

NATURAL HEALTH SERVICES

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Reasons to Avoid Pasteurized Dairy Products

By Keith Post, ND

Milk, a purified protein-rich food, was intended by Nature to be a complete food source for the purpose of nurturing the newborn. And, the most ideal food source for a developing human infant is the milk of a human mother. Scientists have now identified a substance within mother's milk called colostrum, which is vital to the immune system of the developing infant, not to mention the closeness, warmth and emotional bonding that takes place during regular breast-feeding. In my opinion, mothers should be encouraged by society to breast-feed and to be allowed to do so freely, as it is part of the normal fabric of life and should be honored as such. Our country, although very advanced in some ways, has some amazingly anti-life beliefs and viewpoints.

To continue our discussion, human beings (and occasionally, their domestic pets) are the only species on Earth that consciously choose to violate natural law on a regular basis by not only consuming milk after being weaned, but the milk of another species. And, not only do we consume milk and products made from milk after being weaned, but we consume them with no thought as to what else we are eating at the same time and at a temperature much colder than Nature originally intended. This leads to a whole host of problems for the body to deal with:

- Allergic reactions to dairy products are, by far, the most common noted in the scientific literature. Some of the most common reactions are: acute & chronic sinusitis, recurrent colds & flus, chronic eczema (atopic dermatitis) and other persistent skin rashes, recurrent ear infections, flatulence, and other digestive complaints.
- Lactose intolerance, which is due to an insufficient amount of the enzyme lactase, leads to a whole host of digestive disorders and autoimmune reactions. It would seem to make sense that a normal, healthy body would make less lactase after weaning, anyway.
- Since milk was originally intended by Nature to be taken alone, there is a problem with improper food combining. This means that the body's digestion and assimilation will be dysfunctional in the presence of food combined with dairy products and its' nutrition status will be less than ideal, as a result.
- Foods and liquids that are taken at a temperature much colder than normal cause the smooth muscle of the esophagus, stomach and intestines to contract, inhibiting normal digestive processes and can even lead to painful cramps or spasms. In Traditional Chinese Medicine, the stomach is considered to be a warm, moist organ, so by habitually drinking cold liquids you are deranging its' natural condition, which then can then lead to lowered immunity, especially during the cold weather months.

Milk, from cows, presents a special problem, both for newborn human babies and adults. A cow is a mammal with four stomachs, so it can, by design, handle food molecules that are much larger than we can. This is reflected in the fact that the cow's milk has a much larger molecular structure than does human milk. Because of this, milk and other dairy products are, by far, the most mucous-producing foods. Some of this problem is overcome by taking milk in via its' lower-fat forms, but this is still not what Nature intended.

Also, most cows' milk that being commercially sold has been previously pasteurized. This means that it has been heated to 160 degrees F. in order to destroy any potential pathogens. The problem with this is that heating milk to any temperature above 120 degrees will also destroy the lactose enzymes as well, thereby negating any potential health benefits of drinking milk. So, if you do want to continue to drink small amounts of cows' milk, it would be best to purchase organically certified raw milk at your local health food store, depending on the regulations of your state.

Mucous tends to build up in the system over time, especially in the sinuses, until the body is overloaded. Then, usually at the seasonal changes from cold weather to hot (Spring or "hay fever season") or from hot weather to cold (Autumn), the body will manifest an upper or lower respiratory infection to rid itself of the excess mucous. This is what naturopaths refer to as a "healing crisis," as opposed to a "disease crisis," and should not be inhibited or tampered with too much. Otherwise, you will just prolong the symptoms and weaken your vital force.

The healing crisis is easily identified by these two characteristics: discharges are taking place freely and you are healthier afterwards, as a result of experiencing it. For example, your five senses of sight, hearing, touch, smell and taste will appear to be working better. A "disease crisis," on the other hand, is the opposite. The logical outcome of a "disease crisis" is progressive deterioration, weakness and death. Some people in our culture mistakenly believe that this is a natural outcome of aging, but by following logical, healthy life principles, radiant health can be enjoyed by anyone well into their sunset years.

One problem, that many Americans aren't aware enough about, is how heavily dairy cows and beef cows are medicated in this country. It has even gotten to the point where the French, who are in many respects more health-conscious than Americans are, will no longer accept American beef into their country for consumption. Some of the drugs given dairy cows include: routine courses of antibiotics, genetically engineered bovine growth hormone and steroids. Therefore, consumers of beef and dairy products are unwittingly taking in a daily dose of antibiotics. This has helped to create a situation such that when an infection does strike, antibiotics that were previously effective are now useless, so stronger medicines must be given. Also, the steroids in dairy and beef products are causing an increase in a previously rare condition called gynecomastia, which is the development of female-like breasts in males. There is also an alarming increase of breast cancers in the USA and other milk-consuming countries of the world, although birth-control pills and other types of estrogen therapy are probably the main culprits.

Many Americans have been led to believe by the dairy industry that dairy products are necessary for strong bones, due to their high calcium content. This is misleading information. It is true that dairy products contain a high percentage of calcium, however it is in a protein-bound form, so will tend to acidify the body. And, because the body must always buffer any excess acid in order to maintain a balanced pH at all times, it will actually withdraw from its' reserve of alkaline minerals whatever minerals are necessary to maintain a balanced pH.

So, what are the body's main alkaline minerals and where are their reserves located? Calcium from the bones and, to a lesser degree, magnesium contained in bone, muscle and nerves, are the primary buffering agents. So, the net result of the calcium taken in via dairy products is zero, and 24-hour urine studies have verified this. So, the bottom line is if you want to maintain strong bones after weaning, your calcium is best derived from other non-protein bound food sources, i.e. seafood, seeds, nuts, legumes and green leafy vegetables. Other sources include: figs, molasses, garlic and freeze-dried bone. This is found in your health food stores in the calcium

supplements section under name MCHA or microcrystalline hydroxyapatite. This is far superior to the old dolomite supplements, because the heat used in their processing denatured the calcium and made it much less bioavailable.

Butter is the one dairy product that may be used safely by all people in small amounts. This is because butter is almost 100% fat and has no protein molecules to create allergic reactions or other forms of antigenicity. Before you become alarmed about the fat content present in butter, let me explain the type of fat present. It IS saturated fat, however, the molecular chain is very short, containing only four carbon molecules. In other words, butter is made up mostly of butyric acid, which dissolves and digests almost immediately in the warm stomach. This is why, on a hot summer day, a plate of butter will soon become a puddle, while the margarine won't. Which do you want in your stomach? There are a number of other problems with margarine, which is basically vegetable oil that has been artificially hydrogenated, flavored and colored. Suffice it to say, that butter is much more natural, healthier and tastier than margarine will ever be. I have articles available that will explain this health truth in more detail. One more thing to note about the butyric acid content of butter is that it is naturally anti-parasitic. This may be more important than many of us in the Western world realize, as parasites are being implicated in all sorts of health conditions today, including even cancer.

Ayurvedic medicine, originating out of India, is one of the oldest medical systems on the planet. In their system of healing, milk is taken without solid food, but in combination with various herbal medicines, according to time-tested formulations and methods of preparation. It is indicated only for infants, the elderly or those with wasting diseases.

There is some newer research indicating that relates certain blood types to certain types of diets, depending on the evolutionary time period in which they developed their particular antigenicity. According to this research, people with the oldest blood types ("O" or "A") do not even have the necessary enzymes to digest dairy products. Therefore, they will have the most difficulty digesting them. In this system, those with type "B" are the best equipped to handle dairy products and, to a lesser extent, those with type "AB."

Finally, let us just say that if everyday life provided more opportunities of sharing genuine warmth and affection between people, there would be a much lower tendency for people to develop unnatural gustatory cravings for substances having a negative nutritional value. In the case of dairy products, it would make sense that many of us have deep, unconscious needs for nurturance that have not been fully met during the various stages of our lives. So, we unconsciously look to dairy products, as well as sugary sweets, for a partial substitute.

The solution would be for modern societies to reexamine their value structures and decide what is really important, technology or human relationships, and place more emphasis on children and adults learning more advanced social skills, so that we may all experience a life that is truly and completely emotionally fulfilling.

For more information concerning the benefits of raw, unpasteurized dairy products, read the book [The Untold Story of Milk](#), by Ron Schmid, ND. My review of this book is online at <http://naturalhealthservices.info>.