

## DAIRY????

[ Q ] Are milk and dairy good for fat loss?

I've seen this push for the dairy industry. It is a billion dollar industry. So of course, both the industry and the government want people getting lots of dairy.

The truth is that there are studies to show that calcium balance is the same whether people get small amounts from natural sources (nuts, leafy green vegetables, etc.) or large amounts from milk. The key here is large amounts, because milk forces the body to leech calcium to restore the pH balance of the stomach, which means your requirements for calcium ironically go up when drinking this supposedly magical source of calcium. It's like filling a bucket with a hole in it, only dairy makes the hole bigger.

In fact, vegans who receive 50% of the dairy drinker's intake of calcium (so they only get 1/2 the calcium) actually have the same calcium status (available calcium in their bloodstream and body) as the milk drinkers. This is thought to be a combination of poorer calcium absorption from dairy and increased calcium demands. (Protein, as well, increases demands for calcium ... because calcium is involved in muscle contraction. Perhaps increased muscle mass demands a higher calcium intake as well, although I am not aware of this being studied).

As for milk helping with fat loss, let's look at the real statistics. Americans drink milk. A lot of it. Yet 2 out of 3 are still overweight. Now, that doesn't necessarily mean that milk is the cause but it obviously isn't working it's magic, either.

I believe there are a combination of reasons for this. First, milk today is not the milk of yesterday. There are plenty of reasons for concern that pasteurization and homogenization are both detrimental to the quality of milk, and that's not even throwing bovine growth hormone into the equation.

The other thing is that most people are allergic to milk. The assumption is that unless you have stomach pain or breakout in hives, you are not allergic. However, many of the doctors I've

consulted with agree that allergies are a continuum - i.e. some people are more allergic than others. Allergies to lactose (milk sugar) or casein (milk protein) are very prevalent with many people assuming they are fine because the only manifestation is water retention or a puffy nose.

**The following eight foods account for 90% of all food-allergic reactions.**

Milk

Egg

Peanut

Tree nut (walnut, cashew, etc.)

Fish

Shellfish

Soy

Wheat

The concern is that if you are even mildly allergic, your immune system is being continuously stressed when you continue to consume dairy products, which may create more complications later on. At the suggestion of a few medical doctors who were knowledgeable on the subject, I started recommending my clients learn their reaction to dairy simply by cutting it out completely for 4 weeks. I don't ask that they cut it out forever, simply take a test and cut it out for a month.

Here's what happens - most are so addicted that they simply don't have the willpower to do without dairy for a month, so they make up a ton of excuses to get back onto it. Out of those who actually follow through, they report that a few days into it they have symptoms similar to a sinus infection, with runny nose, scratchy throat, etc, and intense cravings for dairy - including pounding headaches that feel like they won't go away until they have it.

Then, after a few weeks, they suddenly lean out in the face (less puffy) and most drop a significant amount of weight. My wife, for example, lost 10 pounds over a month simply by cutting dairy out but

not changing her caloric intake at all! Then they report more energy, improved taste, etc.

Needless to say, 9 out of 10 of my clients or friends who I've suggested try this experiment ultimately never go back to dairy. The dairy industry has effectively brainwashed most into believing a balanced diet must include dairy. Ironic, since we are the only mammal on the planet that concerns ourselves with dairy after we are weaned.

There is plenty of calcium and vitamin D in other natural sources. The propaganda about osteoporosis and weight loss is a marketing strategy at best. In my opinion, resistance training, leafy green vegetables, nuts, and spending 15 minutes in the sun will do far more for calcium and vitamin D intake than taking in dairy.