

Milk can Kill: Educate yourself and your patients that "milk does NOT do the body good"!

by Elizabeth Noble

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When I started the SOWH in the mid-seventies, osteoporosis was not the common, deadly disease it is today (hip fractures are the 12th leading cause of death). As a student in Australia during the decade before, osteoporosis was diagnosed only after a fracture caused by minimal trauma (e.g. falling from standing). Bone mineral density (BMD) scans had not been developed and I am not sure we were worse off without them (more on that subject later).

To consider the consumption of dairy products as the *culprit*, not the cure or prevention of osteoporosis is to attack a very sacred cow for families, and also for the Big Business of dairy products. And osteoporosis is only part of the problem...

Those of us who have observed the food trays of hospital in-patients can conclude that most dietitians, despite 4 years of formal education, have not kept current with the medical evidence. Exceptions include Nancy Appleton, *Building Better Bones* (1990) who also sells a test kit on her web site. Susan Brown is another enlightened nutritionist who wrote *Better Bones, Better Bodies* in 1996.

In 1992 Frank Oski, Jr., who was chief of Pediatrics at Johns Hopkins wrote *Don't Drink Your Milk: New Frightening Medical Facts About the World's Most Overrated Nutrient*. He had already linked milk consumption with juvenile diabetes and claimed that at least 50% of all children in the United States are allergic to milk, many undiagnosed, suffering among other ailments, constipation, diarrhea, and fatigue. Oski considered dairy products the leading cause of food allergy and advised against drinking milk or eating dairy products for all ages. Many cases of asthma and sinus infections, he found, were eliminated by cutting out dairy products.

Another, better known, pediatrician Benjamin Spock, in the 7th edition of his *Child Care*, admitted that "research has forced us to rethink this recommendation...dairy products contribute to a surprising number of health problems..."

Then in 1997 Robert Cohen, published *Milk: The Deadly Poison*, an expose of Monsanto's greed in causing Bovine Somatotropin (BST—genetically engineered bovine growth hormone or rbGH) to be added to America's milk supply since 1994. Cohen created the Dairy Education Board in the mid-nineties and one could spend days exploring the extensive citations on his website: www.notmilk.com.

To understand ailments ranging from cancer to childhood obesity (many kids today even look bovine!) one must bear in mind that cows and humans share the same hormone, insulin-

like growth factor, or IGF-1. Each sip of milk contains that growth hormone. Both human and cow's milk contain 70 amino acids in identical sequence. The injection of Monsanto's government-permitted poison into the cows increases the growth hormone in each sip of milk by 80%.

In 1998, I picked up a French book by Anne Laroche-Walter: *Lait de Vache: Blancheur Trompeuse*, which translates as "Cow's milk: White Trickster". following a 1994 publication, *Ce Lait Qui Menace Les Femmes* ("This Milk that Threatens Women", by D. Raphaël Nogier, who describes how drinking milk influences the preponderance of breast cancer.

In 2001, Robert Cohen published *Milk: A-Z* which is a book of cartoon illustrations on the right-hand page, and medical citations for the particular malady (e.g., asthma, zits) on the left-hand page. I highly recommend this book for your waiting room since patients can quickly look up an ailment. Children, always the target of noxious advertising, will be entertained by the drawings.

In 2003, THE MILK LETTER : A MESSAGE TO MY PATIENTS was published in the *Sunday New York Times Magazine*, October 6, 2002 by Robert M. Kradjian, MD, Breast Surgery Chief, Division of General Surgery at Seton Medical Centre in Daly City, CA. This comprehensive review of the many dangers associated with milk consumption appearing in a weekend newspaper indicated to me that the topic had become

mainstream. This information has been in print for almost two decades yet uninformed and misinformed health providers continue to tout the benefits of dairy products!

While writing the third revision of my book, *Having Twins—and More* (with a large chapter on nutrition), I had more conversations with my publisher's attorney concerning my "News for Milkaholics" than any other topic in the book. The publisher feared litigation since more than a dozen states have a "Veggie Libel Law" allowing prosecution for disparaging agricultural products. This growing legislation was a result of the suit against Oprah Winfrey by the Texas Cattlemen's Association after she vowed on her TV show she would never eat another hamburger. Of course, if one sticks to the medical evidence (and there is plenty of it—and growing) there is no libel.

Latest to come along in 2005, is *The Milk Imperative* (www.milkimperative.com) by Russell Eaton in the UK with 60 pages on how to make alternative milks from various nuts. Eaton's contribution is a theory that bone-making cells (osteoblasts) are eroded by too much exercise, dietary calcium and Vitamin D. I have been puzzled for many years by the evidence that greater bone density does not mean less risk of osteoporosis. As a PT, I know that the BMD scans do not measure collagen, muscle strength nor balance. Fluoride, for example, makes bones denser—but also more brittle—leading to more, not fewer fractures.

Dr. Steve Cummings and Dr. Warren Browner at California Pacific Medical Center in San Francisco are researching osteoprotegerin, a hormone involved in digesting the calcium-containing mineral of old bone in need of repair. Perhaps it is be involved with or a marker for, vascular calcification that leads to hardening of the arteries and cardiovascular mortality. Cummings has pointed out problems with BMD scans including inaccuracies and the cavalier creation of the term "osteopenia". He also noted that inability to rise from a chair without use of arms equalled maternal history as a risk factor for a hip fracture. Imagine if we could rise from a squat as we did in childhood, and Asians still do? With far fewer osteo and ortho problems as a result!

The latest "study" I have read, I am ashamed to say, is from my home country, Australia. Title: Calcium- and Vitamin D3-Fortified Milk Reduces Bone Loss at Clinically Relevant Skeletal Sites in Older Men: A 2-Year Randomized Controlled Trial by Robin Daly, et al was published in *J Bone Miner Res*, (March 2006;21:397-405).

I dispute their claim that a short-term increase in bone density translates into a 'nutritionally sound strategy to reduce age-related bone loss.' It is the *long-term* that is important. Furthermore, there are many additional problems caused by low-fat milk that were not addressed at all. (Farmers fatten their hogs

with low-fat milk, and humans consume more of it since they feel they are safe from fat, but actually ingest more calories from the carbohydrates!).

"For ischemic heart disease, milk carbohydrates were found to have the highest statistical association for males aged 35+ and females aged 65+. In the case of coronary heart disease, non-fat milk was found to have the highest association for males aged 45+ and females aged 75+, while for females 65-74, milk carbohydrates and sugar had the highest associations. (*Alternative Medicine Review*, 1998 Aug, 3:4).

The *Townsend Medical Letter*, Harvard School of Public Health, and Julian Whitaker, MD have all admitted that milk causes many health problems. Of course, if milk is a problem, then cheese (12 pints are needed to make one pound) and ice-cream (10 pints to make one pound) are worse for being more concentrated.

Cow's milk is for calves. Humans need breast milk to thrive, indeed they will develop 10 more IQ points. The challenge is to create opportunities for American mothers to breastfeed, especially while working, as Scandinavia has done. Few epidemiologists take a history of breastfeeding when looking at adult diseases; an exception to this is the work of Michel Odent, MD, whose database can be searched at www.birthworks.com.

"Most formula fed infants developed symptoms of allergic rejection to cow milk proteins before one month of age. About 50-70% experienced rashes or other skin symptoms, 50-60 percent gastrointestinal symptoms, and 20-30 percent respiratory symptoms. The recommended therapy is to avoid cow's milk." "Epidemiological and Immunological Aspects of Cow's Milk Protein Allergy and Intolerance in Infancy." *Pediatric-Allergy-Immunology*, August, 1994, 5(5 Suppl.)

Overall, about 75 % of the world's population, including 25% of those in the U.S., lose their lactase enzymes after weaning.

"Lactose malabsorption and lactase deficiency are chronic organic pathologic conditions characterized by abdominal pain and distention, flatulence, and the passage of loose, watery stools. Once correct diagnosis is established, introduction of a lactose-free dietary regime relieves symptoms in most patients...who remain largely unaware of the relationship between food intake and symptoms." *Journal of Clinical Gastroenterology*, 1999 Apr, 28:3

More than 50 diseases have been linked to the consumption of dairy products and lately there is much interest in the fact that those who suffered a previous heart attack are more likely to have osteoporosis than those who did not report a heart attack.

The common link is harmful calcification that can result from regular consumption of dairy products. Kidney stones are another example, and most PTs have treated bone spurs, tendinitis and bursitis, perhaps without considering dietary causes. Breast and prostate cancer are known to begin as microcalcifications. The role of nanobacteria in such calcification is the latest theory and summarized in *The Calcium Bomb* (www.calciumbomb.com). The authors present research linking arthritis and heart disease, and review the role of excess calcium in many diseases, including osteoporosis. Nanobacteria are postulated as the cause of the inflammation and although tetracycline can destroy them, first their calcium coating must be dissolved.

How can people, especially women, accept that they probably have too much calcium (typically in the form of dairy products) when they are being told on all sides to add supplements as well?

The 12-year Harvard study of 78,000 adult women found that those who drank milk three times a day actually broke more bones than women who rarely drank milk. In countries like the the US, Australia, Scandinavia and Europe where dairy product consumption is among the highest in the world, osteoporosis and fracture rates are also among the highest. By the same token tthe incidence is low among the Chinese and Japanese whose traditional diets contain no dairy products at all. (Sadly, that is changing, in Tokyo, I saw Haagen Dazs ice cream for sale and

bottled coffee milk in automats on train station platforms). Prior to the US occupation of Japan after the war, breast cancer was conspicuous by its absence among the Japanese, but is now increasing every year. The benefits of the Chinese diet were revealed during the China-Cornell-Oxford project by T. Colin Campbell. He grew up on a dairy farm, studied veterinary science and thus had every reason to believe that milk was "Nature's perfect food" until his research proved that wrong.

We eat more than we exercise, all of us. Thus while both are important for health, diet (what we eat) and nutrition (what we absorb) is critical. Our weapons of mass destruction are the knife and fork!

According to the US Department of Agriculture, the average American consumes more than 550 pounds of dairy products annually; 40% of the diet and providing 52% of daily caloric intake.

Sadly, our degenerative diseases are increasing in developing countries as they copy our bad habits. I personally have observed these changes since I first travelled in Asia in the sixties. During my recent travels in francophone West Africa, I was dismayed by large billboards on the dirt roads exhorting the benefits of dairy products. The ads even depict boys with more muscles, like some of the Milk Mustache posters. However, no one in Africa received the \$25,000 to pose with the white smear like the US celebrities, such as Donna Shalala who apparently

didn't regard that as a conflict of interest!)

In January of this year, an extensive study by the National Institute for Research in Reproductive Health showed that an estimated 61 million Indians suffer from osteoporosis. The World Health Organization (WHO) states that one out of eight males and one out of three females in India suffer from osteoporosis. This has resulted from the recent and dramatic increase in milk consumption in India; it is the fastest growth market in the world in milk production and consumption.

What should we do about this sacred cow? Firstly, ask all patients about their diets in general, and consumption of dairy products in particular. If you are treating them for one of the 50 plus conditions (see www.notmilk.com for an alphabetical list), then suggest they give up all dairy products for a couple of weeks. Not even a drop in tea or coffee! It is the bovine proteins that are usually more troublesome than the lactose.

I found it strange that during the Mad Cow disease scare in Europe that citizens drank the milk and other dairy products of these cows, apparently unconcerned about the path those prions might take!

Fortunately, in the USA today there are many milk substitutes since most recipe, it seems, s call for a dairy products. Soy milk sales are huge (and the dairy companies are part of this growing market, too). Make sure you have organic soy milk from non-

genetically modified soybeans. You can substitute rice milk, amasake (also made from rice) and many other kinds of "milk" you can make yourself from nuts. Or you can simply eat a healthy diet without dairy products or their substitutes, as does the world's most populous country (China) and my family.

Bon appetit!

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Resources

- <http://www.birthworks.com/primalhealth/keywords.html> (the database of Michel Odent, MD)
- www.calciumbomb.com
- www.milkimperative.com
- www.milksucks.com
- www.nancyappleton.com
- www.notmilk.com
- <http://www.nutrition.cornell.edu/ChinaProject/>
- Physicians Committee for Responsible Medicine**, 5100 Wisconsin Ave. N.W.Suite 404, Washington, D.C. 20016. (202) 686-2210.Much good information about diseases caused by dairy products can be found in their publication *Good Medicine* and

the books of Neal Barnard, MD, one of the founders.