

Should we Drink Dairy Products?

The Debate

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Should we drink Dairy Products?



Before I became a certified Nutritional Counsellor, I regarded myself more as a researcher. I have spent years researching nutrition and over the last few years I've been blogging about my findings.

For many years I have followed the debate on milk, and although there are many valid arguments 'for' and just as many 'against', I have not been able to totally and completely make up my mind regarding its health benefits.

I was brought up on 'raw' milk... you know, the kind that comes straight from the cow. But in later years I started using the supermarket style of pasteurised and homogenised milk.

It came to my attention about 30 years ago or so that drinking milk was not that good and the fact that cow's milk was only designed for calves. I remember I ran with it back then. I used an alternative milk derived from whey. I can remember the long list of numbers on the ingredients panel. Unfortunately I have no way now of knowing what they all were or stood for.

The Debate... FOR

- Drinking any type of milk is good for calcium and gives you strong bones.
- Raw milk is a Superfood full of a great variety of nutrition.
- Drink only full-fat milk as skim milk used to be used to *fatten* the pigs.

• CLA, a type of fat found in cow's milk, significantly lowers the risk of cancer.

• Many good doctors, naturopaths and nutritionists believe there are a great many health benefits to be gained from drinking **raw** milk.

Here is just a small smattering of what I've found:

The Debate... **AGAINST**

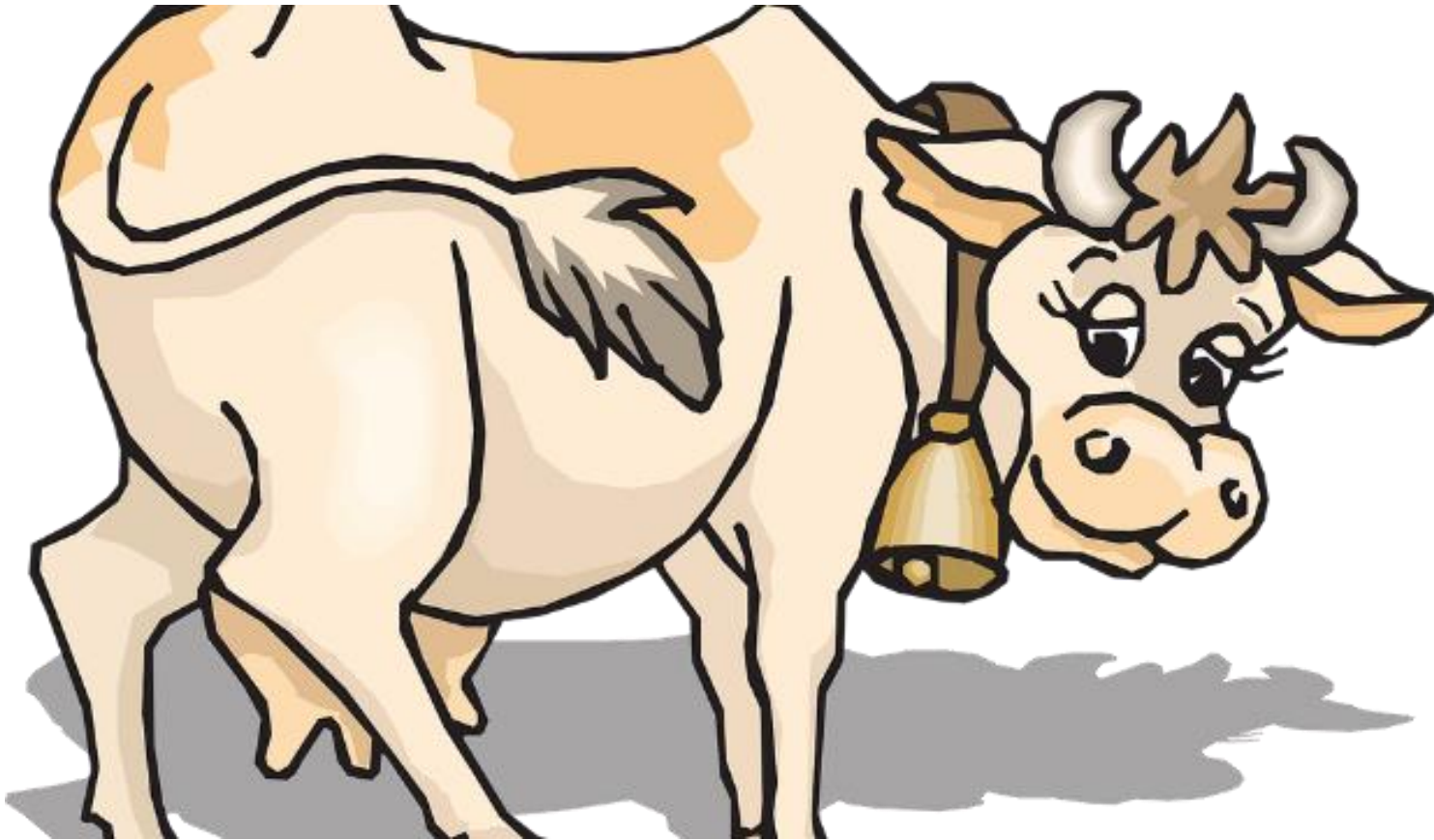
Against

- Only calves should drink cow's milk.
- Cow's milk contains 3 times the protein that human milk does – this causes metabolic disturbances.
- Detrimental to bone health increasing fracture risk.
- Today's milk (not raw milk) is a processed food which should not be consumed.
- Pasteurisation and homogenization destroy virtually all the 'good guys' in milk.

The Debate... **AGAINST**

Against

- Contains synthetic Vitamin D2 which is linked to heart disease.
- Pasteurisation destroys the calcium content and makes it unusable to the body.
- Homogenisation destroys the fat content causing it to go from a 'good' fat to a 'bad' fat.
- Instead of increasing calcium in your body, it robs calcium from your bones.
- Animal cruelty and Big Business should never be condoned.



From what I see...

- **If you drink milk, for the sake of your health, I believe it should be *raw milk* just as it came from the cow.**

But here in Australia you would need to own a cow, or a goat, for this to happen!

...except for... 'Made by Cow' in Bega NSW that has a method of treating their milk using cold high pressure. This cold pressed raw milk has been assessed by the NSW Food Authority as being safe, if not safer, than pasteurised milk. It's available in all states except Tasmania and the Northern Territory at the time of writing this.

- **Both pasteurisation and homogenisation:**

Damage the milk so much it barely contains any nutrition left at all.

If you must drink milk, it should be the cold-pressed version, or 'raw' straight from the cow.

**What
Do
We
Use?**



My husband uses a little goat's milk for his coffee, but 1 litre can last him longer than a week.

So, What do I use?



I use coconut milk as my go-to option, and use no dairy milk of any kind.

I'm currently using organic coconut milk called Coco Quench made by Pureharvest which I quite like when I don't get around to making some of my own.

I buy it from amongst the fresh milk... not in Tetra Paks or UHT (ultra high treatment by pasteurisation).

Nut Milks



I've tried many different nut milks. If I make them myself, I'm generally happy with the taste, but most of the supermarket varieties leave a lot to be desired in my opinion... and... it is only my opinion!

According to a number of health experts, a litre of Almond Milk only contains about 6 almonds. The rest is made up with fillers to give the mouth-feel of milk.

I don't like the sound of that and by-pass it.

The establishment believes this is enough to make 4 litres of Almond Milk!

I do not use any Soy Milk or Products



This means I do not/will not drink soy milk! I believe there is far too much evidence out there that soy is not conducive to health. But as always, there is much "for and against"! I err on the side of caution and will not touch it. Not always an easy feat as soy is added in so many products... I do the best I can.

P.S...Coconut Aminos



On a side note... I use Coconut Aminos instead of Soy Sauce. They are so yum and a much healthier option than Soy.

According to Dr Axe, they:

1. Protect your heart and regulate cholesterol
2. Reduce risk of Diabetes
3. Aid in weight loss
4. Strengthen the Immune System
5. Reduce the risk of Colon Cancer
6. Promote Mental health
7. Naturally treat Polycystic Ovarian Syndrome

Must be added once the meal is cooked and not used in cooking.

I buy it in bulk from my favourite bulk food store... and it's organic to boot!

Cultured Foods come with Benefits

Fermented (cultured) dairy products such as these all contain a whole host of beneficial nutrients:

- full-fat Yoghurt,
- full-fat Cottage Cheese
- full-fat Milk Kefir

Milk Kefir (can also be made from Coconut Milk)

- Did you know that you can make your own Milk Kefir at home? You just need what is known as 'milk kefir grains', and milk. This is allowed to ferment for a few days while the beneficial bacterial build up... just like yoghurt. Just ask at your local health foods store for the grains.

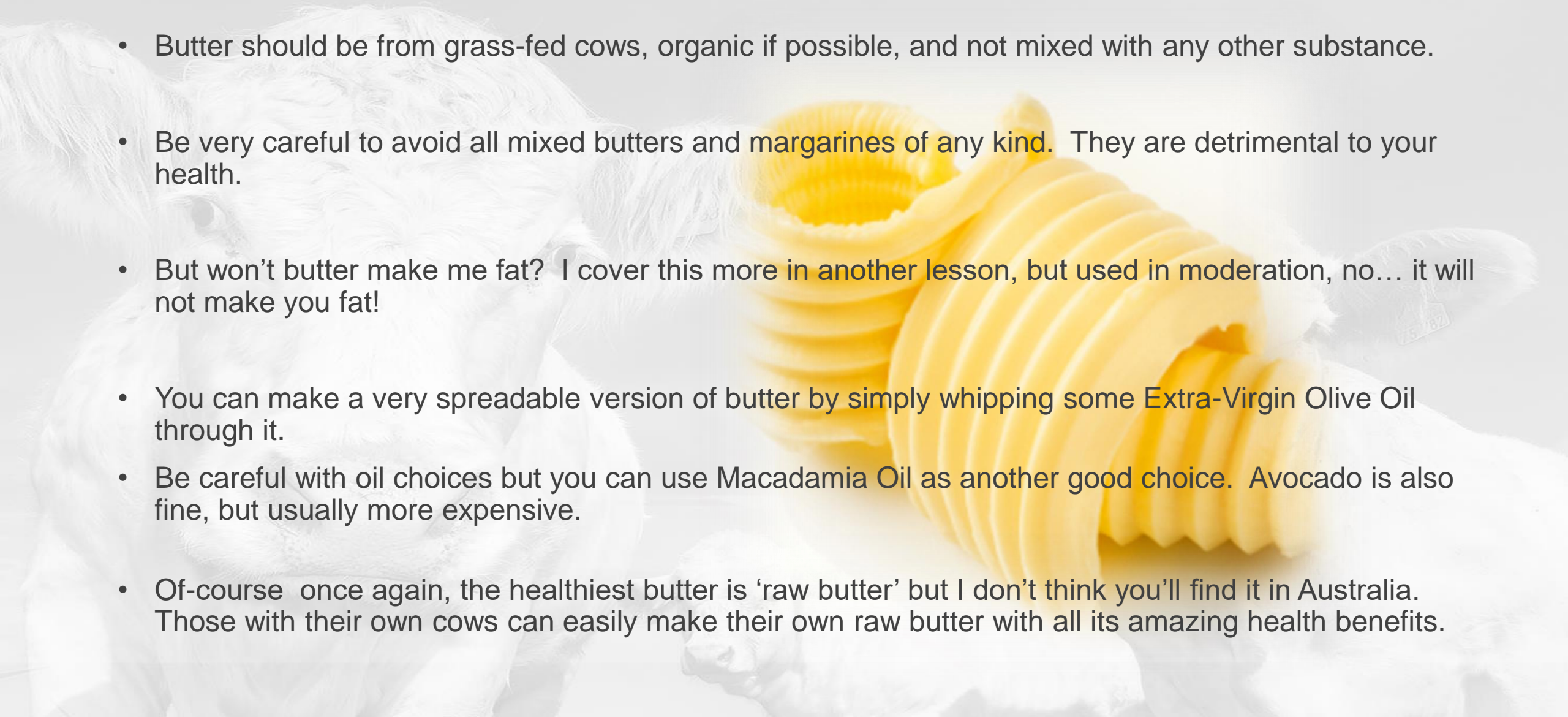
Yoghurt

- It's easy to make your own yoghurt but when buying you need to make sure you only buy true yoghurt and not the highly sweetened varieties. They are NOT beneficial to health and usually do not contain any of the beneficial bacteria that are so vital to your health.



Grass-Fed Organic Butter

- Butter should be from grass-fed cows, organic if possible, and not mixed with any other substance.
- Be very careful to avoid all mixed butters and margarines of any kind. They are detrimental to your health.
- But won't butter make me fat? I cover this more in another lesson, but used in moderation, no... it will not make you fat!
- You can make a very spreadable version of butter by simply whipping some Extra-Virgin Olive Oil through it.
- Be careful with oil choices but you can use Macadamia Oil as another good choice. Avocado is also fine, but usually more expensive.
- Of-course once again, the healthiest butter is 'raw butter' but I don't think you'll find it in Australia. Those with their own cows can easily make their own raw butter with all its amazing health benefits.



My Recommendation...



You'll notice I've been saying 'full-fat'. This is not a typo!

From all my research I am convinced that the 'low-fat' products within the supermarkets are all a big con.

Most all 'low-fat' products are loaded with sugar... and as we know, sugar needs to be eliminated from our diet.

This concept of 'low-fat' is based on very, very weak studies where it was suggested that maybe fat is the problem. Turned out not to be true.

The food industry ran with it as they saw a huge market and as a result people have been getting fatter ever since.

We need to return to nature. Let nature tell us what to do. God did not create the human food chain requiring all the processes the food industry does to it.

The closer to nature and natural we eat, the healthier we will become.

Your weight will gradually return to the 'happy place' according to the Great Designer as we are all different shapes and sizes.