

Title:

The Dairy Dilemma

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Summary:

There have been new and confusing reports about milk and dairy products in the news lately. Th

What is the truth about dairy product con...

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Article Body:

There have been new and confusing reports about milk and dairy products in the news lately. Th

What is the truth about dairy product consumption?

As Sally Fallon and Mary G. Enig, PhD. wrote in their article, "The Plot of Soy" (<http://www.w>

Dairy products have been a major part of many cultures' diets for thousands of years. But the

The problem today is how we get our dairy products and how they are processed. It starts with

We know that grass fed cows have six times higher CLA (conjugated lineolic acid) content in th

Modern breeding methods also produce cows with abnormally large pituitary glands, so that they

The milk from these grain-fed cows is then pasteurized, which destroys dozens of valuable enzy

Pasteurization also destroys much of the valuable vitamin content of the milk. We have been to

Finally, when they make 1% and 2% milk, they add non-fat dried milk to these products to lower

Raw (unpasteurized) milk, on the other hand, is very good for you, and actually safer than past

Of course, as with all foods, raw milk must come from healthy cows and be carefully handled an

Dairy products, meat and whole foods, properly prepared are healthy and life giving. As much a

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