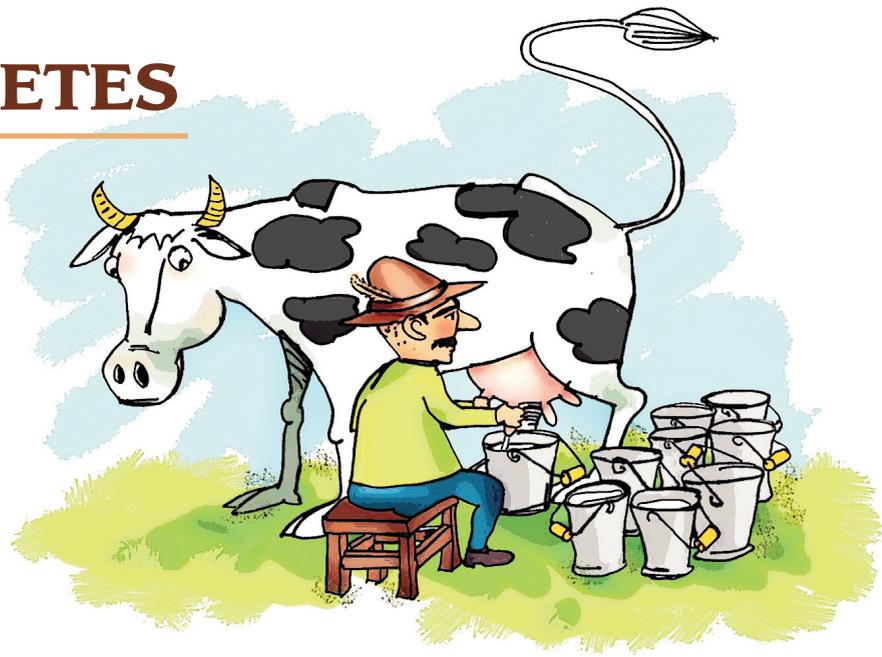


DAIRY & DIABETES

R. J., Emigrant, MT

I have long held the principle to not come into the public eye in any form, but as I read the October-November 2014 *Natural Life*, with its long article about the healing of Diabetes by Dr. Mercola, I felt now, for the first time, there is a reason to speak up. Based on my own lifetime of study, I feel this information needs some balances to be presented. The article seemingly exhausts all the aspects that need to be considered when talking about preventing and reversing Diabetes and Pre-diabetes.

Now you may not know, but Dr. Mercola is skating between the lines very carefully. This means, he does not step on the toes of the authorities too heavily, (by this I mean the medical and pharmaceutical industries). At the same time, he is giving valuable information out, so his customers see him as reliable and buy a good amount of his products. So much so that he is very reliable about some topics; one of them is telling the real truth about vaccines. However, in this case, he is known to be an advocate of raw dairy. Now, that is an issue that not even the FDA can nail him down on, since he is for cows anyway.



Here lurks the real problem. The pharmaceutical industry invests a lot of money to advertise cow's milk and dairy products. Why? Cow's milk and its derivatives is one single nutrient group that brings the most money to the pharmaceutical industry, because it is the root cause of many of our health problems today, including Diabetes. In 2007, I did much thorough research on the real reasons behind Diabetes, Alzheimer's, Multiple Sclerosis, Parkinson's, heart and circulatory diseases, and fibromyalgia. And guess what is the one common denominator of all of those health challenges? Well, you guessed, it is cow's milk and products made from it. I have included some books, DVDs, and an article below about this issue.

RESEARCH:

Dairy and Type-2 Diabetes — Wrong Conclusion — Dairy Consumption and Risk of Type 2 Diabetes

by Hyon K. Choi

In the May 9, 2005 issue of the Archives of Internal Medicine found dietary patterns characterized by higher dairy intake, especially low-fat dairy intake, may lower the risk of type-2 diabetes in men.¹ They used data from The Health Professionals Follow-up Study—an ongoing longitudinal study of 51,529 male dentists, optometrists, osteopaths, pharmacists, podiatrists,

and veterinarians who were 40 to 75 years of age in 1986. Those consuming the most low-fat dairy had 12 % less risk of developing diabetes compared to those eating the least amount.

The proposed mechanism for less diabetes was: dairy products may have favorable effects on body weight, the major determinant of type 2 diabetes. However, there was no association with body weight and dairy consumption found in this study—in other words, those eating more dairy were the exact same weight as those eating less dairy—countering their hypothesis for why dairy causes less diabetes.

Comment: News headlines worldwide claimed: "Milk May Keep Diabetes Away," and "Low-Fat Dairy Prevents Diabetes," and "Dairy Blocks Diabetes." May 9th of 2005 must have been one of the dairy industry's happiest days. The findings, however, are irrelevant because there is no "cause and effect" relationship shown between the consumption of dairy and diabetes prevention.

This study only shows that people who choose more dairy foods, and especially low-fat dairy, as part of their diet have less diabetes than those who choose less dairy. This finding is easy to explain without inventing some novel

Dr. Mercola has not a single word about the hazards of dairy in his article. He does not even mention that if you have Type 1 Diabetes, you can reverse even that with a 100%-raw, vegan diet. No, an MD cannot say that without losing his license.

Another thing also is that dairy is so addictive that no matter what people try to do, they go back to dairy after a year or so. Basically, our entire Western diet is founded on eating dairy products. People seem to be saying, "I'll do anything else, but don't take away my cheese! I'd rather die than live an unhappy, cheese-less life!"

I felt that your readers should have something to balance out Mercola's article, which surely has benefits and truths to it, but is missing this KEY point. And just to be honest, all my research says that, even if you do all that he tells you to do, but you still have dairy in your life in any form, your Diabetes will stay with you, you will frustrate yourself, and you may give up completely. ■

preventative property of cow's milk. The dairy industry has traditionally targeted their messages to health conscious people who generally eat better and exercise more—because of these habits, these people have less Type-2 Diabetes. This better lifestyle for the higher dairy group is confirmed by the observations from this study that those eating more dairy also ate more fruits and vegetables, ate more carbohydrates, were more physically active, drank less alcohol, and were less likely to have high blood pressure and high cholesterol. So, what is so hard to figure out here and why did the news media miss the obvious?

Those drinking less milk must be drinking something else—maybe more high-sugar soda drinks to wash down their high-fat, high-sodium foods that gave them elevated cholesterol and blood pressure. In other words, people who don't listen to health messages, even false ones from the dairy industry, have worse diets in general, exercise less, and have more diabetes.

Type-2 diabetes is a disease of over-nutrition. The body responds to excess body fat accumulation by becoming insulin resistant and later stages of this resistance are characterized by changes, such as elevated blood sugar (where people develop Type-2 Diabetes).

The authors of this study should be ashamed of themselves for suggesting dairy products cause weight loss—they didn't in their study. Even the employees of the dairy industry know better—although their ads don't share this truth with the public. The same researchers who did this study (from the Harvard School of Public Health) have, in the recent past, linked a diet high in red meat, processed meat, high-fat dairy products, and refined grains, combined with obesity and inactivity, with a high risk for Type 2 Diabetes in men.² Other studies have also made the link between type-2 diabetes and more dairy food consumption.³⁻⁵

One of my greatest concerns for this misinformation is that it will be interpreted to mean that dairy foods are good for diabetics. These metabolically compromised people are at very high risk of cancer, heart disease, osteoporosis, kidney failure, and blindness—problems aggravated by all the animal protein and saturated fat in dairy products. Diabetics also have serious bowel dysfunction, which dairy is notorious for causing. This publicity may also cause some people to believe that Type-1 (childhood) Diabetes is no longer believed to be due to an auto-immune reaction from cow's milk protein. Well-informed people will not be derailed by this kind of

nonsense and will clearly understand that **cow's milk is our most serious dietary health hazard.** ■

- 1) Choi, H.K., Willett WC, Stampfer MJ, Rimm E, Hu FB: **Dairy Consumption and Risk of Type 2 Diabetes Mellitus in Men: A Prospective Study.** Arch Intern Med. 2005, May 9; 165(9):997-1003.
- 2) Fung, T.T., Schulze, M., Manson, J.E., Willett, W.C., Hu, F.B.: **Dietary Patterns, Meat Intake, and the Risk of Type 2 Diabetes in Women.** Arch Intern Med. 2004, Nov. 8; 164(20):2235-40.
- 3) Montonen, J., Knekt, P., Harkanen, T., Jarvinen, R., Heliövaara, M., Aromaa, A., Reunanen, A.: **Dietary Patterns and the Incidence of Type-2 diabetes.** Am J Epidemiol. 2005, Feb. 1; 161(3):219-27.
- 4) Archer, S.L., Greenlund, K.J., Valdez, R., Casper, M.L., Rith-Najarian, S., Croft, J.B.: **Differences in Food Habits and Cardiovascular-Disease Risk Factors Among Native Americans with and without Diabetes: The Inter-Tribal Heart Project.** Public Health Nutr. 2004, Dec.; 7(8):1025-32.
- 5) Parillo, M., Riccardi, G.: **Diet Composition and the Risk of Type-2 Diabetes: Epidemiological and Clinical Evidence.** Br. J. Nutr. 2004, Jul.; 92(1):7-19.

BOOKS:

The Calcium Bomb, The Nanobacteria Link to Heart Disease & Cancer,

by Douglas Mulhall & Katja Hansen

This book has many references to cow's milk, and the link between its nanobacteria and Diabetes.

The Milk Imperative, A Ticking Bomb Inside Your Body, by Russell Eaton

This book has 10 references about the correlation between cow's milk consumption and diabetes.

DVDs:

Simply Raw, Reversing Diabetes in 30 Days, directed by Aaron Butler
Overcoming the Food Imprint, The Origin of Our Cravings, by Valya Boutenko