

Shedding Some Light on Dairy and Why it May Be Affecting You!

5 reasons that conventional dairy is not good for you.

1. Hormones
2. Chemicals
3. Feed
4. Pasteurization
5. Genetics

Study done by the Journal of Agriculture and Food Chemistry found that there is an average of 20 different chemicals and medications found in your conventional milk supply. Those chemicals/medications are:

1. Growth hormones
2. Sex hormone medications
3. Antibiotic drugs
4. Antifungal drugs
5. Steroids
6. Painkillers
7. Anti-inflammatory medications
8. Heart Medications

Specifically, the drugs found are:

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| 1. Niflumic Acid | Anti-inflammatory/painkiller |
| 2. Mefenamic Acid | Anti-inflammatory |
| 3. Ketoprofen | Anti-inflammatory |
| 4. Diclofenac | Anti-inflammatory |
| 5. Phenylbutazone | Anti-inflammatory |
| 6. Naproxen | Anti-inflammatory |
| 7. Flunixin | Anti-inflammatory |
| 8. Pyrimethamine | Anti-malaria |
| 9. Triclosan | Anti-fungal |
| 10. Florfenicol | Antibiotic |
| 11. Estrone | Natural hormone |
| 12. 17B-estradiol | Sex hormone |
| 13. 17a-ethinylestradiol | Steroid hormone |

NOTE: Buying from a local farmer could be your best option. Just be sure their cows graze and are not injected with these toxic drugs/chemicals.

NOTE: Also try to find cows that produce A2 Casein milk. Locally they would come from Jersey Cows. (A1 Casein is found to be 26 times more inflammatory than gluten)