

More than one third of America's dairy cows take supplements including zinc, methionine, niacin, anionic salts, and tallow (rendered fat) from other dead cows.

Eighty percent of the protein in milk is casein. Casein is a powerful binder... a polymer used to make plastics... and a glue that is better used to make sturdy furniture. Casein is in thousands of processed foods as a binder. Casein is a powerful allergen... a histamine that creates lots of mucus.

"It's not natural for humans to drink cow's milk. Human milk is for humans. Cow's milk is for calves... Cow's milk is a high fat fluid exquisitely designed to turn a 65 pound baby calf into a 400 pound cow. That's what cow's milk is for." —Michael Klaper, M.D.

References:

1. Robert Cohen, *Milk The Deadly Poison*, Argus Pub. Inc. Englewood Cliffs, NJ.
2. Frank A. Oski, M.D., *Don't Drink Your Milk!*, Mollica Press, Ltd. Syracuse, NY.
3. William Campbell Douglass, M.D., *The Milk of Human Kindness is Not Pasteurized*, Last Laugh Pub., Marietta, Georgia.
4. Virgil Hulse, M.D., *Mad Cows and Milk Gate*, Marble Mountain Pub., Phoenix, OR.

- It takes 21.2 lbs of milk to make one lb of butter
- It takes 10 lbs of milk to make 1 lb of hard cheese
- It takes 12 lbs of milk to make 1 lb of ice cream
- It takes 11 lbs of milk to make 1 lb of non-fat dry milk
- It takes 7.4 lbs of milk to make 1 lb of dry whole milk

Robert Cohen —

Milk the Deadly Poison

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

I Corinthians 10:31

THIS PUBLICATION IS NEVER TO BE SOLD

Freely ye have received, freely give.
Mat 10:8



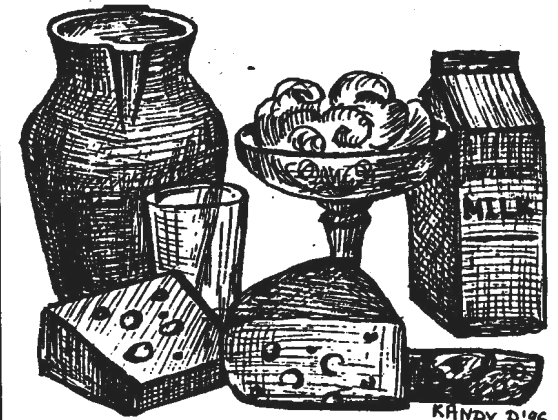
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FREEDOM OF HEALTH



**DRINK MILK?
UDDER
PROPAGANDA**



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DRINK MILK? UDDER PROPAGANDA

Most Americans have been taught from early childhood that milk is the "perfect food," which everyone should drink every day. We are taught that children need a quart a day and adults at least a pint. So do we really need dairy products for optimal health? The answer is "NO!"

Man has made the cow a modern factory — a perpetual milk machine. Three thousand years ago, a cow gave approximately 200 pounds of milk in a year. Today, the modern cow gives more than 15,000 pounds or 75 times as much milk. And this over production is causing more diseases in cows (as well as humans). In fact, the largest percentage (89%) of cows today has bovine leukemia virus.

God never intended for a cow to give 75 times the amount of milk that it was originally created to give. Milk is a very delicate substance, interrelated to almost every gland and organ of the cow's body. It was meant as a normal function of the animal in creating life. All of the best elements in its body must be assembled to make milk, so that the calf can have a good start.

Today, we drink unnatural milk. It is produced from a cow misbegotten by selective breeding, by cross-breeding, and/or by artificial insemination. The milk is taken from diseased cows, from bloated milk bags, and/or from heavy, chemicalized feedings often loaded with antibiotics and hormones.

If you believe that you are getting antibiotics only when they are prescribed by your doctor, consider this: incredibly,

about half of the nation's entire antibiotics output, or over \$70 million worth yearly, goes not directly to humans, but into feedstuff for animals intended for human consumption, to make them gain weight faster and to keep them (supposedly) disease free.

Every sip of milk has 59 different, powerful hormones. Which hormones do you want your family to consume — estrogen, progesterone or prolactin?

OTHER STRANGE ADDITIVES!

The dairy industry adds animal products (sheep skin) to every carton of milk (in the form of vitamin D3) and may soon be adding processed, raw fish organs. Dairy processors are about to get approval to add fish oil to cheese, yogurt, milk, and ice cream.

COW'S MILK ALSO CONTAINS:

All cow's milk contains the following:

- The 59 Active Hormones
- Scores of allergens, fat and cholesterol.

Most of the dairy products we buy have the following in measurable quantities:

- Herbicides
- Pesticides
- Dioxin (up to 2,200 times the safe level)
- Up to 52 powerful antibiotics
- Blood
- Pus
- Bacteria and viruses

IS PASTEURIZATION SAFE?

Many studies have proven the failure of pasteurization. Certain types of dangerous streptococci and other groups of bacteria may actually flourish at the temperatures of pasteurization.

The U.S. Health Service established a standard for milk, hoping to prevent sickness caused by drinking contaminated milk. After pasteurization, milk should contain less than 20,000 bacteria per milliliter. Since it takes five milliliters to make a teaspoonful, the government allows 100,000 bacteria per teaspoon.

Diseases which may be borne by milk contaminated in the process of handling are numerous. Such contamination is in some measure unavoidable. Few persons who could see that amount of filth removed from milk at the point of collections, by a process of centrifuging, would care to drink milk. Manure, hay, hair, scabs, blood, occasionally even drowned mice, and a large assortment of foreign bodies are then removed from the milk.

WHAT DO COWS EAT?

Most of us believe that "Bossy the Cow" just eats grass. Nothing could be further from the truth! "Hoard's Dairyman" (the dairy farmers magazine, March, 2002) wrote up the menu of a dairy cow's diet, including chicken feathers, blood, pork, fish, and soybeans.

Also, nearly seventy-nine percent of cows are fed sodium bicarbonate. Greater than half of the cows in America receive selenium, yeast, and magnesium oxide.