

Quick Tips – Dairy #2

Source:

The pH Miracle

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The idea that dairy products are healthy is pure hype - - a cultural myth.

It isn't a human food.

It is designed for baby cows, whose requirements are far different from those of humans.

Milk is full of components of no use to us, and they must either be converted to use (wasting our body's resources in the process) or eliminated as toxins.

No other animal species drinks milk beyond infancy - - and certainly not from a species outside their own.