



# *Dr Oceanside Chiropractic*

## *Whole Life Wellness Care*

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Science Based Nutrition Rep.

### **Dairy Products**

#### **Today's Milk**

- Modern feeding methods substitute high-protein, soy-based feeds for fresh green grass and breeding methods to produce cows with abnormally large pituitary glands so that they produce three times more milk than the old fashioned scrub cow. These cows need antibiotics to keep them well.
- Their milk is then pasteurized so that all valuable enzymes are destroyed: lactase for the assimilation of lactose, galactase for the assimilation of galactose, phosphatase for the assimilation of calcium. Without them, milk is very difficult to digest.
- The human pancreas is not always able to produce these enzymes. Over-stress of the pancreas can lead to diabetes and other diseases.
- Skim milk is sold as a health food, but the truth is that butter-fat is in milk for a reason; without it the body cannot absorb and utilize the vitamins and minerals in the water fraction of the milk.
- Along with valuable trace minerals and short chain fatty acids, butterfat is America's best source of pre-formed vitamin A.
- Synthetic vitamin D, known to be toxic to the liver, is added to replace the natural vitamin D complex in butterfat.
- Butterfat also contains re-arranged acids which have strong anti-carcinogenic properties.
- Non-fat dried milk is added to 1% and 2% milk.
- Unlike the cholesterol in fresh milk, which plays a variety of health promoting roles, the cholesterol in non-fat dried milk is oxidized and it is this rancid cholesterol that promotes heart disease.
- Like all spray dried products, non-fat dried milk has a high nitrite content.
- The United States Department of Agriculture (USDA) has a milk ordinance governing milk safety. USDA does not allow milk containing 750 million or more pus cells per liter to be shipped across state borders.
- 2002 year, the average liter of milk in America contained only 323 million pus cells, according to Hoard's Dairyman, the dairy industry magazine.
- Author Jim Dickrell reports that the level of pus cells has been rising ever since farmers began using Monsanto's genetically engineered bovine growth hormone.
- Samuel Epstein, MD, Professor at the University of Illinois, to Dr. David Kessler of the FDA in Sept 1994 issue of Preventative Medicine Update writes "I am writing to express grave concerns about the risks of breast cancer from consumption of BHT/IGF1 produced in milk."
- BHT causes insulin growth factor 1 (IGF1) when given to cows. IGF1 is a growth factor for human cancer cells maintaining their malignancy, progression, and invasiveness. IGF1 has been similarly associated with colon cancer

#### **Dioxins in Dairy**

- The Canadian study revealed that the level of dioxin found in cheese was 250% higher than that permitted by WHO.
- "Dioxins are the most deadly substances ever assembled by man... 170,000 times as deadly as cyanide..." United Press International. March 11, 1983.
- Dioxins are a by-product of bleaching, chlorination processes, incineration of municipal waste, and production of certain herbicides.

## What Documentation do we have to prove Dairy is not good for human consumption?

**Allergies:** "Formula-fed babies, at the age of three months, were secreting low levels of serum antibodies to bovine proteins contained in their formula." "A Prospective Study of Humoral Immune Response to Cow Milk Antigens in the First Year of Life" Pediatric-Allergy-Immunology, August, 1994, 5(3)

"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.)

**Ear Infections:** "The most common culprit [that causes ear infections] is cow's milk, in its natural form or as found in infant formula. It causes swelling of the mucous membranes, which interferes with the drainage of secretions through the eustachian tube. Eventually infection results because of the accumulated secretion." -Dr. Robert S. Mendelsohn, MD

**Increased Risk of Ovarian Cancer:** In an evaluation of 80,326 women; women who consumed the highest amount of lactose (1+ servings of dairy per day) had a 44% greater risk for all types of invasive ovarian cancer compared with those who ate the lowest amount (3 or fewer servings monthly). The largest contributors to dietary lactose among women are skim and low-fat milk. For each glass of milk, there was a 19% increased risk of serious cancers. This level of milk consumption is also the amount often recommended to reduce fracture risk.

"Poor absorption of lactose may more than double the risk of ovarian cancer in women." American Journal of Epidemiology, 1999;150

"Galactose is linked both to ovarian cancer and infertility...women who consume dairy products on a regular basis, have triple the risk of ovarian cancer than other women." The Lancet 1989; 2

"IGF-I reacts in a synergistic manner with estrogen, and plays a role in the growth and proliferation of ovarian cancer." J-Clin-Endocrinol-Metab, Feb. 1994, 78(2)

**Lymphoma:** In Norway, 1422 individuals were followed for 11 and a half years. Those drinking 2 or more glasses of milk per day had 3.5 times the incidence of cancer of the lymphatic organs. British Med. Journal 61:456-9, March 1990.

**Prostate Cancer:** "At least 16 research studies now link milk consumption to prostate cancer, and milk fat is also linked to heart disease," said Neal D. Barnard, M.D., PCRM president. "It's time ads stop pretending there are no health risks from drinking milk."

"High consumption of dairy products was associated with a 50 percent increased risk of prostate cancer." Chan JM, Cancer Causes Control 1998 Dec;9(6):559-66

"Diets high in dairy products and meats are related to higher risk of prostate cancer incidence or mortality in most ecologic, case-control, and prospective studies." Giovannucci E., Cancer Causes Control 1998, Dec;9(6):567-82

"Positive correlations between foods and cancer mortality rates were particularly strong in the case of meats and milk for breast cancer, milk for prostate and ovarian cancer, and meats for colon cancer." Rose DP, Cancer 1986 Dec 1;58(11):2363-71

"For prostate cancer, epidemiologic studies consistently show a positive association with high consumption of milk, dairy products, and meats." Giovannucci E., Adv Exp Med Biol 1999; 472:29-42

## What About My Calcium?

The majority of the world's population takes in less than half the calcium we are told we need and yet they have strong bones and healthy teeth. Cows' milk is rich in phosphorous which can combine with calcium -- and can prevent you from absorbing the calcium in milk. The milk protein also accelerates calcium excretion from the blood through the kidneys.

It is possible to obtain all your calcium from dark green vegetables (where do you think the cow gets theirs from?). The darker the better...and don't forget supplementation

1. You are not deficient in just one vitamin
2. Get tested to know what and how much you need

In 1997, each American drank an average of 25 gallons of milk--and that's not even including the milk we consumed in cheese, yogurt, and butter. But despite the country's appetite for calcium-rich dairy products, one out of every two women over 50 will have an osteoporosis-related fracture in her lifetime. Even stranger, in many dairy-avoiding countries, people get through life with far fewer of the age-related hip fractures that plague American citizens.

1 OZ CHEESE 207mg

1 CUP OKRA 176 mg

8 OZ MILK 300mg

1 CUP BOK CHOY 158 mg

1 CUP COLLARD GREENS 357 mg

1 TABLESPOON BLACKSTRAP MOLASSES 137 mg

1 CUP RICE MILK (plain, calcium-fortified) 200-300 mg

5 MEDIUM FIGS 135 mg

1 CUP TURNIP GREENS 249 mg

1/4 CUP ALMONDS 97 mg

1 CUP BLACK-EYED PEAS 211 mg

1 CUP BROCCOLI 94 mg

1 CUP KALE 179 mg

1/2 CUP AMARANTH 74 mg

2 TABLESPOONS SESAME SEEDS 176 mg

1/2 CUP DRIED APRICOTS 43 mg

1/2 CUP QUINOA 25 mg

FYI: Maple syrup has twice as much calcium as milk (now don't go drinking 3 glasses per day)!!

Milk Substitutes: 1 cup = 1 cup of Rice Milk, Almond Milk, Oat Milk

Buttermilk: 1 cup = 1 cup minus 1 tbs. of rice milk or almond milk, plus 1 tbs. lemon juice. Let set for a few minutes.

Butter: 1 tbs. = 1 tbs. sunflower oil or Earth Balance Spread

Creamy Dressing: Mix mayonnaise [we recommend a safflower mayo with no hydrogenated fats] with your favorite vinaigrette

Heavy Cream: 1 tbs. Tahini dissolved in ¼ cup water (this will not whip)

Powdered Milk: equal amount of powdered rice milks

**Think that Dairy doesn't affect you?** Take the challenge: avoid it for 2 weeks and then the next day have all you want.

**Remember the Final Foundation:** The years of eating sub-optimal food leads to the gradual development of disease. You cannot correct it without a nutritionist who does metabolic testing (bloodwork) to determine exactly what you need.

### Do you need to supplement your diet?

1. Who eats the perfect diet?
2. USDA nutrient data from 1975 and 1997 showed the average calcium levels in 12 fresh vegetables have declined 27%; iron levels have dropped 37%; vitamin A levels, 21% and vitamin C levels, 30%.

What vitamins do YOU need and how much? How can you tell if you are getting enough protein? Getting a nutritional blood analysis will help take the guesswork out of what vitamins YOU need and how much YOU need to take. Then, RE-TESTING will help you determine if what you are doing is working.

## Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

To make an appointment for a nutritional consultation, please call 760-967-7444.

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