

# Inner Healing Academy

## Courses & Coaching

Newsletter: March 2023: #19



## DAIRY: A health food or a health risk?

### Cow's milk

*"Calcium is important but milk isn't the only, or even best source. Good, non-dairy sources of calcium include collards, bok choy, fortified soy milk, baked beans and supplements that contain both calcium and vitamin D"*

- Harvard School of Public Health



Dr Klaper, the physician, author and well-known educator who was featured in the documentary 'Forks over Knives', explains that whilst cow's milk contains calcium, it also contains hormones, lipids, proteins, sodium, growth factors, IGF (Insulin-like growth factor) among others and none of these are good for you. Cow's milk is advertised as wholesome and healthy but, in fact, it is neither of these things. Dairy consumption has been linked to a wide range of illnesses and disease and, although calcium is beneficial, the calcium in cow's milk is not as readily absorbed into the body as is the calcium in plants.

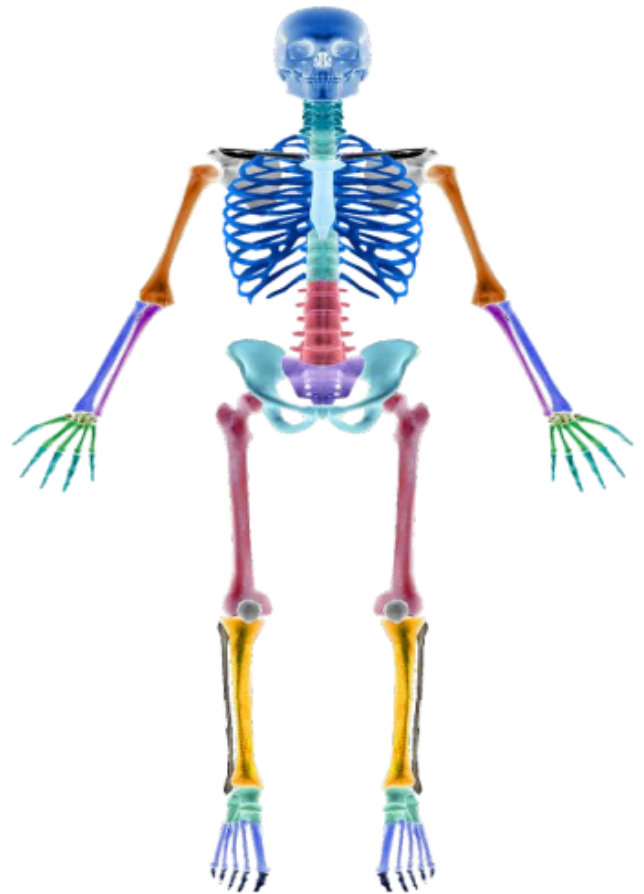
### Lactose intolerance

There are other issues with cow's milk. Any internet search on the topic of lactose intolerance will indicate that 65-70% of the global population is lactose intolerant. This is where the body no longer produces enough of the enzyme needed to break down the sugar (lactose) found in milk. The most common symptoms include stomach pain, bloating, diarrhea, constipation, excess gas, nausea and vomiting. This is really unpleasant for those affected and causes a lot of suffering.



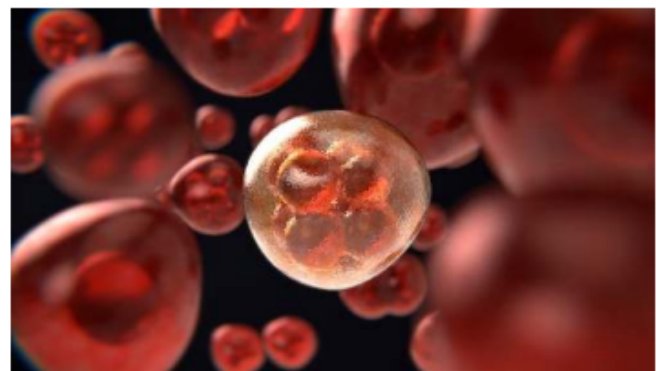
# Bone Health

It is surprising to learn that those parts of the world where there is a very high consumption of dairy foods, like the USA, Canada and Europe have the highest hip fracture rates. You would think, due to the high dairy intake in these parts of the world that people would have very strong bones but, sadly, this is not the case. In fact, research shows that dairy products have little or no benefit for bone health. According to an analysis published in the British Medical Journal, most studies fail to show any link between dairy intake and broken bones or fractures. In one study, researchers tracked the diets, exercise and stress fracture rates of adolescent girls and concluded that dairy products do not prevent stress fractures. Another study of more than 96,000 people found that the more milk men consumed as teenagers, the more bone fractures they experienced as adults.



# Cancer

Scientific studies have shown that casein, which is the main protein in dairy products, facilitates the development and growth of cancer cells. A hormone found in dairy known as Insulin-like growth factor-1 (or IGF-1), promotes cell growth and division in both normal and cancer cells. IGF-1 seems to be nutritionally regulated, so animal protein consumption (including casein from dairy foods) leads to higher levels of this cancer-promoting hormone.



For this reason, consuming casein from dairy as well as animal protein in general, is associated with increased risk of cancer development and proliferation. Numerous scientific research studies have been conducted and it is clear that casein and IGF-1 play a role in the growth of cancer cells. If you would like to read the results of this research, a good place to look is PubMed Central which is a free, full-text archive of biomedical and life sciences journal literature at the U.S. National Library of Medicine. PubMed Central has a search facility on the site so that you can easily search for the relevant articles.

# Inflammation

Then there's the issue of inflammation. The protein in dairy has been found to increase inflammation in certain parts of the body such as the thyroid gland which results in reduced metabolism and affects your energy levels. Inflammation also affects the digestive tract. It is known to cause stomach upset, constipation, hives, diarrhea and even impaired breathing.



## Mother earth

We've looked at several health-related reasons to go dairy free but there's also Mother Earth to consider. Intensive animal agriculture is causing a rise in carbon dioxide and methane gas and also puts stress on the animals. This type of farming is contaminating our air, water and soil and our tropical forests are being cut down to make way for land to grow animal feed. In fact, the rapid growth of animal agriculture is the leading cause of deforestation. It is devastating to realize that already 70% of the Amazon Rainforest has been destroyed and is now being used to grow feed crops.

## Cows

Due to our appetite for dairy products, the animals themselves are put under a great deal of stress. They are unable to live their lives naturally and suffer as a result. We will not go into all the sordid details here but suffice to say, on factory farms in particular, their lives have been reduced to mere commodities where cows are artificially inseminated to induce birth and therefore milk production. Baby calves are removed from their mothers to ensure sufficient milk for humans. As soon as the milk starts to dry up, the cow is inseminated again and it becomes a vicious cycle. The fact that these animals are sentient beings has been completely overlooked.





# Go Vegan Successfully

## Book Chapters:

- 1 - My story
- 2 - How long will it take to go vegan?
- 3 - Giving up meat
- 4 - Fish facts
- 5 - Dairy products
- 6 - Eggs and honey
- 7 - Protein and amino acids
- 8 - Calcium
- 9 - Iron
- 10 - Vitamin B12
- 11 - Family meals
- 12 - Social dining and shopping
- 13 - Festive meals
- 14 - Vegan transition
- 15 - Common concerns and remedies
- 16 - More than a diet
- 17 - Interviews with leaders & visionaries
- 18 - What's next?



There are many vegan recipe books and books depicting the suffering of animals but not many that actually guide you, step-by-step, to go vegan. This book is full of practical tips and, having been written by someone who not only lives the vegan lifestyle but is a recognized plant-based diet specialist and a Dissertation Professor, with a PhD in Natural Medicine, you can be assured of expert guidance.

It's not always easy making the switch to a vegan diet. There's so much to consider: Will I be getting sufficient protein? Will my bones begin to suffer if I don't drink milk? How can I make sure I am getting all my vitamins? What will my family and friends think? How will I cope if I'm the only one in my household going vegan? This book answers all of these questions and much, much more!

The book is easy to read, well laid out, nicely illustrated and contains a wealth of information. There's also some easy recipes for you to try at home and several plant-based guides to assist with shopping and baking.

[\*\*CLICK HERE\*\*](#)

# Want to learn more?

*Courses*

**Go Dairy Free & Thrive**  
[CLICK HERE to learn more](#)



**Go Vegan Successfully**  
[CLICK HERE to learn more](#)



*ebook*

**Go Dairy Free & Thrive ebook**

A quick and easy guide explaining how and why to go dairy free. Includes easy recipes, a baking guide, a plant-based shopping guide and much more.

[CLICK HERE to learn more](#)



*Coaching*

Coaching by Dr Kim Benson, a recognized expert in plant-based nutrition. This one-on-one coaching is designed to meet your specific needs. You'll be educated and motivated to achieve the results you deserve and have fun along the way!

[CLICK HERE to learn more](#)

