

## WHY WE MUST REMOVE MILK, PROCESSED CHEESE, MILK BASED SWEETS.

Let us look at it using our common sense - is there any other animal in nature that drinks another animal's milk after it has been weaned away from the mother's milk? Even a calf, once weaned will not drink cow's milk - so why do humans? Domestic pets (dogs and cats) drink milk because we have corrupted them into doing this.

The calcium in milk is bound up in casein. Casein and lactose are broken down in our body by rennin and lactase respectively. Both these enzymes are all but missing from the human body by the age of 3 - in many cases even earlier. (There is 300 times more casein in cow's milk than in human milk). Casein, incidentally, is the substance from which wood glue (Fevicol!) is made!

This gluey substance in milk remains undigested in our body where it sticks to the mucous membrane of the intestines. The intestines react by secreting more mucous to wash it off.

Soon it begins to degenerate and putrify due to the bacteria feeding on it. This putrid matter is then pushed around in the body - never able to leave and causing more and more mucous to be produced which the body endeavours to throw out through its orifices. If you suffer from *tonsillitis, bronchitis, sinusitis, ear infections, asthma, discharging eyes, vaginal discharges, amoebiasis, migraine, colitis* **STOP THE MILK.**

The calcium in the milk is, in fact, a red herring - we go after it and acquire all sorts of diseases. The truth is - the more milk we drink, the more we are likely to suffer from calcium deficiency! The high phosphorus content in milk upsets the delicate balance which the blood maintains between phosphorus and calcium. Due to the high phosphorus content, the blood is forced to DRAW calcium from healthy bones and teeth - so drinking milk can actually cause osteoporosis (brittle bones) and can cause teeth to decay. Which are the countries with maximum osteoporosis? The milk guzzling countries - Sweden, USA, Finland and UK have the highest rates of osteoporosis.

The excess calcium so carried by the blood is then deposited in soft tissues causing *tumors, cataracts, kidney and gall stones, spurs and bony growths, spondylitis, sciatica, thyroid problems, prostate problems, atherosclerosis (deposits in arteries)* many more diseases. What is the first thing the body does when the milk is ingested? The body produces acidic enzymes in order to curdle the milk so that it can stay longer in the stomach for digestion.

It is naive and ridiculous for parents, grandparents & "well wishers" to respond to this information with the statement : "But the children must "enjoy" their childhood." Yes - enjoy their childhood visiting doctors every month, guzzling antibiotics & suffer their adult-hood with high blood pressure, diabetes, kidney disorders, heart trouble, arthritis, cancer or worse!

Consider this: We call the cow "mother cow" because like the mother she gives her milk to us. In fact she is more than mother because she feeds us at the cost of her own babies.

How have we treated this mother? Go to any modern dairy and see how the cow is treated. Over fattened with drugs, this gentle herbivore is fed chicken bones in its feed. She is not gently milked by a loving cowherd - instead her udder is hooked to a machine. She stands long hours parting with milk in this crude way all the year round. Her milk is produced at the behest of hormones.