

DAIRY... OFTEN BAD, BUT CAN BE REASONABLY OK

Most dairy, in the United States, should not be considered edible, but instead a form of poison. This is related to how the cows are kept. They are fed non-organic GMO grains and beans. In nature, cows eat the wide variety of grasses found in a wild field! Not to mention the poor quality of the chemically saturated grains and beans they are given. Because cows given this diet (and kept in confined quarters) are always sick, they must be given antibiotics continually, which results in pus-saturated milk. This is not normal, and not the case for dairy from most other countries.

THE DESTRUCTIVE EFFECTS OF NON-ORGANIC AMERICAN DAIRY:

1. Clogs your head (and sinuses) with phlegm.
2. Obstructs your ability to think clearly and make good decisions.
3. Contributes to frequent illness, due to the added hormones and antibiotics.
4. Contributes to obesity, both organ fat and external fat.
5. Increases your likelihood of getting type II diabetes (esp. drinking milk).
6. Makes you fatigued, weak, tired, unmotivated, heavy, etc.

THE BETTER FORMS OF DAIRY:

1. Milk is mostly for ages <12, adults should avoid it (best is whole fat, raw, organic).
2. Cheese from Europe is of much better quality.
3. Goat and sheep milk cheeses will be easier to digest.
4. Hard cheese is easier to digest than soft cheese (and less liable to cause phlegm and fat).
5. Yogurt must not contain added sugar (or only a small amount of organic sugar).
6. Cream Cheese, Sour Cream, Cottage Cheese and Ice Cream should be rare treats, if ever.
7. Keep the quantity minimal, and do not have dairy every day.
8. Do not eat any dairy if you are suffering from phlegm or obesity.

The best brand for butter is *Kerry Gold* (from Ireland), also some good quality cheeses. Other good brands include: *Stoney Field Farms*, *Organic Valley* and *Seven Stars*.