

Top 10 Reasons to Avoid Bovine Cow's Milk and Cheese

1. Cow's milk is NOT the same as human milk; its proteins CANNOT be digested by humans.
2. Cow's milk is intended to support the growth and development of up to a two ton animal, not an average less then 200 pound human, adding unhealthy pounds to the human body.
3. The phosphorus in cow's milk inhibits calcium from being absorbed and utilized in humans.
4. Since cow's milk contains more phosphorus than calcium, the human body will take calcium from its own bones to try and achieve the proper phosphorus/calcium ratio in an effort to digest it.
5. Pasteurized cow's milk is acid-forming causing the body to deplete its reserves of B-12 stored in the liver and pancreas and its reserves of sodium, potassium, and calcium to neutralize the excess acid milk causes.
6. Cow's milk causes heavy mucous production and congestion in humans, and is the largest cause of babies' runny noses and drooling. Most children raised on cow's milk end up on anti-biotics because this milk is so debilitating to the human immune systems causing many childhood diseases, allergies, and frequent colds and flues.
7. 50% of Americans tested for allergies reacted to cow dairy products due to the lack of lactase, the enzyme that it takes to digest ANY kind of milk (lactose).
8. When cow's milk is pasteurized it becomes a slow poison for human bodies and for calves. Calves fed on pasteurized cow's milk, even if it from it own mother, will die in four to six months.
9. Drinking and eating cow's milk products perpetuates cruelty to dairy animals.
10. Cow milk protein is structured to be digested by a ruminating, cud chewing animal with a four chambered stomach that produces rennet, and is not digestible by a human with a single, non-rennet producing stomach, thereby causing fermentation in the colon, bloating, allergies, and immune deficiencies.

Drink goat milk!

**It's completely digestible by humans, boosts immunity,
and is full of life force factors.**

Oils and Fats to Run Screaming From

Peanut oil

Canola oil

Vegetable oil

Palm oil

Margarine (all butter substitutes)

Shortening

Refined oils

Hydrogenated and partially hydrogenated oils/fats