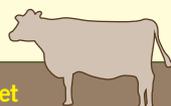


How about humanely-raised milk and dairy products?



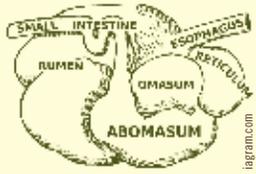
A mother cow's milk is perfectly formulated by nature to provide the essential nutrients and antibodies her infant calf requires.



KEY ANIMAL WELFARE FACTS

Most now know that the conditions for dairy cows on factory farms are cruel and inhumane in many ways. But how about the so-called humane alternatives? With all the new humane claims and certifications out there portraying farmers who really care for their cows and calves, what does this best-case scenario really look like? Consider these basic practices of modern dairy farming:

- Dairy cows only lactate and produce milk when pregnant with calves, so to be considered economically viable, they must be routinely impregnated, causing greater stress, greater likelihood of illness and premature death.
- Newborn calves are separated from their mothers typically within 1-3 days to prevent the deep natural bonding process between mother and newborn.¹
- Calves separated from their mothers are denied their mother's milk, perfectly formulated by nature to provide all the essential nutrients and antibodies they need.



Only the abomasum of a young calf secretes renin, a key ingredient in cheese.

- **Cheese makers need veal processors.** Rennet is a complex of enzymes required to coagulate cheese, extracted from the inner mucosa of the fourth stomach chamber (the abomasum) of young, unweaned calves, the “by-products” of veal production. Larger producers often use a genetically-engineered alternative.³

- Male calves are of little or no value to the dairy farmer. Healthy calves are typically sold at auction to veal farmers or raised as adult bulls for meat. Weak ones are often killed.⁴
- Dairy cows can suffer from a variety of illnesses due to intensive milk production. 100s of pharmaceutical products are administered to cows⁵ which can end up in their milk and cause serious health effects.
- Cows produce an average of 729 days of milk, equivalent to 2.4 lactations, before considered “spent.”⁶
- **Dairy cows are marketed and sold to slaughterhouses.** While cows can live up to 25 years, dairy cows are typically removed from the herd at age 2-5 when their milk production weans, their lives cut drastically short by entering the meat market. In their fragile end-of-production state, handling, transport, and slaughter add to their suffering and distress.⁷
- Artificial insemination and in vitro fertilization of cows is common practice today. Embryo transfer is yet another reproductive technology that consists of giving cows hormone treatments to produce multiple embryos. These embryos are then removed from the donor cows and transferred into other surrogate cows. This results in 3 to 6 calves instead of just one. These procedures are often invasive, causing physical pain and distress.⁸
- Cows are social, complex animals with the ability to nurture friendships, anticipate the future, and experience pain, fear, and anxiety.⁹



“Milk... New Weapon of Democracy” ad from the 1940s. (public domain)

KEY HUMAN HEALTH FACTS

Much of what we know today about dairy nutrition is based on the legacy of dairy industry marketing that emerged in the 1950s. The Dairy Council's “Got Milk” ad campaign still remains today one of the most influential and costly. Few critical scientific evaluations ever penetrated the media or gained public acceptance to counter this pro-dairy agenda—until recently. This has resulted in whole populations that have come to rely on dairy as an integral part of their daily diet—and unprecedented rates of chronic disease. Consider these facts:

- **Humans are the only mammals that drink milk, the secretions of the mammary glands, of another animal, though most of the world's population does NOT drink milk or consume dairy products.**

- While chronic diseases remain almost nonexistent in populations that consume little or no meat and dairy, affluent populations commonly have rates of chronic diseases that closely parallel their consumption of animal products.
- [The western diet rich in meat, dairy and eggs] “...is associated with a multitude of disease conditions, including obesity, diabetes, cardiovascular disease, arterial hypertension and cancer. Malignancies typical for affluent societies are cancers of the breast, colon/rectum, uterus (endometrial carcinoma), gallbladder, kidney and adenocarcinoma of the oesophagus.” —The World Health Organization
- In the most comprehensive study of human nutrition ever conducted, “What protein consistently and strongly promoted cancer? Casein, which makes up 87% of cow's milk protein, promoted all stages of the cancer process. What type of protein did not promote cancer, even at high levels of intake? The safe proteins were from plants, including wheat and soy. As this picture came into view, it began to challenge and then to shatter some of my most cherished assumptions.” —Dr. T. Colin Campbell, author of *The China Study*
- “...milk products may contain contaminants such as pesticides, which have carcinogenic potential, and growth factors such as insulin-like growth factor I, which have been shown to promote breast cancer cell growth.” —*The American Journal of Clinical Nutrition*
- “Humans now carry dioxin levels in their bodies hundreds of times greater than the ‘acceptable’ cancer risk as defined by the EPA, and 95 percent of that results from eating red meat, fish and dairy products.” Jennifer Bogo, author of *The Diet-Cancer Connection*
- “Any lactating mammal excretes toxins through her milk. This includes antibiotics, pesticides, chemicals and hormones. ... the USDA allows milk to contain from one to one and a half million white blood cells per milliliter. ... another way to describe white cells where they don't belong would be to call them pus cells.” — Robert M. Kradjian, MD, Breast Surgery Chief Division of General Surgery, Seton Medical Centre

1lb. of cheese = 10lbs. of milk. 1lb. of ice cream = 12lbs. of milk. 1 lb. of butter = 21 lbs. of milk!¹

So it's easy to see how the toxins and other unhealthy components in milk become highly concentrated in other dairy products. —¹Dairy MAX, The National Dairy Council

DAIRY AND DISEASE

According to numerous studies, dairy creates metabolic acidosis that can potentially lead to a wide range of common health conditions:

- [Acne](#)
- [Allergies](#)
- [Anemia](#)
- [Arthritis](#)
- [ADD](#)
- [Alzheimer's disease](#)
- [Cancer: breast, prostate and ovarian](#)
- [Cardiovascular disease](#)
- [Crohn's disease](#)
- [Diabetes](#)
- [Ear infections](#)
- [Fibromyalgia](#)
- [Headaches](#)
- [Lupus](#)
- [Osteoporosis](#)
- [Obesity](#)
- [Sinus infections](#)

HOW ABOUT DAIRY ALTERNATIVES?

As science challenges long-standing nutritional claims about cow's milk, manufacturers have responded with a whole host of alternatives—from soy to almond, rice, hemp and coconut—with new types of milk cropping up all the time. Most are fortified with the same nutrients found in dairy milk, such as calcium and vitamin D. Even Dean Foods, one of the world's largest industrial dairy interests, had the foresight to purchase the Silk® brand from Whitewave and has come to dominate the soy milk industry.



Dairy-free alternatives to butter, cheese, ice cream and yogurt are now widely available as well, though a word of caution here. The animal protein casein, which is the primary protein found in cow's milk, is used in many “soy-based” cheeses. Look for products that are dairy-free, such as Teese, Daiya™, Follow Your Heart, WholeSoy, So Delicious, Vegan Gourmet®, Toffuti® and Galaxy Nutritional Foods®.

DAIRY-FREE RESOURCES

For nutritional information, diet plans and strategies, recipes and product suggestions, check out these trusted information websites:

http://foodispower.org/find_vegan_food.htm, An excellent guide to product brands from The Food Empowerment Project

<http://www.godairyfree.org>, Managed by Alisa Fleming, the author of *Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living*

<http://www.pcrm.org/health/veginfo>, Physicians Committee for Responsible Medicine

<http://www.veganhealth.org>, The website of Jack Norris, Registered Dietitian, President of Vegan Outreach

<http://www.vrg.org/nutrition>, The Vegetarian Resource Group

<http://www.vegetarian-nutrition.info>, The official site of Winston J. Craig, PhD, MPH, RD, Professor and Chair of Department of Nutrition and Wellness at Andrews University, Michigan

<http://www.vegnutrition.com>, The official site of dietician Virginia Messina, MPH, RD

¹ Dale More et al., “Calf Housing and Environments Series,” *Veterinary Medicine Extension*, December, 2010

² Dr Paul McGreevy, <http://animalbehaviour.net>

³ Wikimedia Foundation, Inc., <http://en.wikipedia.org/wiki/Rennet>

⁴ “The Welfare of Cattle in Dairy Production: A Summary of the Scientific Evidence. A Farm Sanctuary Report” April, 2011

⁵ Drugs.com, <http://www.drugs.com/vet/dairy-cattle-a.html>

^{6, 7, 9} “An HSUS Report: The Welfare of Cows in the Dairy Industry” June, 2009

⁸ Reinhard Renneberg, Arnold L. Demain, “Biotechnology for Beginners” Elsevier, 2008

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HARM

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