

Got Calcium? Think twice before drinking another glass of milk.

By Tysa Goodrich

There's still a broad base of scientific data that reports milk is good for you. "Builds Bones." The Dairy Council will happily send you a stack of brochures outlining why the dairy case is the best place to turn for calcium, or how to be a "model mom" by educating your family on the importance of drinking milk. And if that's not enough, teachers and physicians are flooded with information to distribute throughout their health classes and waiting rooms. Perhaps you've seen "Milk - The Power Play" or "Leche, La Mejor Opcion Para Su Familia" in your pediatrician's office. Or, "Clueless About Calcium," a brochure outlining the importance of milk in every teenager's diet. They even have menu marketing programs for school cafeterias, and nutritional

agricultural market, even though way back then, medical and nutritional studies were already associating meat and dairy products with severe degenerative diseases, like heart disease and strokes.

Is Milk A Good Source of Calcium? Most people drink pasteurized milk, meaning heated for 145° for 30 minutes, or 161° for 15 seconds. Unfortunately, this process destroys the live enzymes in the milk. One of these enzymes is called phosphatase, which is important for the assimilation of minerals, including calcium, allowing the body to absorb the calcium from the milk.

"Enzymes are the passports to getting calcium into our bodies where it is needed," says Joel Robbins, D.C., M.D., during one of his "Health Through Nutri-

Between the deactivated enzymes, and the excess protein content in our standard diet, what actually ends up happening inside our bodies is: calcium is depleted. Studies paid for by the National Dairy Council have shown that excessive protein in milk lowers blood calcium levels, causing the body to draw on calcium from the bones.

All the propaganda about drinking milk to prevent osteoporosis is completely inaccurate. Milk actually helps cause the condition. Did you know that a young calf would die within one-to-six months if fed pasteurized cow milk?

Pasteurized dairy products create acidity and excess mucus. Symptoms of dairy allergies and lactose intolerance are: gas, bloating, diarrhea, sinus congestion, earaches, chronic colds, rings under the eyes, headaches, and mental symptoms. Pasteurized dairy also contributes greatly to atherosclerosis, an arterial plaque build-up, where deposits of fatty substances, cholesterol, cellular waste products, and calcium end up in the inner lining of the artery. This condition is epidemic throughout our population. The two countries with the highest rate of heart disease -- U.S. and Finland -- are also the ones with the highest consumption of pasteurized dairy products.

Where do I get calcium from, if not from milk? Where do cows get their calcium from? Green grass. High sources of calcium are found in leafy greens, like broccoli, collard greens, kale, turnips, dandelion greens, and romaine lettuce. Also, legumes, sesame seed butters, sunflower and pumpkin seeds, almonds, filberts, and organic tortillas made with lime. Raw fruits and vegetables contain an abundance of alkaline minerals, especially calcium.

In addition, organically grown foods have a far higher mineral content than conventional crops. Studies have demonstrated that organic foods have 2 to 10 times the mineral content of conventional foods. If you compare the difference, you'll discover that organic foods have a fuller and richer taste. The more the taste, the more minerals it contains.

Whenever possible, give your children fresh, raw fruit juice, rather than pasteurized bottled juice. The minerals and calcium will be usable by their bodies. Most fruits and vegetables are packed with vitamins and minerals that work in conjunction with each other. A great fruit for juicing is papaya. Papayas have a good supply of both calcium and vitamin C. The body also needs a good source of vitamin C to assimilate calcium.

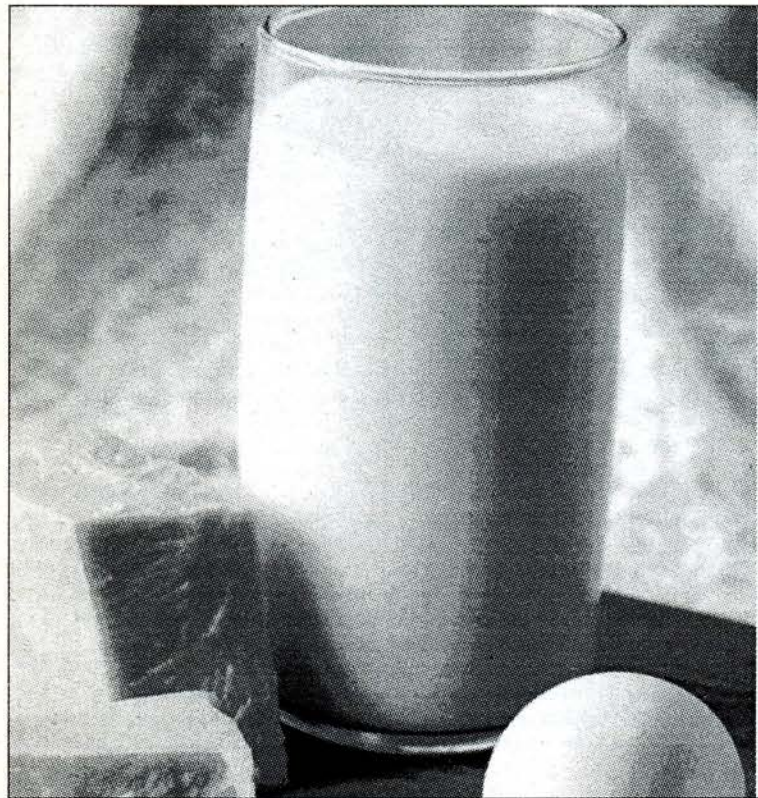
If you're not taking a whole food-based calcium supplement, you might as well not waste your money. Most calcium tablets you buy (even at health food stores) are

tion" lectures. He tells a story about a new patient, whom he diagnosed with osteoporosis.

But she already knew she had it. In fact, ten years earlier, another doctor had told her it was already developing. Dr. Robbins asks her, "What have you been doing since then?" "Well, I've been drinking lots of milk, and taking calcium tablets."

As Dr. Robbins points to her x-ray, he questions her, "Why is there calcium deposits here on the ends of the bones and the joints, and why is your osteoporosis worse than it was ten years ago? What has your body been doing with all that calcium?" She didn't know.

With all the pasteurized milk she had been drinking, the calcium ended up attaching itself to the outside of her bones, depositing there because it didn't have the enzymes to get inside. Dr. Robbins states we need to eat living food, if we're going to maintain our health.



clinics for health professionals.

But I have to pause and ask myself a question here: Aren't they just trying to sell milk to as many people as possible? After all, they are a multi-billion dollar industry.

In 1967, hanging over the chalkboard of my ninth grade health class was a large poster outlining the Four Basic Food Groups: 1) Meats; 2) Dairy; 3) Fruits & Vegetables; and 4) Grains. I was taught that if I didn't eat a portion from each food group every day, I would risk getting sick, becoming malnourished, or even die. This is still being taught.

The consolidation of what once was a "Basic Twelve" food groups down to four (with meat and dairy comprising half) was orchestrated by the U.S. Department of Agriculture in 1956, whose goal was -- and still is -- to encourage production and continued growth of the

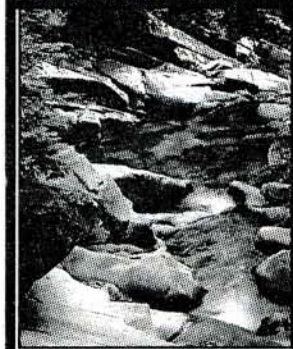


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inorganic calcium (calcium carbonate) -- it's very cheap; that's why they use it. But our bodies can only assimilate very little.

Nature provides us with balanced nutrition -- naturally. The less processed foods we take into our bodies, and the more living, raw foods we include, the better our mineral balance will be. This article cannot begin to address the enormity of this issue. I have barely

scratched the surface. I'd encourage anyone to start researching for yourself, because you can't necessarily depend upon what so-called experts are telling you. Sometimes you have to consider the source. Become your own expert. This is the information age. We have more access to truth than we ever have. And when it comes to our health, it seems it's up to us to discover what's best for our bodies. vs