

# Processed Milk is BAD for Your Bones – We've all been 'White-Washed'

(NaturalNews – S. D. Wells) Most milk does a body BAD, not good, but it's the biggest lies that are more likely to be believed, and there are myths that refuse to die. So, in the name of good health, let's try to rid ourselves of them now.

## Food that is cooked dead is useless

Did you know that pasteurized milk is dead milk? The nutrients are lost, burned up at high heat, between 145°F and 160°F for about 30 seconds. Yep, that milk's dead. Did you know that calcium alone does not build bones or bone density? Let's start this off with those infamous words, *pasteurized* and *homogenized*. *Homogenized* and *pasteurized* are bad, bad words. Were you taught differently growing up? Did the school books brainwash you? Did the commercials say just the opposite, that milk helps build strong bones? Is your "dead" milk polluted with inflammatory carcinogens, medications, hormones, antibiotics, pus, pathogens, bacteria, viruses and artery-clogging animal fat?

## Milk, cigarettes, diet soda and margarine for America!

*The United States is in the midst of a public health epidemic due to poor diet. While much of the focus has been on obvious culprits such as sugary soft drinks and fast food, dairy foods often get a pass. The dairy industry, propped up by government, has convinced us of the health benefits of milk and other dairy products. But the context of how people*

*consume dairy matters. ...*

*[P]atterns of consumption [have shifted] away from plain **milk** toward dairy products laden with sugar, fat, and salt. ...*

*Nearly half of the milk supply goes to make about 9 billion pounds of cheese and 1.5 billion gallons of frozen desserts—two-thirds of which is ice cream;*

*11 percent of all sugar goes into the production of dairy products.*

*(<http://www.eatdrinkpolitics.com>)*

*A few years ago, **David Wolfe**, nutritionist, best-selling author and world traveler, speaking via *Natural News*, said it best:*

*Okay, well the nations that consume the most calcium, the United States, Canada and the Scandinavian countries, have the worst osteoporosis and that's because our theory of mineralization or our theory of nutrition is incorrect. The general theory is that a hundred years ago they started looking at people's **bones**. They found out that, "oh my god; these bones are made out of calcium". When people don't have enough bone density the thought is, "oh they just have to eat more calcium because that's what builds bones". Calcium does not build bones and that is one of the biggest misconceptions ever and it actually goes to the real core of our problems with science. ...*

*What increases bone density? Well, it turns out it's two other minerals and that is silicon and magnesium.*

*(<http://www.naturalnews.com>)*

## **Pasteurized milk – this is NOT good**

The goal with pasteurization is to kill potentially bad bacteria, but at what cost? It kills all the beneficial bacteria and damages the minerals and vitamins. Plus, [pasteurization](#) denatures the proteins. This milk gets heated over 160°F for **half a minute** to “sterilize” what you’ll probably have trouble digesting. Even “low-temp” pasteurization stops at around 145°F, still killing most of the beneficial enzymes.

## **Homogenized milk – this is NOT good**

Around the turn of the 20th century, homogenization became the “industry standard,” because people liked not having to shake up all the fat globules for consistency. This process rearranges the fat and protein molecules, which **ALTERS** how they act in the human body. Then you have “fortified” milk with vitamins A and D added back in so that the general population **feels better** about drinking milk past infancy.

## **The calcium myth – why millions of Americans are “doing it” wrong**

The US is the **most dairy-consuming nation** in the world, yet we have the highest rate of osteoporosis. *No animal on Earth drinks milk past infancy or from another animal*, except humans.

Don’t get “white-washed” by the Dairy Industry! Get your calcium from *organic leafy greens* and **raw nuts and seeds**. Find organic silicon and magnesium and stay informed. (<http://drbenkim.com>)

**Sources for this article include:**

<http://drbenkim.com>

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