

Health Mentor Programme

Dairy part 1

MENTOR SESSION 19

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IN THIS MENTOR SESSION:

- Is drinking milk the healthy habit you thought it was?
- Milk could have serious side effects...

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The big question...

Time to delve into another one of those controversial and possibly confusing issues - bovine dairy!

Bovine? Well in light of the fact that it's not just cows that produce dairy, I'll be differentiating between all the types of dairy by adding a prefix like bovine-, cow- or goat- wherever it's applicable.

At the end of this session I would like you to know:

- that dairy may not be as 'all good' as you thought it was, and
- that there are some serious side effects associated with the use of bovine dairy...



Healthy habit?

The 'human calves'



When looking at the whole issue of milk consumption, we have to consider some logical thought...

Did you know that all animals that drink their mothers' milk after birth are eventually weaned off it and consume other foods for the rest of their lives?

So why do humans become life-long users of cows' milk if calves kick the habit a few months after birth...?

I thought that might stimulate some thought...

Got milk? You may also get problems...

Lactose intolerance, not just a fad word...

Risks associated with lactose intolerance:

Researchers Matthews and Campbell at the Llandough Hospital in the UK have published the following findings regarding lactose intolerance. ¹

-Lactose intolerance affects more than 7 million people in the United Kingdom, which is much more than previously expected.

-People with lactose intolerance who still consume bovine dairy can suffer from any of the following diseases:

- Irritable bowel syndrome (IBS)
- Eczema
- Asthma
- Osteoarthritis

In other research it is also clear that lactose intolerance and allergies to cows' milk is quite a common occurrence. ²



Acne



Acne: ³

A positive association with acne and the intake of total milk and skim milk was found in the Nurses Health Study II that was done with 47,355 women.

Researchers hypothesised that the association of acne with milk may be because of the presence of hormones and bio-actives.

Eczema

Eczema:

Eczema and other allergy-type skin conditions have been positively linked to the consumption of bovine dairy. ^{4,6}

Airways

Airway allergies, asthma and infections:

Doctors who have experience in treating recurrent airway infections in adults and children⁵ will attest to how these infections are only controlled AFTER the patient eliminates bovine dairy from their diet.

Asthma is also controlled much better in the absence of bovine dairy.⁶



More trouble...

Unhappy bowels...

Intestinal allergies and irritable bowel syndrome (IBS):

Children who are lactose intolerant can suffer from constipation⁶, vomiting⁵, intestinal colic⁵ and chronic diarrhoea³.

They can also have any of the following conditions:⁷

- Unseen intestinal bleeding
- Iron deficiency anemia
- Recurrent abdominal pain (which can be very common in children)

Adults can suffer from irritable bowel syndrome and other intestinal abnormalities due to the ingestion of cows' milk.



Cancer

Milk and cancer:

Professor Jeff Holly from the Faculty of Medicine at the University of Bristol has done research that links a component in milk to cancer formation in humans.

This component is called Insulin Growth-like factor (or IGF) and it is linked to an increased risk for breast-, prostate- and colo-rectal cancer in people consuming large quantities of milk and other dairy products.

Prof Holly feels that there's actually no need for milk and that there's a very real likelihood that one would have a reduced risk of cancer if one avoids it.

Note: Prof Holly mentions that when avoiding dairy it is wise to increase the intake of other foods like fish, beans, veggies and raw seeds and nuts to make sure you get enough proteins, vitamins and minerals in your diet.



and more...

Diabetes



Diabetes risk:

Recent studies have clearly linked the consumption of bovine dairy to the development of diabetes in children that are genetically prone to this disease.^{8,9}

One of the reasons is said to be an enhanced antibody response to the insulin that is present in cows' milk.⁸ (They effectively have an immune reaction to the insulin in the milk that is the same as the reaction to bacteria or viruses)

This antibody response precedes the development of specific auto-immunity to the cells in the pancreas that produce insulin (i.e. antibodies are formed that attack the pancreas).

We advise families that have a prevalence of diabetes to avoid giving bovine dairy to their children.



Rheumatoid Arthritis

This debilitating disease is strongly linked to allergic reactions in the intestine.

Studies have shown that people with rheumatoid arthritis have allergic reactions to specific foods and tend to produce immune complexes in their intestines that have cross-reactions in areas like their joints.¹⁰

It is highly advisable that people with rheumatoid arthritis and other arthritic conditions avoid bovine dairy.

Now what?

We're leaving you hanging!

For answers regarding dairy, read next weeks' exciting edition of the mentoring programme!

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About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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