



MILK

Cow's milk is a controversial and confusing product. On the one hand, we are told to drink milk every day for strong bones and on the other hand, we are told to avoid milk. Many kids are lactose intolerant, or allergic to the proteins in milk.

Milk is processed in different ways: Homogenization, Ultra-Pasteurization, and Pasteurization. Homogenization blends the milk at high speed so the cream doesn't separate from the milk. Ultra-Pasteurized milk has been heated to 280 degrees for 2 seconds to kill all the bacteria. Pasteurized milk is heated to 145 degrees for a half-hour or 161 degrees for 15 minutes, a process which kills most bacteria. According to Sally Fallon, the heat of pasteurization "alters milk's amino acids lysine and tyrosine, making the whole complex of proteins less available; it promotes rancidity of unsaturated fatty acids and destruction of vitamins... Pasteurization reduces the availability of milk's mineral components, such as calcium, chloride, magnesium, phosphorus, potassium, sodium and sulphur, as well as many trace minerals." (Sally Fallon, Nourishing Traditions) Pasteurization also destroys lactase, then enzyme that enables us to digest milk protein, which often leads to lactose intolerance.

Conventional milk often comes from cows treated with hormones and / or antibiotics. Roughly 15% of all dairies in the US inject their cows with artificial, genetically engineered growth hormones called recombinant Bovine Growth Hormone (rBGH). The hormone increases cow's milk production, but also necessitates increased use of antibiotics because it creates disorders of the uterus, cystic ovaries, mastitis in cows. It is worthwhile to note that 84 million gallons of milk from artificial hormone-treated cows were distributed through the school nutrition program in the U.S.

For those who can digest it, organic milk is rich in vitamins and minerals. It contains potassium, vitamins C and B, and is an important source of vitamins A and D. Grass-fed milk is rich in Conjugated Linoleic Acid (CLA), an Omega-6 fatty acid which behaves like an Omega-3 fatty acid in the body, and which has been shown to prevent heart disease, fight cancer, and build lean muscle. Raw milk is often more digestible than pasteurized milk because it still contains all the enzymes necessary for proper digestion.

What milk should you buy:

1. Lightly pasteurized milk from grass-fed cows
2. Raw milk from a trusted, clean source.
3. If you are allergic to milk and dairy products, try almond or rice milk. It's easy to make your own.

For More Information, check out:

Nourishing Traditions by Sally Fallon

What to Eat by Marion Nestle, PhD

The Unhealthy Truth, by Robyn O'Brien