

# **Milk Myths Exposed**

**Cutting through the myths, lies and shenanigans of  
the Milk Industry**

**By Consumer Health Advocate Frank Mangano**



**Frank Mangano**  
**Consumer Health Advocate**

Milk and other dairy products have been the source of hundreds of year's worth of myths and rumors and the time to clear the air is now. The truth about the dairy industry is not pleasant and many dairy lovers and animal activists may be alarmed when the following myths are exposed. Many recent studies have been reporting that where for years we have believed milk is a healthy source of calcium; it is in fact doing us more harm than good. With new conditions and diseases being constantly linked to the consumption of dairy cow related products such as milk, the truth is beginning to be uncovered and people are beginning to question their daily intake of milk.

Throughout this report we aim to reveal to you the truth about dairy products, the dairy industry and the tortures that dairy cows have been enduring for decade's right under our noses. Many people believe that dairy cows are completely content animals, when the truth is they are the most over worked of all farm animals. Basically the dairy cow naturally nurtures the baby calf inside her and during her pregnancy, the milk begins to flow and continues for up to a year to support and feed the newborn calf. In order to keep the milk flowing these dairy cows are forcibly impregnated every year and her babies are taken away days after birth so they too can be apart of the dairy cow cycle.

The reality of dairy farming is that these dairy cows do not live the peaceful and pleasant lives we have believed for so many years; in fact they live a life full of torture and trauma that the dairy industry does not want us to discover. Humans are the only mammal which continues to drink milk well after the initial weaning period, which is the reason humans produce milk for their babies as well as animals. Forcing dairy cows to continually have babies until they physically cannot do it anymore is completely unnatural. Not only are many researchers and scientists beginning to speak up regarding the unnatural consumption of milk but also the unhealthy consequences that have been associated with dairy cow milk and related products.

The saturated fats, protein and cholesterol within dairy cow milk and related products have been linked to many different conditions that for many people lead to life threatening symptoms and a complete change of lifestyle. This can come as a complete surprise for the many people who believe milk to be a healthy and nutritious beverage that should be consumed on a daily basis. The hormones in milk have been linked to ovarian, breast and prostate cancer as well as the juvenile-onset of diabetes.

Scientific research of many different kinds has been able to link dairy cow milk and related products to a wide range of different health problems that range from an upset stomach all the way to the onset of different heart diseases. Some of the health problems you will want to look out for include:

- Acne
- Runny nose
- Wheezing
- Coughing
- Ear infections
- Rashes
- Stomach aches
- Asthma
- Eczema
- Arthritis
- Heart disease
- Cancer
- Diabetes

These are the most common conditions and diseases associated with dairy cow milk but the related milk products as well such as yogurts, cheese and more.

Let's get down to the myths regarding your calcium intake. For so many years it has been marketed and publicized that the best possible way to obtain the calcium you need to keep your bones strong is through dairy cow milk. The truth is, calcium is incredibly available and abundant through many different resources and foods that you may not have even realized. Calcium is a very important mineral for your body and health as 99% of calcium intake goes straight to your teeth and bones and the other 1% aids in your muscle contraction, heart beat and blood clotting. Let us show you the alternative ways to achieve the needed calcium levels in your diet without taking in the added cholesterol, protein and saturated fats that accompany dairy milk.

The average amount of calcium which you should intake in a day should not be below 700 mg for adults of 19 years and older. Stepping aside from the marketing strategies of the dairy companies, milk products do provide a level of calcium but plant based sources provide you with a much healthier calcium intake and this is the choice many people are making today. Some of the good plant based calcium resources you will want to consider including in your regular diet include:

- Broccoli
- Cabbage
- Parsley
- Spring greens
- Watercress
- Figs
- Apricots
- Nuts (particularly almonds)
- Peas
- Beans

- Calcium-set tofu

As you can see, at least one of these natural foods are probably a part of your everyday diet already. It can be easy to achieve your required calcium intake from many other natural sources and supplements are not necessary with so many high in calcium dried fruits and vegetables readily available for you today. Currently, you may be surprised to learn that although you may think you are getting most of your calcium through your milk and related products, the truth is you are receiving less than 43% of your total calcium intake through milk. This statistic was published by the Food Standards Agency's National Diet and Nutrition Survey to help you understand the real picture when it comes to calcium and how you can obtain this essential mineral naturally.

Did you know that calcium loss in the bones is created by high intake of animal protein? This means that osteoporosis is most prominent in countries where the most animal milk is being consumed. In the papers and press you are led to believe that milk is the ultimate resource to keep your bones strong and avoid the onset of osteoporosis in your future when the truth is that the animal protein within the dairy cow milk is the direct cause of what is weakening your bones. Animal protein affects us negatively because of the greater amount of sulphur amino acids within it compared to plant protein. As the sulphur content of your diet increases so does the level of calcium in the urine. If your diet cannot keep up with the loss of calcium from the bones then ultimately the bones will become weaker.

As more and more of these lies and myths become exposed to the public you will begin to see more milk alternatives at your disposal that include the most popular Almond milk. Almond milk is a milky drink that has been created from ground almonds. Almonds have a high level of calcium within them, approximately 72 mg per handful which can really add up. Drinking almond milk

as a dairy cow milk alternative will lessen your cholesterol intake, lactose and most importantly saturated fats that come with dairy products today. In my opinion, almond milk is delicious and I recommend making your own almond milk, which you can prepare yourself as I do with almonds, water and a blender. Simply use Google and search for "How to make almond milk."

The dairy industry is one that has been filling the media with myths and preconceptions for years and as our health becomes more of a focal point in many households today, the connections with dairy milk and heart disease as well as other serious conditions has led people to seek out these natural alternatives. Consider not only your health but the health and lives of the millions of dairy cows which are being tortured and forced to provide milk by the litre that is simply unnatural for their purpose.

Frank Mangano

Founder, [Natural Health On The Web](#)