

2/6/14

Milk & Meat Controversy
In Reference to Article by Dr.
Verma, TheDailyMeal.com

To say categorically, in the article, that acidic animal protein leeches calcium from the bones is suspicious to me as a Christian, who sees that as an aspersion (intentionally or not) against God, whose perfection could not cause creation of a substance in milk that in itself would be detrimental, or harmful for man to consume.

If the statement by Dr. Verma is true, then some other intervening chemical change would have to occur to cause the contrary effect of the two chemical substances. The toxic change in materials stated to be present in milk would have to be the fault of man, or something imperfect in nature, due to the chaos of the fall caused by the original sin of man in the garden of Eden. "For we know that the whole earth groaneth and travaileth in pain (corruption) together until now (still)." Rom. 8:22.

The specious assumption that cow's (or goat's, or sheep's) milk is not designed for human consumption blatantly contradicts biblical references to man being provided with, and commonly partaking of milk throughout history. The conclusion that the protein content of natural cow's milk creates metabolic disturbances, is a misdiagnosis of cause and effect.

Unless something in nature, or man's doing affects the amount or quality of protein, God would never design anything that causes a physical problem in man's body. Which includes, adversely affecting metabolism, or pH, or any other health factor in our bodies, or minds! The critique is an overreaction, that suggests a possible radical vegetarian concept.

It is very likely, and no doubt proven, that both pasteurization and homogenization affect the food value, or quality of milk (especially if chemically altered), and our ability to digest, and assimilate it. But, the "fact" of 75% of the

population having lactose intolerance proving that milk is not meant for human consumption, is not a foregone conclusion that it is a natural effect of the product.

Has anyone proved that the chemical ingestion and processing does not cause the lactose intolerance? You commented that pasteurization and homogenization makes milk harder to digest. But, there are remedies, or palliatives to aid digestion, that are widely used.

The inflammatory, respiratory, and allergenic factors noted do not prove connection to natural unadulterated milk products, or other unaltered animal-derived proteins, including meat!

Again, my doubts of the negative effects cited, applying to natural milk, are based upon a logical perception of God's design and purposes in the creation of everything, including milk. In itself, the testimony, biblical and historical, of the universal dietary staple, and abundant production, establishes its health value, and fundamental need--putting milk and related dairy products at the top of the food chain.

And, among all the great designed characteristics of God's creations, is a homely little example of a brown cow, eating green grass, and making white milk. Simple for God, but practically unfathomable for mortal man, or if he does figure it out, there are only a multi-million more marvels of God's creation to contemplate, and remain baffled about!

I suppose it is determinable, but what if a cow, etc., was only to eat natural, pure grass, etc., with no pesticides, or other toxic or foreign substances involved. And, for man to consume the natural, unprocessed milk and derivative products in an untainted state. Could it not be very possible that there would be no negative effects, but only positive benefits to human health? Which, I assume was probably the normal unaltered condition of milk products throughout the world, before man began tampering with the natural handling of them, that God intended, and established.

Notwithstanding animal husbandry that would not interfere with, but safely

enhance the natural healthy productivity of the animals, a qualitative analysis between processed, and raw milk, which probably has been done, would greatly inform the issue, and I believe prove the natural milk value--not that God needs any vindication for His perfect creations.

Before I quote some biblical references, showing the significance of milk in the world's cultures, I want to interject a very interesting, compelling case for the universal consumption of dairy products.

Realizing that it would be of minority interest, and belief, in today's "advanced" health science field, nonetheless, I am referring to biochemistry--the chemistry of living tissue! Originally called the "cell theory" of Virchow, based upon the discovery and identification of inorganic constituents of cell substances, called "cell salts"; they being the vital elements of the body, the workers, the builders. The water and organic substances, forming the remainder of the organism(s) are simply inert matter used by the "salts" in building cells of the body.

There are twelve of the tissue salts, all essential to complete health. Virchow said the definition of all disease resolves itself into this: "An altered, or changed state of cell." Any deficiency in the mineral constituents, causes some abnormal condition in the body (or, mind)! The tissue salts are identified in the following group descriptions:

Phosphates

Lime, Calcareum Phosphoricum/ Iron, Ferrum Phosphoricum/ Potash, Kali Phosphoricum/ Soda, Natrum Phosphoricum/ Magnesia Phosphoricum

Chlorides

Potash, Kali Muriaticum/ Soda, Natrum Muriaticum

Sulphates

Lime, Calcareum Sulphuricum/ Soda, Natrum Sulphuricum/ Potash Sulphuricum

Fluoride and Pure Silica

Lime, Calcareum Fluoricum/ Silicea

Cell action is dependent for its nourishment on the daily consumption of suitable food, rich in vitamins, red meat, liver, milk, eggs, and green vegetables,

etc., and drink.

An interesting fact about milk: it contains all twelve tissue salts. Isn't that just like God, to provide such perfect food, that is probably the most healthy food we can consume. As for milk being for infants, and not adults, the cell building process goes on all our lives, and milk is still the best source of the minerals, which are essential to be maintained at sufficient levels.

My daughter was a vegetarian, and became tired, and lost weight, which made her seriously underweight. A doctor told her that people who are O positive blood types need (or, at least some need) red meat protein. I don't recall if other foods, rich in vitamins and other nutrients was recommended, or not, but it seems likely. Anyway, after changing her diet, as recommended, she regained her vitality and weight.

Again, the bible indicates the natural custom of eating meat, as well, i.e., "killing the fatted calf", to celebrate the return of the prodigal son. Also, eliminating meat and dairy products would make cows largely superfluous, and expendable, wouldn't it? That would ridiculously contradict God's designed purpose! It seems, as in the impossible fantasy of the theory of evolution, that common sense, and logical reasoning (essential for sound conclusions), are practically ignored by the proponents of the two presumptuous philosophies!

A simple observation would be, what are the animals here for? Just like the petroleum resources that we are not permitted to extract from the earth in many places. The same question should apply, what are they there for? Yes, in that specific place where God put them, and, not by a natural, inexplicable imaginary geological process, as contended by evolutionists!

The resources are there to be utilized, what else? Man has, or can devise the means to safely, and harmlessly drill for, process, and safely transport the petroleum products. Anything less, interferes with God's provision for man's needs, and rightful desires.

The same solution for issues with the quality of milk must be relatively possible

with other dairy products, and protein and nutrient sources. Even if it means radically changing what is currently involved in the industry! I am talking about solutions to the problems that are involved, that surely can be resolved by concerted consideration and effort.

Scriptural References to Milk, and Meat as Natural, Customary Universal Food

Gen. 18:8 - "(Abraham) took butter, and milk, and the calf which he had dressed, and set it before them (three men that had appeared before him, with the Lord), and he stood by them under the tree, and they did eat."

Note, contrary to the anti-milk philosophy, that they were adults that drank the milk, as designed and supplied by God through nature.

Gen. 49:12 - "His (Judah's) eyes shall be red with wine (symbol of hills producing an abundance of grapes), and his teeth white with milk."

The milk exemplified the fruitfulness of Judah's land, where flocks and herds produced needed quantities of milk. Implying that there was consumption of it by all the people, not merely the animal young, and infant children as the internet article states in opposition to the normal consumption of milk by the general population.

Exodus 3:8 - ".....a land flowing with milk and honey, unto the place of the Canaanites....."

For the same reason, as in Gen 18:8--an intended, essential food for the sustenance and health of all the people in the region!

Judges 4:19 - "And he (Sisera, the wounded captain of an army, that was an enemy of Israel) said unto her (Jael, the wife of a Kenite) give me, a little water to drink; for I am thirsty. And she opened a bottle of milk (apparently a common product in households), and gave him drink (probably for nourishment, as well as thirst), and covered him."

Judges 5:25 - Reference to the same instance as in 4:19, preceding, "He asked water, and she gave him milk; she brought forth butter in a lordly dish."

Prov. 27:27 - And thou shalt have goats milk enough for thy food, for the food of thy household, and for the maintenance of thy maidens."

Goat's milk is similarly criticized in the report, like cow's milk, or any other mammal's milk.

Song of Solomon 4:11 - "Thy lips, O my spouse, drop as the honeycomb: honey and milk are under thy tongue....."

Isa. 7:22 - And it shall come to pass, for the abundance of milk they shall give (cows and sheep, per vs. 21) he (a man) shall eat butter: for butter and honey shall everyone eat that is left in the land."

Ezek. 25:4 - "Behold, therefore I will deliver thee to the man of the east for a possession.....they shall eat thy fruit, and they shall drink thy milk."

1 Cor. 9:7 - "Who goeth a warfare any time at his own charges.....or who feedeth a flock, and eateth not of the milk of thy flock (or, herd)."

No matter what has happened to alter the chemical purity, and food value of milk, and dairy products in today's world, like practically everything else on earth, there is not sufficient cause to oppose their consumption, if the products are safely managed for their intrinsic nutritional value.

But when the argument is maintained that dairy foods (natural, or not) are harmful, or unnecessary, and not beneficial, even essential for human consumption, as designed and supplied by God's purposeful creation--the opposition's reasoning is not only highly inconclusive, but the motivation for such extreme claims is speciously suspect, as well!

In a word, I think it safe to say that what is right about milk, far outweighs what is wrong! That doesn't mean that we should be ignorant of specific defects that may exist in the products, but work at any possible remedies, or improvements to aid the healthful consumption, and enjoyment of at least one of the world's most beneficial, and desirable food products!

Besides, what in the world can compete with milk on cereal, combined with

various fruits and nuts, or as the flavorful liquid in fish chowder, or with brownies and cookies, or in the baking of bread, and an ingredient in countless other prepared foods, which cannot be practically substituted for by any other substance? In the vernacular of the modern generation: "get real"!

In summary, in my opinion, and hopefully a great majority of others, the upshot of the anti-milk proposition is a weird extremism that would do far more harm, than any supposed good! Advising the elimination of a major food group from human consumption, instead of working at fixing its deficiencies, would be a foolish act of expediency that could do irreconcilable, if not epidemic damage to the health, and wellbeing of most of the world's inhabitants.

How much more of a Pandora's box can be imagined? May it never become anything worse than a sick science fiction movie, and preferably not even that!

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