

Pros & Cons of Dairy

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Ever milked a Cow?

How many of you have ever milked a cow?

Do you remember milk coming in a bucket or an urn?

I grew up with a couple of milking cows, so I remember it well. I've even milked a cow myself, on occasions.

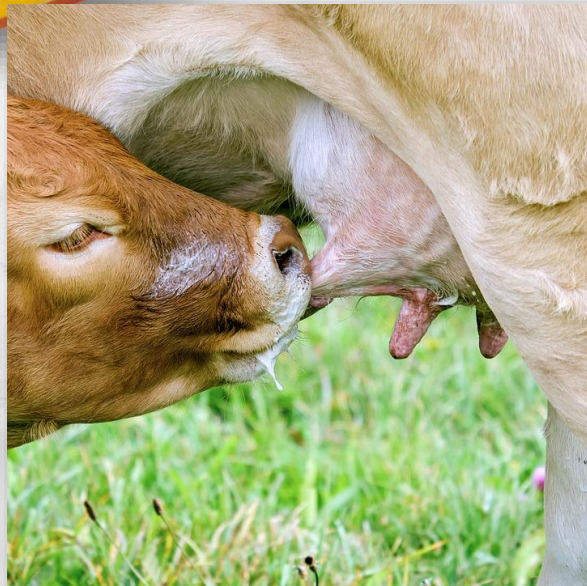


Oh, it tasted so good! Pure and creamy and SO full of nutrients.

This is the same as what is known these days as 'Raw Milk'.



Sharing



We would share the 'raw milk' with the calf... enough for us and enough for the little calf.

Our cows were treated like the pets they really were. I've learned that cows are amazingly intelligent beings with long memories. They become so attached to you, that if parted from you for too long, they can pine so much that they die.

They don't ask for much – a nice paddock full of grass, a treat while being milked, and to be able to mother their calves. Simple stuff really!

This kind of thing still goes on where people live on farms or hobby farms... living more as nature intended.

The Dairy Industry of Today

DRUGS FOUND IN IDAHO DAIRY COWS

Food Safety and Inspection Service discovered residue of eight separate drugs in amounts over the legal limit in culled dairy cows.

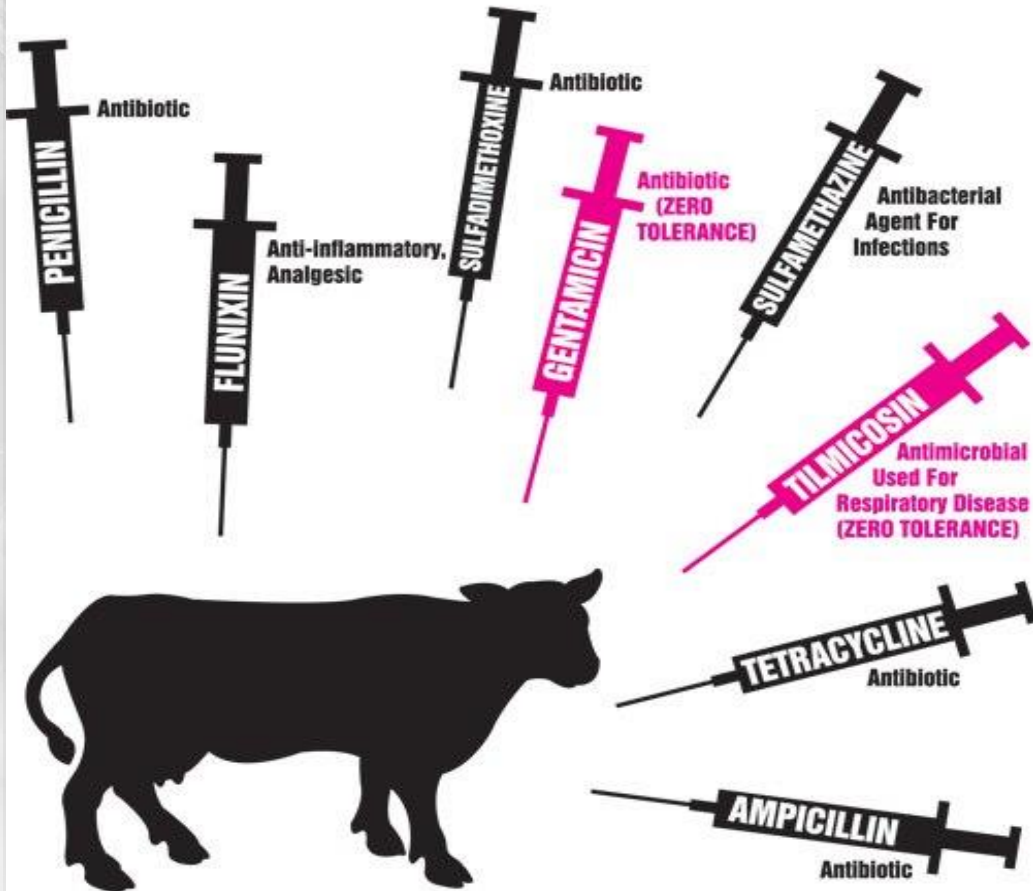


Image:fromduskildawn.org.uk

This happy scene is **not** what most cows of today are experiencing... no, not by a long shot!

They say that without pasteurisation the milk is far from safe to drink? It's not safe anyway!

Look what comes with many dairy cows, especially those that are kept in feedlots. The residues of all these are found in their milk... including:

- A hormone cocktail
- Bovine Growth Hormone
- Pus from infected udders
- Blood cells
- Antibiotics

See below for links on how cows are treated

Antibiotic Cream

Does that sound like something you want to eat or drink?

- Residues of drugs and antibiotics are stored in the fat within an animal. This means, that there is a lot in cream.
- Once again, another reason for looking for grass-fed animals and organic if possible. Or going plant-based!



*Antibiotics found
in Cream*

- Do your own research and then spread it around to your friends and acquaintances.
- The more of us that stop buying conventional and factory farmed milk, the better things will eventually become.

Grass Fed Cows

This is one of the most important aspects to buying a quality dairy product. We need to know that the cows were raised wandering around in green paddocks just as nature intended them to.

There are many horror stories about factory farming. If you are unaware, I encourage you to enlighten yourself by going to the net. I encourage this because it might cause you to be concerned enough to join your voice with many others against this

It doesn't hurt to be reminded that the life of a dairy cow is not always fun. Being forced each year to have a calf which will be removed from you within about 12 hours, never to be returned, is heart-wrenching for both of them. The females may live to be used for milk like their mother, but the males are generally kept, sometimes chained, and killed young as veal.

Factory farming is used for any animal used in our food supply. If the same conditions were reportedly used on our family pets, we would have them taken off us and be fined heavily. It makes no sense. While ever there is great money to be made, the welfare and suffering of food animals is ignored even by our authorities.

I believe...

- Drinking milk or eating dairy products from cows that have been treated in an ethical way, is acceptable.
- There are dairy farms that I know of, where the calves are allowed to remain with their mothers... they roam green pastures... and each has a name. From here is where I would buy milk.

The sole purpose of bringing these issues before you is to bring an awareness

I'm the world's biggest softy when it comes to animals and birds.



RAW MILK vs. CONVENTIONAL MILK

Nutrient and Immune Factors	Pasteurized Milk	Raw Milk
Vitamin A	35% Reduction	100% Active
Vitamin C	25-77% Reduction	100% Active
Vitamin E	14% Reduction	100% Active
Iron	66% Reduction	100% Active
Zinc	70% Reduction	100% Active
B-Complex Vitamins	38% Reduction	100% Active
Calcium	21% Reduction	100% Active
Enzymes	100% Destroyed	100% Active
Immunoglobulins	Damaged	100% Active
Whey Protein	Denatured	100% Active

Dr. Axe
FOOD IS MEDICINE



Organic Raw

Never pasteurized or heated above 102 degrees

Never homogenized

Never standardized

Nothing added

No hormones permitted or needed

No antibiotics permitted or needed

Always have access to pasture

No manure created due to pasture access

Little if any artificial environment

Live four times longer or more

Bull bred naturally

Smaller family or sustainable farm operations

No GMOs

Only natural feeds that the cow would choose in nature

Only natural feeds; never soy or cotton seed

No pesticides used

Pasteurized

HTST pasteurized

Homogenized

Standardized

Additives and preservatives

Hormones

Antibiotics

Zero pasture

Piles of manure

Concrete and steel environments

Short life span for cows

Artificial breeding

Factory farmed

GMO feeds

Artificial food byproducts/plastics

Unnatural feeds like soy and cotton seed

Heavy use of pesticides



Lack of the Lactose Enzyme

Now for another thought...

- The greater portion of the people living in the world do not have the ability to manufacture the lactose enzyme required to digest milk properly in their body.
- Milk would normally come packaged with its own enzymes for digestion, but is it because of pasteurisation killing these enzymes that people run into so many digestion problems and allergic reactions?

