and friend to Al Joyner and loving mother to her daughter, Mary Ruth (Mo Jo). She combined her athletic ability with great looks, personality and business acumen to build a financial empire that included her line of unique clothing. She was in great demand as a motivational speaker, and major corporations would seek her personal endorsement of their products and services by offering enormous financial inducements.

We will also remember Flo Jo by her appearance as a model and spokeswoman for the dairy industry. She posed for a milk mustache ad, and in doing so might very well have been betrayed and killed by a product that did NOT do her body good. Nature's perfect food for baby cows is most certainly not nature's perfect food for African-Americans. Three-quarters of the human population of planet earth cannot tolerate lactose. Estimates of lactose intolerance for black people run as high as ninety-five percent. We shall never know if Flo Jo was aware of this fact. What we do assume is that dairy industry executives and dairy scientists must know how black people are so affected. FDA knows this truth and so does USDA.

Rest in peace, Flo Jo. Here is the official explanation of your death, followed by contradictory evidence contained within your actual autopsy.

## THE DRUG CONTROVERSY

Flo Jo was a magnificent athlete and had a beautifully well developed and sculptured body. She was 1.65 m (5 feet 5 inches) tall and weighed a solid 69 kg (152 pounds). Many people suspected that Flo Jo's magnificent physique, as well as her athletic success and subsequent death might have been caused by steroid or drug use. One task of the medical examiner's office was to confirm or negate this suspicion. An enormous collective sigh of relief might have been produced by all of Flo Jo's friends and family when the inquest and autopsy revealed no such steroid drug presence.

In order to come up with a cause, the coroner examined both forensic and historical data. Many conversations between the sheriff's department and the Dairy Education Board revealed to me that an asthma link was not explored. The contents of Flo Jo's stomach were not rigorously examined, a remarkable omission in the case of any autopsy. Yet, the comments of the autopsy surgeon are quite revealing.

The official cause of death was "positional asphyxia" due to "epileptiform seizure."

The coroner had to fit this death into a series of circumstances. After rejecting the steroid drug theory, a timely explanation was critical. There had to be closure, both for the family and for enormous financial considerations which survived Flo Jo's death.

Positional asphyxia is the same term applied to prisoners who die in police custody, handcuffed with one or more police officers on their backs. It is the label given to the deaths resulting from chokeholds. The medical examiner wrote that Flo Jo died by suffocation. He concluded that she had an epileptic seizure and smothered in her pillow.

Grand-mal epileptic seizures can be violent events. They are rarely pillow-smothering events. The spasms included in such seizures often evidence an array of confirming symptoms. One treatment for epileptics suffering such seizures is to protect the mouth and tongue, which can suffer abrasions and bites. There was no blood found in Flo Jo's mouth and the official autopsy reveals:

**"No trauma is noted on the lips or tongue."**

There are many numerous signs and clues ignored by the coroner.

During the autopsy procedure I personally communicated with members of the forensic team. I told them to explore whether Flo Jo reacted to casein, the most allergenic of all bovine proteins. Before his death, Dr. Benjamin Spock called this milk and cheese protein the cause of most allergies. Casein represents eighty percent of all milk protein! Casein is the same glue used to hold a label to a bottle of beer and the same glue used to hold together wood in furniture. Dr. Frank Oski, once the Chief of Pediatrics at Johns Hopkins University Hospital, called CASEIN the etiology of violent

allergic reactions in greater than 50% of ALL children. African Americans cannot tolerate bovine sugars (lactose) or proteins, and have a more marked negative response to these milk components.

## **THE AUTOPSY - CORONER CASE # 98-6262ME**

Residues of two drugs were detected in Flo Jo's blood. One was aspirin and the other Benadryl. Benadryl is an antihistamine. Flo Jo had histamines produced in her body. She was congested. She took Benadryl to relieve her congestion. Why was it not clear that Flo Jo took Benadryl because she experienced congestion from mucus? I had many conversations with the coroner's office. "Look at the lungs," I pleaded. "Examine the contents of her stomach." I was told that this was not necessary. I wondered why not.

If dairy products, particularly cheese, were found in her stomach, this could at the very least confirm the suspicion of a violent histological reaction to milk protein. Page three of the autopsy contains the smoking gun:

### **DIGESTIVE SYSTEM**

"The stomach contains 250 cc of digested material including some yellow flecks, possibly cheese."

Flo Jo ate her last meal at 3:00 PM, pizza.

Digested material? Had it been digested it would not have been recognizable! Two hundred and fifty cubic centimeters of material, fifteen hours later

### **WAS FLO JO CONGESTED?**

Here is what the autopsy reveals about Flo Jo's internal organs:

### **RESPIRATORY SYSTEM**

"The lobes of the lungs are light-pink-to-dark-purple with marked congestion and a large amount of frothy fluid exuding with pressure. The lumen of the tracheobronchial tree contains mucus and frothy fluid." Flo Jo's lungs were congested. She could not breathe.

### **OTHER BODY ORGANS - ALL CONGESTED**

"The small and large bowels show congestion...the liver has a congested appearance... pancreas, congested appearance... the pyramids of the kidneys are congested... section shows marked acute congestion...cut sections of the adrenal glands show acute congestion...a large amount of frothy fluid is present in the larynx...cut sections of the thyroid gland show congestion...congestion is noted in the pancreas."

On and on, organ after organ, filled with a glue produced by the body's defense to this powerful allergen and tenacious glue.

## CLOSING COMMENTS

Flo Jo's death was a tragedy. Her life was a symbol of inspiration to us all. From death she cries to us with a powerful message which the medical examiner missed. Such a message places suspicion and blame upon an industry who hired her to betray those who trusted her with the dairy message. Milk did Flo Jo's body no good at all. Milk and dairy products do no good for those who have asthmatic reactions to casein. The medical examiner noted that those yellow flecks in her stomach were "possibly cheese." The medical examiner did not consider the fact that Benadryl was taken by Flo Jo to battle congestion. The medical examiner did not consider a link between the congestion in her internal organs to the Benadryl or the common reaction to bovine proteins, particularly CASEIN, which represents eighty percent of all milk protein.

Flo Jo paid for her ignorance with her precious and beautiful life. After Flo Jo's death, William Rhoden of the New York Times wrote:

"Flo Jo ran like the wind; critics said she was wind aided. Flo Jo ran with power; they said it was drug aided. Flo Jo ran with style; critics said that with six-inch fingernails and bodysuits, her career was a triumph of style over substance. Now Florence Griffith Joyner is gone, dead at the age of 38, and there is nothing else to say."

Yes, there is much more to say. Help defeat this conspiracy of silence. By sending this to friends, you may very well save a life.

**Email This Page to Someone you care about!**

Source: <http://www.notmilk.com/deb/111598.html>

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## Does Milk Really Do The Body Good? Calcium and Protein: A Mixture for Disaster

Low-fat dairy products are now in vogue with many people who assume this type of diet to be a health advantage. Many people view milk and other dairy products as a "safety-net" to guard against degenerative diseases, such as osteoporosis. However, there may be better ways to get your calcium than from high-protein, high-fat animal products.

Low-fat and non-fat dairy products have been shown to make a greater contribution to osteoporosis, kidney problems, and certain forms of cancers. (1) In addition, dairy products are the leading culprit in food allergies. And low-fat varieties are actually more allergenic due to higher protein concentration. (2) In addition, it has been stated that dairy products cause a myriad of problems within the small intestines by interfering with intestinal permeability, thereby allowing large fragments of proteins to enter into the blood stream. This is also known as "leaky gut syndrome". This can lead to a host of physical problems, including irritable bowel syndrome, malabsorption of nutrients, obesity and mineral and amino acid deficiencies. (3)

### A STARTING POINT

A mother produces breastmilk containing antibodies to infectious agents that a newborn

might be exposed to. If a mother breast feeds her newborn, a process known as *diathelic immunity* takes place, in which the baby receives the necessary antibodies to fight infection. (4) During the first 72-96 hours after childbirth, breastmilk contains colostrum, which carries immunoglobulins that greatly enhance the newborn's immunity against disease. Babies deprived of colostrum have considerably higher rates of viral and bacterial infections. (5) During the first 6 months of life, a baby's small intestine is highly permeable, allowing the maximum absorption of breastmilk and antibodies. During this 'leaky gut' period, the baby is most vulnerable to developing allergies. (6)

An abundance of articles have pinpointed that allergies to dairy products begin in a newborn's small intestine as a result of bottle feeding (either cow's milk or formula). Bottle fed babies suffer more pneumonia, middle-ear infections, respiratory infections, bacterial meningitis, neo-natal septicemia, thrush, and viral illnesses, including polio and herpes simplex. (7)

In fact, the risk of influenza and spinal meningitis for bottle fed babies is as much as sixteen times greater than the risk for breastfed babies. (8) Recent, comprehensive studies involving thousands of bottle fed babies found a direct correlation with the development of immune system disorders, including diabetes, chronic liver disease, ulcerative colitis, celiac disease, spastic bowel disease, food allergies, obesity, coronary heart disease, and multiple sclerosis. (9)

### **THE DECEPTION**

The medical profession and the media encourage the public to drink milk and eat dairy products because "it does the body good". Nothing could be further from the truth! Higher calcium and protein intake is purported to lower the incidence of osteoporosis, according to the Dairy Council and those dietitians who refuse to study the medical literature that is not in accordance with the Dairy Industry's Commandments.

Dr. Colin Campbell, Ph.D., professor of Nutritional Sciences, Cornell University, is the Director of the *China-Oxford Cornell Study*, the largest study of diet and disease in medical history. His findings: High animal calcium and animal protein intake is the primary cause of degenerative disease. (10)

In February, 1995, the Physicians Committee for Responsible Medicine (PCRM) lodged a complaint with the Federal Trade Commission, stating that ads for milk and milk products are deceptive in that they imply that calcium in milk is the answer to the bone loss caused by osteoporosis. PCRM holds that while calcium intake is important during early childhood and does influence bone mass, there are alternative sources, besides animal products, such as fruits, vegetables and grains to achieve our necessary calcium requirements.

According to the research conducted by PCRM, milk consumption later in life actually contributes to calcium loss. Research has demonstrated that people in countries with a lower animal calcium intake (less than 500 mgs/day) have a significantly lower bone fracture rate when compared to countries with the highest intake of animal products, such as the USA (more than 1,200 mgs/day). (11) PCRM urges women to control calcium loss in adulthood by exercise, reducing meat intake, reducing sodium intake and limiting caffeine and tobacco use. (12) Dr. Neal Bamard, M.D., president of PCRM, states that "dairy ads give women a dangerously false sense of security."

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Source: [http://www.fitwise.com/milk\\_truth.asp](http://www.fitwise.com/milk_truth.asp)

## Got Milk? If So, Dump it!

---Dr. Akilah El, Ph.D., N.D.

Before I begin to discuss the importance of not drinking cow's milk, I ask that if anyone believes that this article is in anyway false, please fell free to do your own research and challenge this issue. I guarantee that you will not only find information that supports this article, but you will think twice before drinking milk again.

Asked what single change in the American diet would produce the greatest health benefit, Washington DC based pediatrician Russell Bunai, says "Eliminating dairy products out of the diet."

We were raised to think of cow's milk as a perfect food. The National Dairy Council advertises that "milk is natural" and If you don't drink milk, the council will tell you that your bones will become brittle and your strength will fade due to a lack of calcium. Many Americans out of fear make dairy products a staple of their diets. Knowledge is a killer of fear. The more you know the less you fear. Drinking milk will not make you big and strong, nor will it prevent osteoporosis.

Cows do not drink cow's milk. Calves stop drinking cow's milk between the ages of six to eight months. Humans are the only species that drink the milk of another animal. You will never see a kitten drink milk from a goat, or a doe drink milk from a bear. However, we have been conditioned to think that we must drink milk from cows. We are told that we must drink milk from cows. We are told that we must drink cow's milk for the rest of our lives. No adult animal continues to drink milk after they are weaned. We, as humans, drink milk from an adult animal that do not drink their own milk after they reach 7 months of age. Would you drink milk from lactating women? To my surprise when I ask this question, many people frown in disgust. Human milk is made for human consumption for a specific period of time. It has the appropriate nutrients dedicated to building and maintaining our bodies. After 22-24 months, humans no longer need their mother's milk. So why are we still drinking cow's milk as adults? Not to mention giving it to our children. Cow's milk is meant to turn a 200-puound

calf in to a 2,000-pound cow. This reason alone is why America is the leading country in the world of obesity.

The Biggest problem with cow's milk is that the protein in the cow's milk damages the human immune system. Amino acids, the units that make up proteins, are building blocks for all living cells. When amino acids in our food are properly broken down by the digestive system into protein, it does no harm to the immune system. Protein from milk, however, is absorbed into the blood fully indigested, provoking an immune response. Repeated exposure to these proteins disrupts normal immune functions and may eventually lead to diseases.

Here are some of the disease that milk can cause.

Crohn's Disease  
Asthma  
Early Sexual Maturation  
Early Breast Growth  
Diabetes  
Breast Cancer  
Colon Cancer  
Leukemia  
ADD or ADHD  
Prostate Cancer  
Osteoporosis  
Arthritis  
Sinuses  
Autoimmune Disease  
Lung Cancer  
Childhood Anemia  
Diarrhea & Constipation

Source: <http://www.celestialhealing.net/milkpage.htm>



= Diabetes

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**"The National Dairy Board's Slogan, 'Milk. It does a body good,' sounds a little hollow these days."**

**Scientific American, October, 1992**

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**"Studies have suggested that bovine serum albumin is the milk protein responsible for the onset of diabetes... Patients with insulin- dependent diabetes mellitus produce antibodies to cow milk proteins that participate in the development of islet dysfunction... Taken as a whole, our findings suggest that an active response in patients with IDDM (to the bovine protein) is a feature of the autoimmune response."**

New England Journal of Medicine, July 30, 1992

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**"In lieu of the recent evidence that cow's milk protein may be implicated in the pathogenesis of diabetes mellitus, we believe that the Committee on Nutrition should clarify whether cow's milk is ever appropriate for children and whether or not infant formulas that are based on cow's milk protein are appropriate alternatives to breast milk."**

**Pediatrics, July, 1992: 89**

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**"Antibodies to bovine beta-casein are present in over a third of IDDM patients and relatively non-existent in healthy individuals."**

**LANCET, October, 1996, 348**

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**"Cow's milk proteins are unique in one respect: in industrialized countries they are the first foreign proteins entering the infant gut, since most formulations for babies are cow milk-based. The first pilot stage of our IDDM prevention study found that oral exposure to dairy milk proteins in infancy resulted in both cellular and immune response...this suggests the possible importance of the gut immune system to the pathogenesis of IDDM."**

**LANCET, Dec 14, 1996**

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**"Introduction of dairy products and high milk consumption during childhood may increase the child's risk of developing juvenile diabetes."**

**Diabetologia 1994;37(4):381-387**

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**"These new studies, and more than 20 well-documented previous ones, have prompted one researcher to say the link between milk and juvenile diabetes is 'very solid'."**

**Diabetes Care 1994;17(12)**

Source: <http://www.notmilk.com/d.html>

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## **Milk is Bad**

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We've been hearing for years that milk does your body good, but does it really? With all of the different information available, it's hard to know what to believe. So, we've compiled some information about cow's milk, its components and the effects that it may be having on your body. Every kind of milk, whether it is human, cow, dog, elephant, or camel, etc is formulated to meet



the specific growth needs of its young. For example there is a big difference between human babies and calves. Cow's milk is 15% protein while human milk is 5-7% protein. Additionally, it takes about 45 days for a calf to double its birth weight and about 180 days for a human infant to double its birth weight. Humans are the only mammals that consume milk after infancy AND from a different species!

Cow's milk's main draw is that it contains calcium and will keep you and your bones strong and healthy. Well, there are many other calcium rich sources such as leafy greens that can keep you and your bones strong and healthy without consuming dairy products. Other draws for consuming cow's milk are fortified Vitamin D, B, vitamins and water. The sun is an excellent source of vitamin D, this combined with a balanced diet with all of the essential nutrients that are said to be found in milk. Taking a multi vitamin is another wonderful way of ensuring that your body is receiving all of the essential nutrients. Additionally, cow's milk contains large amounts of saturated fat and cholesterol, which many doctors recommend cutting out of your diet.

What's in your milk? In 1993, the Food and Drug Administration (FDA) approved the use of recombinant Bovine Growth Hormone (also known as rBGH, BGH, BST and rBST). This hormone is a genetically engineered copy of a naturally occurring hormone produced by cows. It is injected into cows in order to increase their milk production, by up to 10 to 30%.

Cows injected with rBGH produce milk that contains high levels of IGF-1. IGF-1 is a powerful naturally occurring growth hormone found in the blood of humans and cows. The IGF-1 in cow's milk is chemically identical to that of humans, and can pass into the human bloodstream. Usually, when IGF-1 is consumed, it is broken down in the stomach, however the presence of casein in cow's milk prevents the breakdown. Studies have shown that humans with elevated levels of IGF-1 may be prone to cancer. rBGH is manufactured as Posilac by Monsanto and is quite controversial. Possible side effects in humans include production of elevated levels of insulin growth, premature growth stimulation in infants, breast growth in young children, increased risk of breast and colon cancer and other health issues. Additionally, the FDA requires that a warning insert be in every package of this artificial hormone. Based on pre-approval testing, this insert lists serious dairy cow maladies that can result from its use such as virulent mastitis infections (udder infections), which commonly require stronger and increased treatments with antibiotics, severe reproductive problems, digestive disorders, foot and leg ailments, and persistent sores and lacerations. Additionally, due to the increased amount of milk produced, this hormone places a great deal of stress on the animal and can shorten its life span. The FDA also admits that milk produced with the growth hormone can contain increased amounts of pus and bacteria.

Milk may also contain the antibiotics that are given to the cow (increased amounts due to rBGH's side effects), which can be absorbed by humans when consumed. This potentially allows bacteria that may be harmful to humans to be more resistant to these antibiotics. This means that when antibiotics are prescribed for an illness, they may not be as effective as they should be.

This hormone has NOT been approved in any other country besides the United States, although applications have been made in Canada, Australia, New Zealand and the European Union. All of these countries have turned down the applications and have banned rBGH in their countries. Additionally, studies have claimed that nearly 80% of milk comes from pregnant cows, which means that the milk being consumed contains elevated amounts of hormones produced by the pregnant cow.

## Cow's Milk Components:

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**Water** - Cow's milk is made up of approximately 88% water. This is easily replaced in a human diet by just consuming more water.

**Protein** - Cow's milk contains about 3 or 4% protein, which is made up of casein and whey. Casein and whey are the two leading milk allergy sources.

**Fat** - The fat content listed on the packaging for cow's milk is by weight, not calories. So, that means that 2% milk actually gets 35% of its calories from fat. Also, the fat found in milk is mostly saturated fat. Saturated fat is not the heart healthy fat and consumption should be reduced.

**Carbohydrates (Lactose)** - Approximately 5% of milk is sugar, which is lactose. Millions of

people worldwide have difficulties digesting lactose. Some studies have even found that a glass of milk contains half the sugar found in a soda.

**Vitamins** - There are two types of vitamins found in cow's milk, water-soluble vitamins and fat-soluble vitamins. The water-soluble vitamins are Vitamin C and B. Most of the Vitamin C and B is weakened or destroyed in pasteurization, so milk is not considered a very good source of either. Cow's milk also contains Vitamins A, D and E. These vitamins are removed with fat to make reduced fat, low fat and non-fat milks. Dairy farmers are then required to fortify these milks with Vitamin A and Vitamin D. The problem with this is these moderate to high intakes of Vitamin A are believed to interfere with Vitamin D's positive effects. Minerals - Minerals found in cow's milk are phosphorous and calcium. These two minerals need to maintain a balance in the human body, because when there is an abundance of one, it depletes the other. Carbonated drinks and processed foods contain a lot of phosphorus, which make up a lot of Western diets and is problematic. Additionally, some of the soluble calcium found in milk is reduced during the pasteurization process. Since phosphorous and calcium are supposed to be balanced in the human body in order to be most effective, increased rates of phosphorous deplete the already decreased amounts of calcium. Fortunately, there are many other sources abundant in calcium such as soy milk, leafy greens, beans, grains, nuts and seeds and various vegetables.

## Diseases and Problems Linked to Cow's Milk

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### Milk Allergy

Milk contains 25 different molecules with potential to cause an allergic reaction, placing it among the top eight food allergies. The two parts of milk that most commonly lead to an allergic reaction are casein and whey. Casein is the curd that forms when milk is left to sour. It is the principal protein in milk, which coagulates with the addition of rennin and is the foundation for cheese. Whey is the watery part that is left after the curd is removed. Studies have estimated that up to 2 to 7.5% of infants are allergic to cow's milk. Although many children will outgrow this allergy, it still leaves approximately 4.5 million people in the US with a milk allergy. Additionally, adults can develop an allergy to milk without any previous problems. [Learn more.](#)

### Lactose Intolerance

Studies have claimed that approximately 1 in 6 Americans are lactose intolerant! Lactose is the primary carbohydrate in milk products and is also known as milk sugar. Lactose breaks down into glucose and galactose, which are then absorbed into the bloodstream with the assistance of lactase. Many people have a shortage of lactase, which makes them unable to properly digest the lactose that they consume. It has been estimated that 70% of the world's population is lactase deficient and at risk for the symptoms of lactose intolerance. [Learn more.](#)

### Cancer

The American Cancer Society points out that "about one-third of the 500,000 cancer deaths that occur in the United States each year is due to dietary factors." Although they recognize that no diet can guarantee full protection against any disease, "we believe that our recommendations offer the best nutrition information currently available to help Americans reduce their risk of cancer." The Society's top two recommendations are: "1. Choose most of the foods you eat from plant sources"; and "2. Limit your intake of high-fat foods, particularly from animal sources." [Learn more.](#)

### Crohn's Disease

The US has the highest rate of Crohn's Disease as well as an epidemic of a similar disease, Johne's disease, which is found in cattle. Johne's disease caused by bacteria called Mycobacterium paratuberculosis (MAP). There is growing evidence that this bacteria causes Crohn's disease in humans who drink milk from the infected cows. This bacteria is found free-floating in milk, however the transmission may be due to the bacteria's presence inside pus cells. This is especially

troubling in the United States. The US has the highest permitted upper limit of milk pus cell concentration in the world! The permitted amount is nearly twice the international standard of allowable pus cells. [Learn more.](#)

## Diabetes

Both childhood and adult diabetes are rare in parts of the world that consume mostly plant based diets, unlike that of most of the Western world. The primary cause of diabetes in adults is a high fat, rich western diet, consisting of animal fats in both milk and meat products. Childhood diabetes has been studied and in some cases has shown a correlation between consuming cows milk and developing diabetes. Researchers speculate that the early introduction of cow's milk may cause an immune reaction in the body. The protein in the milk (bovin serum albumin) is similar to the natural proteins found in the pancreas, the organ that manufactures insulin. [Learn more.](#)

## Heart Disease

Heart Disease is America's #1 killer. Everyday, approximately 3000 Americans suffer heart attacks and 1/3 of those die. The others usually experience another heart attack later on in life. Luckily, reducing the amount of cholesterol and saturated fats in your diet can prevent heart disease and heart attacks. Studies have shown there is a correlation between the consumption of saturated fats (found in dairy fats and meat fats) and mortality from heart disease. [Learn more.](#)

## Osteoporosis

If drinking dairy products all the time is so healthy for you, why is osteoporosis so prevalent in North America? If the vitamins and calcium in dairy are sufficient to prevent osteoporosis why is the disease so rampant here? In Asian cultures that consume low amounts of dairy products and instead rely on a more varied diet that includes soyfoods, osteoporosis is virtually unknown. [Learn more.](#)

## Ear Infections

If your child is experiencing ear infections, dairy milk may be the cause. Most children have an allergic reaction to cow's milk, including nasal congestion, where passages become blocked and irritated, causing ear infections. [Learn more.](#)

## Autism

Studies have stated that gluten and casein free diets result in an improvement in behavior, and in some cases a reversal of autistic symptoms. It has been theorized that some children with autism break down casein (milk protein) into peptides. These peptides, which have a similar effect as that of hallucinogenic drugs, are somehow leaked into the bloodstream before they can be digested. [Learn more.](#)

## Obesity

Milk and dairy foods are high calorie foods, packed with saturated fat and cholesterol. They also contain growth hormones such as those naturally found in cow's milk and rGBH. Dairy products contain no fiber or complex-carbohydrates and are more high fat then we know. [Learn more.](#)

## Acne

Some doctors suspect that the fat, protein, sugar and hormones in milk irritate the skin, causing breakouts and acne. Many of the milk-producing cows are pregnant, causing a surge of hormones to be released into the milk and later consumed by teenagers. These hormones break down into

androgen when they are consumed, which then stimulates production of sebum. Sebum is a waxy substance that clogs pores and in turn creates acne when the pores become infected. Learn more.

## **Now what?**

Eliminate milk and milk products from your diet! Instead, try delicious soy, rice, almond or oat milk. You can also make tofu, soy yogurt and soy yogurt cheese! Start a plant-based diet today by making your own fresh milks at home with the SoyQuick Soymilk Maker

Source: <http://www.soymilkquick.com/milkisbad.php> (Commercial Site)

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