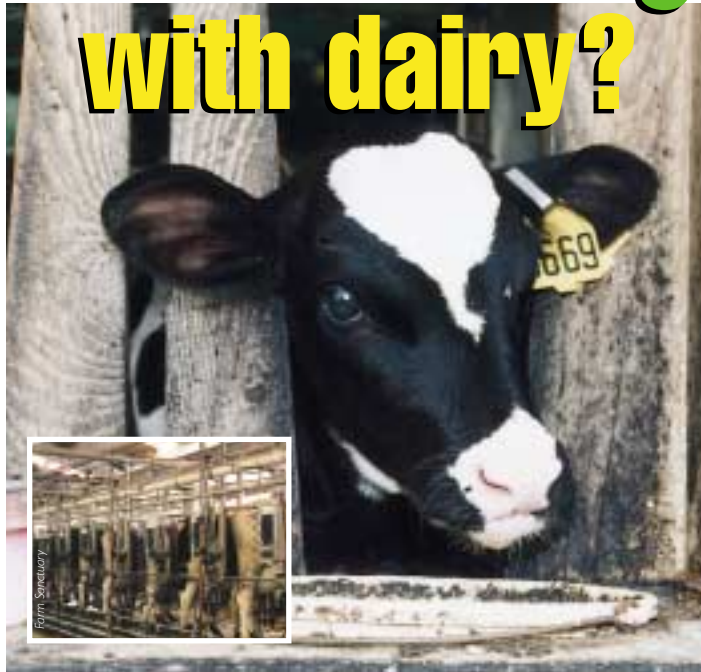


What's wrong with dairy?



Most people don't know that the veal calf industry could not survive without the dairy industry. Cows, like all mammals, make milk to feed their own babies—not to feed humans. And cows must be kept constantly pregnant in order to produce milk. Male calves born on dairy farms are separated from their mothers at birth, put into veal crates so small that they are unable to turn around, and, after 14 weeks in almost total darkness, shipped off to slaughter. Many of these babies can hardly walk because their leg muscles are atrophied from lack of use. That lack of movement results in white (i.e., anemic), "gourmet" veal.



Male calves are torn away from their mothers within hours of birth so that the milk that nature intended for them can be used by people instead.

Please—don't eat dairy products!

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Milk: It's unnatural



"There's no reason to drink cow's milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today."

—Dr. Frank A. Oski,
former director
of pediatrics,
Johns Hopkins
University

■ Most small family farms have been replaced by corporate-owned factories where cows are warehoused in huge sheds and treated like milk machines. To keep milk production as high as possible, farmers artificially inseminate cows every year. Growth hormones and unnatural milking schedules cause dairy cows' udders to become painful and so heavy that they sometimes drag on the ground, resulting in frequent infections and overuse of antibiotics.

■ Dairy products are a health hazard. They are frequently contaminated with pesticides, hormones, and antibiotics and are deficient in fiber, niacin, vitamin C, and iron. Dairy products are linked to allergies, heart disease, cancer, and other diseases.

■ The late Dr. Benjamin Spock, America's leading authority on child care, spoke out against feeding cow's milk to children, saying it can cause anemia, allergies, and insulin-dependent diabetes.

And evidence is mounting that milk and other dairy products cause osteoporosis, rather than preventing it, since their high-protein content leaches calcium from the bones. A ground-breaking Harvard study of more than 75,000 nurses found that the women who drank the most milk had the most bone fractures. The best sources of calcium are beans, nuts, seeds, fortified fruit juices, and green leafy vegetables. To learn more, check out MilkSucks.com.

WHAT YOU CAN DO:

Give the bottle the boot! Instead, try delicious soy, almond, or rice milk, soy cheese, Tofutti ice cream, and tofu sour cream and cream cheese. All are widely available at health food stores and many supermarkets. Call 1-888-VEG-FOOD for a free vegetarian starter kit.

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