

Are We Killing Our Children?

I tell my students: "You will likely die eating the same diet on which you were raised. But, you should be afforded the opportunity to make well-informed decisions based on as actual, factual, and as complete information as possible."

Talk about underhanded tactics and false advertisement, read about how the dairy industry has had to pull its ad about milk being a weight loss product:

<http://www.calorielab.com/news/2007/05/11/nibbles-dairy-and-weight-loss-ad-campaign-pulled/> Does this give you some idea of the steps they are willing to take to compete for your money?

Do you think this is the first time they have tried to pull the wool over our eyes? Or did they just now get caught?

If I told you that smoking was good for your body, likely none of you would believe me. However that is similar to what the tobacco companies did a couple of decades ago. Even after the verdict concerning the hazards of smoking was in, and the surgeon general directed the words "smoking may be hazardous to your health" to be placed on all tobacco products, the tobacco companies continued to finance studies trying to disprove the findings.

They were actually able to find folks in the scientific community willing to sell their integrity for the right price and state that the findings were inconclusive. The findings were not inconclusive. And, the tobacco companies did not go down easily.

We see a very similar attitude when it comes to the dairy and meat industry. They, as business people, see only one line, the bottom line. That is their business. They are in the business of making money. They make money selling you on their product. They are not unique in this respect. I used to sell insurance. Out of all the insurance agents I ran into, none were actually concerned about their prospects' insurance needs any more than Bernie Madoff was concerned about his customer's investment needs. This is just human nature. We are concerned more about our personal needs than the needs of anyone else. If what we do just happens to benefit those around us at the same time, good.

But, if a business' interests inflict pain, suffering, and financial loss on others, it should be against the law. When such irresponsible acts impacts our entire world the way the dairy and meat industries do, there should be a time at which it is no longer just questionable business practices; there should be a point where it becomes unlawful, unethical and liable.

If you are a baby boomer or younger, it is very likely you witnessed the local schools doing free advertisements for the milk industry. You likely went to school with the local dairy farmer's children. The schools did, and continue to push dairy products, even in the face of studies that prove milk does not "do the body good"; it does not improve bone density, nor does it improve teeth. It actually harms the human body. I've had parents gasp in awe when they hear me say this; I mean it is an

While discussing my lifestyle change with a colleague, she said, “Where do you get your protein, from beans? I said that while beans were a good source, protein could be found in most all plant foods.

There are some well-meaning folks from very prestigious organizations who have the protein story all confused. No wonder it is so hard for the rest of us to get it right. Read for yourself in Dr. McDougall’s April 2007 newsletter.

<http://www.drmcDougall.com/misc/2007/04/07/dairy.htm>

I defy anyone to show me a person, who is not starving, who is protein deficient. It just does not happen if you are getting enough food to stave off starvation.

Many moms and dads are convinced that milk is healthy for their children and the best source of calcium to form strong bones and teeth. Actually the opposite is true.

Animal protein, which cow’s milk contains 21—39 percent, causes the blood to become acidic. If it is not brought back to neutral pH, the body dies. The only antacid in our bodies are our bones.

Over years of high protein diet, the calcium is leached out at a rate that results in America having the highest osteoporosis of any other country.

audible gasp. It is like milk is sacred, and we can’t even entertain that it is less than the perfect food. I’ve had one parent to tell me to not teach his child such things, and that I’d be hard pressed to find a nutritionist to support my view. If you would like to find out about such studies go to www.pcrm.org/health/veginfo/dairy.html or order the book “The China Study”. Other great sources of information are: www.drmcDougall.com or <http://www.milksucks.com> As does the dairy industry, the meat industry pushes its poison to the full extent of the law. Hence, the purpose of this article. When do we start prosecuting companies for knowingly endangering the health, welfare, and lives of innocent people? When do “just business practices” become willful, intentional, and liable actions on the part of the perpetrators? How many people have to contract the dreaded diseases that are prevalent in animal protein consuming communities and die before the cover-up is recognized and food labels reflect what these poisons do, kill and debilitate?

It has become accepted, by way too many people, that coronary artery disease, heart disease, diabetes, obesity, and cancer are inevitable end results of the aging process. If this is true, why are we the only species to have this problem? Yet, if we force feed mice and primates, who never contract these diseases in nature, our unhealthy diet, they too develop these unnatural diseases. People from the East come to the U.S. without any history of these diseases for generations back. Yet, one or two generations after they arrive, their offspring are plagued with these unnatural diseases as badly as the rest of the Americans.

So, you ask; what is the answer? Read; use your mind; do what is logical and reasonable. It is not hard to understand. If we were born to eat meat, we would have been born able to chase it down and kill it without any tools. What other animal on the face of the earth steals the baby’s milk from another species and forces that species to produce milk when normally they would not?

What is your body designed to forage for? What is your—longer than your body—intestines designed to digest? What are your teeth designed to chew? It just seems obvious, once we think about how our bodies are designed, we were designed to forage for and eat plants.