

Cheese can often carry skippers and mites, even though the cheese industry uses a chemical insecticide on processed cheese to prevent attacks from the cheese mite. This insecticide is made of pyrethrins and piperonyl butoxide. It is so strong that the manufacture guarantees that the cheese will not be attacked by insects during the entire time that it is aging. Just how much of the insecticide seeps through the paraffin covering into the cheese? Is it harmful? The skippers or mites are simply the larvae, or maggots, or a species of fly, which deposits eggs in it. One should give it serious thought before eating this bacteria-laden, rotting mass.

Cheese is nothing but (rotting) milk, infested with scavenger organisms, laden with fat, and loaded with salt to give an addictive flavor. Between 65 and 75 percent of its calories come from fat. Go ahead and smile—but don't say "cheese" when you do!

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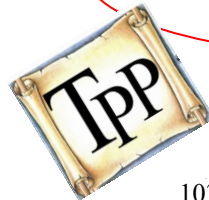
SOME DISADVANTAGES OF CHEESE EATING

- Cheese is a product of putrefaction.
- Cheese has a high bacteria count.
- Cheese is difficult to digest.
- Cheese contributes to constipation.
- Cheese is frequently a high source of allergies, and one cause of migraine headaches.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

THIS PUBLICATION IS NEVER TO BE SOLD
Freely ye have received, freely give.

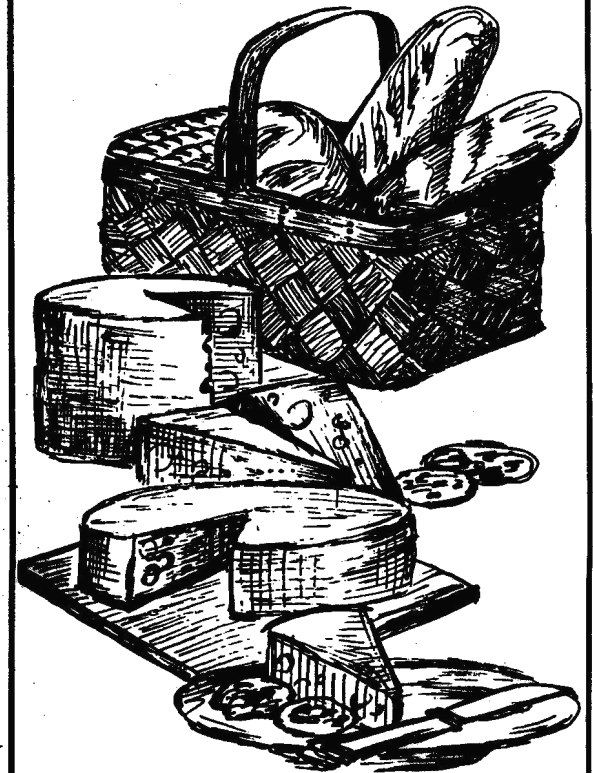
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FREEDOM OF HEALTH

Be Wary of
CHEESE



BE WARY OF CHEESE!

Cheese is one of the most popular dairy products in the country, as well as abroad.

When the Stanford Heart Disease Prevention Program asked its participants what they found to be the most difficult thing to change in their eating habits, the answer was surprising! It wasn't ice cream, eggs, or desserts. No! For the majority of the people, cheese was the hardest food to trim from their diets.

HOW MUCH CHEESE DO AMERICANS EAT?

Cheese wasn't always so popular in the United States. It has only been in the past 60 years that America has adopted this love affair with cheese. Back in 1910, Americans ate a mere five pounds per person per year. Last year, according to the United States Department of Agriculture, Americans wolfed down an average of an incredible 30 pounds of cheese per person, whether shredded atop their pizzas, sliced into their sandwiches or nibbled off of those frilly toothpicks at the supermarket. There's no denying that America has become a cheesy nation!

MAKING CHEESE

How is cheese made? And what chemicals go into their manufacture?

In general, cheese is made by coagulating the casein, or protein of milk, skimmed milk or milk enriched with cream. Then the milk extracts are subjected to putrefactive bacteria which rot the milky mixture. The carbohydrates are removed from pasteurized milk. The remains are mostly protein, even though about 50 percent of the calories are fats and are not removed. The coagula-

tion required to make cheese is accomplished by means of rennet or some other suitable souring enzyme or a combination of the two.

Animal rennet is the most frequently used in commercial cheeses. Rennet comes from the digestive system of the hog or other young mammals. Sometimes rennet is obtained from the stomach of newborn animals.

A few companies do produce rennetless cheese, which are made with vegetable coagulants. But, not all varieties of cheese can be produced with the vegetable coagulants. Swiss cheese cannot. It is not possible to produce the large holes in Swiss cheese unless the animal rennet is used.

The "curd", or solid coagulated mass that results, is then processed by heat, pressure, molds, or other special treatment, depending on what kind and flavor of cheese is wanted.

Hard cheese (such as cheddar cheese) is made by souring milk and adding rennet. This is separated from the liquid part (whey). During the process, calcium chloride may be added. Salt is added. And the cheese may be coated with paraffin or vegetable oil.

In June of 1959, the FDA ruled in favor of bleaches, which are now permitted in many hard, natural cheeses.

As a result of the ruling, some hard natural cheeses are bleached with benzoyl peroxide, or with benzoyl peroxide mixed with potassium alum, calcium sulfate, and magnesium carbonate.

Mold-inhibiting ingredients of sorbic acid or its salts (potassium or sodium sorbate) or any combination of two or more of these are permitted in cheese and are widely used.

Cheese contains no fiber, few vitamins or minerals, is extremely high in fats and toxic chemicals that are produced by the manufacturing processes. Hard cheese causes the most damage to human health, the worst being Parmesan and Romano because they are dried and powdered. The drying process exposes cholesterol and other fats to oxygen, which then produces oxidized breakdown products that are highly toxic to artery walls.

BEHOLD —THE POWER OF GLUE!

Eighty percent of milk and cheese protein consists of casein, a tenacious glue. Casein is the glue that is used to hold a label to a beer bottle. Casein is the glue that holds together wood in furniture. Try to scrape off one of those labels, then consider the effects of casein in your body.

Last year, the average American ate five ounces per day of meat and chicken and 29.2 ounces a day (666 pounds per year) of milk and dairy products. Ice cream, cheese, and milk contain powerful hormones. One pound of cheese can contain ten times the amount of hormones as one pound of milk. Nursing cows were never supposed to pass on cheese to their calves. They were, however, designed to pass on hormones, lactoferrins, and immunoglobulins in liquid milk to their infants.

GREEN CHEESE, I AM!

Green cheeses are processed molds — cream cheese is processed with enzymes — and cottage cheese, and other soft cheeses are processed with bacteria. Regardless of what process is used, each is a process of fermentation, or DECAY!