

# Big View Small Window

Friday, June 27, 2014

## Remember This?



Of course you remember this campaign throughout the 90s that ended recently. I mean it was a one of a kind, right? You got athletes, sexy models, superheros, cute little kids all taking big gulps of the healthy white stuff and coming away with mustaches as thick as chalk lines.

Got milk? Who knew. Hmm...my personal campaign would instead be along the lines of - Got hormones? or- Got antibiotics? ooh! I know - Got potential exposure to pre-cancerous toxins?

Whatever you need – grocery and corner stores, pharmacies, gas stations, and other convenient food outlets have the milk with the most. I personally stopped drinking cow's milk in mid-2013. I am not sure of the exact reasons surrounding the decision other than I was already drinking 1%, couldn't stand skim, and I was not a fan of the taste of milk anymore. I suppose I had "heard" rumors of growth hormones in the milk...but then again, I had heard the same thing about chicken meat but I wasn't about stop eating that! I tried soymilk and...it wasn't worth the switch to end up hating the aftertaste of my cereal or Oreos (neither of which do I eat anymore by the way!). So I settled for almond milk. Though there are several brands of organic cow's milk available, I don't have immediate plans to switch back.

I recently talked with a woman who is in love with her baby boy and has major concerns with her child switching from breast milk to cow's milk. Her reason: she simply does not want her son to develop breasts. Now, don't laugh. In my eyes, this is a legitimate concern. Seriously, what happens to these animals before we drink their milk and eat their meat is nothing short of a nightmare. Most processes of how our food is produced is hidden from the general public and **its just plain wrong**.

If you want to get more technical, what this mom is really expressing fear of is endocrine disruption (chemicals that may interfere with the body's endocrine system and produce adverse developmental, reproductive, neurological, and immune effects in humans) and possibly an increased risk of cancer when the baby grows into adulthood. This, alongside a myriad of issues associated with commercially sold cow's milk, **is just cause** for all parents to beware of the effects in every child who drinks this on a regular to heavy basis.

Say what you will about cow's milk, but truly, if the dairy cow is raised on a non-GMO, non-grain, grass-fed diet, and is humanely treated throughout their lifetime, then I am sure their milk has a lot of benefits for human beings. Unfortunately, organic or grass-fed milk is the exception instead of the rule in most marketplaces.

So what's really so bad about this milk? Here is some of what I have found:

- Dairy cows - the ones used to produce milk, butter, sour cream, etc. for human consumption - are being injected with the synthetic hormone recombinant bovine growth hormone (rBGH), also known as recombinant bovine somatotropin (rBST) to increase milk production for profit. This hormone, originally manufactured by Monsanto (yep, those gene-splicing-seed selling fools), was approved for use in 1993 by the FDA without extensive testing beyond the studies conducted by Monsanto. This hormone is not permitted for use in places like the European Union, Japan, New Zealand, and some other countries
- According to Cancer.org, the major concern with using a synthetic hormone similar to the hormones cows already produce is that it differs chemically from cow's natural somatotropin by one amino acid. This hormone (whether natural or synthetic) stimulates a cow's milk production by increasing levels of another hormone known as insulin-like growth factor (IGF-1)
- Milk from rBGH cows contains higher levels of IGF-1. Humans naturally produce this as well, but elevated levels may be linked to colon, breast, and prostate cancer. (Ok so, your body produces the proper amount of insulin to keep your blood sugar and other important factors in check. But you use a synthetic insulin injection to accomplish a higher production of insulin. Well, over time what exactly do you think this will do to your body?)

- According to [this article](#), in 1994, the FDA prohibited dairies from claiming there is any difference between milk from rBGH-injected cows and milk produced without the artificial hormone
  - Fact: cows injected with rBGH are known to have suffered severe medical problems, including mastitis. This is a painful bacterial infection of the udder, which causes inflammation, swelling, and pus and blood secretion into milk
  - Fact: antibiotics are used to treat these infections. Traditional pasteurization methods do not kill 100% of the bacteria, it does not prohibit the increase of IGF-1, nor does it stop trace amounts of antibiotics ending up in the milk humans consume

Okay is there a bottom line? Sure. The FDA, Monsanto, and special interest groups want this thing to keep making their bank. So I have found that most testing is still under wraps, unpublished, or it's not conducted independently from un-biased scientific and financial interests. Here is the portion of Cancer.org's conclusion that I found most alarming:

- At this time (2008), **it is not clear** that drinking milk produced with or without rBGH increases blood IGF-1 levels into a range that might be of concern regarding cancer risks or other health effects - okay, so why not just leave the cows alone and let them produce milk according to their original design?
- **Before approving** the use of rBGH in 1993, the FDA *calculated a worst case scenario* based on an infant drinking 1.6 quarts of milk daily, with complete absorption of the IGF-1 protein and maximum increase of IGF-1. Under these conditions, milk from rBGH-treated cows would contribute less than 1% of the infant's normal IGF-1 production - I'm sorry, but if I were a mom I would not trust these pot-bellied, eccentric suckers to give me a worse case scenario for my child!

**Wow.** Worst case scenario...this untested hormone is assumed safe for human consumption, all the while cows are pussing and bleeding into the milk. There is no process to totally annihilate the bacteria causing this condition in the cows. There may be a slight elevation of human insulin associated with these hormones (which may or may not have some predetermined cancerous affects. It's simply not enough of a connection to alarm anyone).

**And this hormone was approved based on inconclusive evidence?**

Alrighty then. So let's say you decide to walk out into oncoming traffic. Well, depending on whether it's a sunny day or a rainy day, depending on how big your steps are, perhaps judging the distance, speed, attentiveness of the drivers and their swerve-ability, and whether or not your

intentions are to make it across the street - you may or may not get hit by a car. The results are inconclusive. But you would take your chances and walk into oncoming traffic based on these factors alone? I'm thinking no sane person in their right frame of mind would attempt this.



(Here is an old got milk? commercial I found on Youtube. I thought it was hilarious!)


Posted by Tiffany\_B at 11:06 PM



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