

## **THE TRUTH ABOUT MILK**

We all drank milk as babies and continue to do so in adulthood. You probably drank milk in school in the morning with cereal or in your favourite shake. You may do so even now. So what is wrong with drinking milk?

On one hand, there are cows that are fed growth hormones in order to increase their milk production.

They are also fed antibiotics to decrease their risk of infections.

These hormones and antibiotics end up in the milk they produce, which we eventually drink, thereby allowing them into our bodies.

This is one of the main reasons why young girls put on weight rapidly and reach puberty earlier than they are supposed to.

There are also cows that are grass-fed but the milk that is taken from them is put through a process of pasteurization and homogenization.

In this, the milk is heated to high temperatures, and the good fat is broken up, and in some cases, removed, leaving the bad fat behind.

It's best to omit milk and milk products if one is prone to cough and cold, as milk increases the mucous formation. This is the reason why milk is omitted from a cancer patient's diet, because cancer cells thrive on the mucous.

Hot milk with a concoction of ginger, lemon, black pepper, tulsi and raw organic honey with a quarter tsp of turmeric can be taken in cough and cold. It is a great antidote for cough and cold and tastes great too.

### **Does this mean we should completely avoid milk from our diet?**

No, Not Exactly!

The best way around this would be using non-fat milk, organic milk, raw milk or other varieties of milk like almond milk.

Almond milk is great because it has vitamins and mineral along with calcium.

Avoid any product that has high fat content, preservatives or any other additives (read the label carefully). It could affect your weight and your overall health.