FOOD FOR THOUGHT!

Milk... food for thought
The milk mustache advertising campaign is physiologically misleading. Milk has a solid reputation of being a healthy and essential product. How milk influences the body is very complicated, although the American Dairy Association would have you believe otherwise.

Flavored milk products are now finding their way into school vending machines. Is this a healthy alternative? Absolutely not! Flavored milk has more calories and as much sugar as soda and contains 460 calories. With the decreased sales of milk, this is just another marketing scheme to get milk to a large portion of the soda-consuming population. School kids are offered the two beverage options (soda and milk) that contribute to their lower state of health. Again, is it about a health-conscious milk industry or a money-hungry milk industry?

Health care providers and people who understand human physiology are aware that a majority of the world does not drink or consume cow's milk and dairy products. This issue must be addressed because there will be those who insist that humans need milk.

According to the American Dairy Association, it is a "no brainer" that milk is necessary for proper bone health. Animal protein (yes, milk is a protein) is an acid and requires calcium to be balanced, therefore dairy consumption leads to calcium loss.

In my health-centered practice, I promote minimal or no milk consumption. Milk consumption leads to migrating pain, sinus problems and a huge list of unhealthful conditions, including ear infections.

Many health care practitioners either do not understand, or simply do not know, that milk causes ear infections. Do your own research. Eliminate milk (white and chocolate) from you child's diet, substitute with rice, almond or other nut milks for breakfast cereal. Supplement their diet with sesame seeds, almonds or calcium citrate and increase water consumption. You will notice a reduction in childhood "sickness," especially ear infections.

When eliminating calcium, some may be concerned about osteoporosis. We encourage minimal sugar consumption because sugar depletes calcium. We tell our patients to eat almonds, (while I have not seen sensitivities with almonds, I do see major correlations between peanut consumption and poor health), which are a neutral nut and a good source of fat; (I know you may be concerned about fat, but this is a healthy fat). Sesame seeds and Romaine lettuce are a good source of calcium. Spinach has phytic acid that depletes calcium. Broccoli, cabbage and cauliflower are cruciferous foods and a good source of calcium (but have been shown to suppress thyroid function and effecting calcium metabolism).
If you or your family has a history of dental breakdown, evaluate your eating habits (which inevitably you pass to your children). It is not to say you can never drink milk again but instead, limit your consumption until you evaluate the results of dairy removal. Try to get your calcium from other calcium-rich foods (i.e., almonds), not from calcium carbonate found in "digestive aids." I discourage fortified juices with added calcium. Concentrated juices are heated and are poor sources of living nutrients and enzymes. Create your own juice daily with a mix of your favorite vegetables.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>ALMOND Raw Unsalted</th>
<th>COW'S MILK 3.5% fat</th>
<th>COW'S MILK 3.7% fat</th>
<th>SKIM MILK</th>
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<tbody>
<tr>
<td>Calcium</td>
<td>234 mg.</td>
<td>188 mg.</td>
<td>117 mg.</td>
<td>121 mg.</td>
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Almonds, raw and unsalted, contain twice as much calcium as the same quantity of milk. Almonds are an excellent way of getting high quality calcium without using dairy products. I have not suggested soy as a viable substitute for dairy. Current research reveals that soy may be an over-processed, hard to digest anti-nutrient. I limit my patient's recommended level of soy consumption to 8 ounces daily.

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