

Now, of course, you're concerned about how to replace dairy and still obtain calcium, protein and so on. Don't worry, there's nothing in milk that isn't better obtained from plant sources in a vast array of products, some of which look and taste almost exactly like their dairy equivalents.

If you want the science explaining why dairy damages health, look no further! This health report by the VVF is 76-pages and reviews over 200 research papers.

You can join the VVF, receive the highly-acclaimed magazine *Viva!Life* three times a year, fact sheets in a special folder and have access to free advice on diet and health. You will also be supporting our campaigns to improve the nation's health and save animals from suffering.

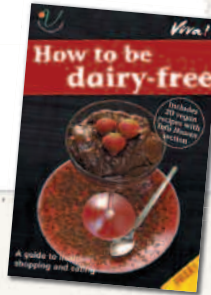


Includes two colourful guides and a fact sheet on everything you need to know about calcium.

48 pages of brilliant shopping advice for new vegans and plenty of information on why dairy damages health. This guide gives details of the many dairy-free alternatives available – soya, oat and rice milks, shakes, probiotics and yogurts, margarines and cheeses, desserts, custard and ice cream – and not forgetting chocolate! You won't miss out on nutrients or taste!



20 vegan recipes – colourful, simple and utterly delicious (36 pages).



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Or call 0117 970 5190 (Mon-Fri 9am-6pm) or order/join online at www.milkmyths.org.uk



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A close-up photograph of a young boy's face, wearing black-rimmed glasses. The image is partially obscured by large, bold, stylized text. The text is arranged in four lines: 'Milk,' in blue, 'gotta' in blue, 'lotta' in blue, and 'grot' in white. The background is a light blue with white splatter-like patterns. The boy's hair is blonde and slightly messy. The overall tone is playful and energetic.

**Milk,
gotta
lotta
grot**

...like hormones, growth factors and 'somatic cells,' the stuff that makes up pus. And there's up to 400 million of these little beauties in every litre*



MilkMyths.org.uk

* The higher the number of somatic pus cells, the higher the likelihood of antibiotic residues, toxins and bacterial infections that survive pasteurisation

All 4,500 species of mammals produce milk for their young. Only humans continue to drink it after weaning – and not even their mother's milk but cows' milk. Nature never prepared us for this, which is why most people in the world can't drink milk because of intolerances and allergies.

But still cows' milk is marketed as pure, essential and natural. It's natural for calves but it's certainly not natural for human babies. The two have very different needs and the milk reflects this.

Milk is Pure?

Dairy cattle are plagued with diseases and one in three has mastitis. Painful, swollen udders issue copious amounts of pus and despite 'controls', some finds its way into your milk. Pus is made mostly of somatic cells and 400 million of these cells are permitted in every litre of milk.

Plus, every sip of milk contains a cocktail of 11 different growth factors and 35 different hormones. All because most milk comes from animals who are pregnant or who have recently given birth – times when oestrogen and other hormone levels are sky high.

Oestrogen, and a growth hormone called IGF-1, in dairy is linked to breast cancer in women and prostate cancer in men. Even small increases in IGF-1 raise the risks of several other common cancers including lung and colon cancers.

Milk to build bones?

Three quarters of the world's people don't drink milk as it results in allergy or intolerance. Far from being floppy, they tend to have strong bones, unlike people in the US whose dairy consumption is huge yet have record levels of osteoporosis. This apparent contradiction is caused by the acidity caused in our bodies by eating high animal protein from dairy and meat. Our bodies try to neutralise the acid by leaching calcium from our bones – bad news for those on a typical Western diet which is heavy in animal protein.

Milk – the demon drink

It's not just children who are affected, adult diseases linked to dairy include breast cancer, prostate cancer, arthritis, Crohn's disease, food poisoning, gallstones, kidney stones, migraines, multiple sclerosis and obesity.

White lies

Milk – from contented animals?

Cows produce milk because they give birth – but their babies are forcibly taken away from them. The result is emotional devastation for cow and calf. Male calves are the unwanted 'by-products' of dairy farming and are mostly shot at just a day or two old, raised for meat or sent to the cramped and cruel Continental veal farms. Mothers are reimpregnated and suffer the crushing burden of producing huge quantities of milk while nurturing a growing foetus. The result is rampant diseases of the legs and udders and a very short life. Female calves follow in the painful footsteps of their mothers.

"Cows' milk is a perfect food for a calf but that doesn't mean it is good for human babies – or adults! If you want to improve your health by making just one change to your diet, I recommend you eliminate all dairy."

Professor Jane Plant CBE (DSc, CEng): leading scientist and author of *Your Life in Your Hands – Understanding, Preventing and Overcoming Breast Cancer*.

Milk magnificent for kids?

Allergies, acne, asthma, colic, eczema and ear infections may all have some link with dairy, as can childhood anaemia because of the intestinal bleeding it can cause. Childhood diabetes (type 1) is increasing dramatically. Milk and cows' milk formulae can be triggers. Type 2 diabetes once affected only adults but is now skyrocketing in children. The more dairy (cheese, butter, milk) and meat kids eat, the higher their risk.

Milk – fat of the land?

And mainly the most damaging kind – saturated fat! Milk, yoghurt, cream, butter and cheese are usually 50 to 65 per cent bad fats which are linked to many serious diseases.

One in eight women in the UK now develops breast cancer. In rural China it is one in 10,000. The difference is almost entirely due to diet and lifestyle – not genes. A study of 80,000 women in the USA has shown that dairy eaters have double the risk of ovarian cancer. Heart disease and strokes are big killers in men and women in the UK and the fats, cholesterol and protein in meat and dairy carry much of the blame.

"It is well nigh time that the evidence on the adverse health effects of dairy be honestly presented to the public. One of the biggest myths is that we need dairy for strong bones and teeth."

Professor T. Colin Campbell, lead researcher of the China Study, Professor Emeritus of Nutritional Biochemistry, Cornell University

