

# Milk...Does a Body Good, or Does it?

Milk is responsible for allergies, colic, colitis, ear aches, colds and congestion in young children. Each sip of milk provides hormones, fat, cholesterol, allergenic proteins, blood, pus, antibiotics, bacteria, virus and more.

Milk contains a high amount of hormones, such as pituitary hormones, steroid hormones, hypo thyroid hormones, thyroid and parathyroid hormones. When we drink milk we are taking in mostly human growth hormone naturally produced in our own bodies. That hormone is identical in cows and human beings. Research indicated that IGF-1 in milk destroys the insulin-producing beta cells of the pancreas, causing diabetes.



## **The Most Abundant Milk Protein, Casein**

Casein is a tenacious glue. 78% of milk is water. 4% of the remaining thirteen percent is Casein. The furniture in your home is held together by this powerful glue. So too is the label affixed to a bottle of beer.

A review of cereals reveals only one product that contains Casein, Special K. Now, revealed for the first time, what it is that really makes Special K so special? It's glue!