IDEAL LIFESTYLE PRACTICE

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INITIAL PHASE CORRECTIVE PLAN

Dairy Intake

☒ The ideal scenario is to consume no servings of milk or milk products at all.

☒ Try to consume no more than one serving per day including liquids and solids like cheese. Opt
for raw and/or unpasteurized if you can acquire it.

☒ What foods classify as dairy? Milk and products derived from milk, such as yogurt and cheese.

☒ Research tells us that up until about 9,000 years ago in the Middle East and about 7,000 years
ago in Northern Europe, no human being on earth consumed non-human milk or dairy products.[1] These people, like every other mammal on earth that only drinks milk during infancy, had very health bones and no osteoporosis.

☒ People in countries with a high calcium intake from commodities such as milk and milk products have the highest incidence of hip fracture.[2] The billions of people on the planet who don't consume dairy products do not have more osteoporosis!

- We have been told that dairy products give us strong bones and that yogurt gives us healthy probiotics. However, these claims do not stand up to scientific scrutiny. The calcium in most milk is in the form of added calcium supplements not from the milk itself. The probiotics found in dairy are not the species of probiotics that humans require; the normal flora for humans was established long before humans ever domesticated cows and drank milk! Milk is little more than an unhealthy and expensive delivery system for calcium supplements.

- Most importantly you cannot get strong bones from taking calcium anymore than you can get strong muscles from taking protein. You need to exercise to get strong muscles and you need to exercise to get strong bones – period!

- No research has ever shown dairy consumption to increase bone density. However, increased exercise and increased consumption of fruits and vegetables have both been shown to increase bone density![3]

- Milk and dairy products have also been implicated in the cause of Rheumatoid Arthritis and diabetes.[4] Dairy products, though low on the glycemic scale cause a large insulin release[5] and they also produce histamines leading to inflammation and allergies.[6]

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