



Michele's Organic Massage

Investments In Knowledge Pay the Highest Dividends

<http://www.michelesorganicmassage.com>

Say "No Thanks" to Commercial Milk

Milk is pasteurized in order to remove unhealthy bacteria, but this process also removes the nutritional value of the milk. Milk pasteurization destroys digestive enzymes and even doubles the amount of harmful bacteria. During pasteurization, enzymes like lactase, galactase, and phosphatase are destroyed. Without these enzymes, milk is especially difficult to process in our bodies, especially since the human pancreas cannot always create these enzymes on its own. When the pancreas is overtaxed diabetes and other diseases may occur.

Recombinant Bovine Growth Hormone is a genetically engineered hormone that is given to cows in order to increase their milk production, thus increasing the profits of the dairy industry. Bovine growth hormone (rBGH) accelerates the development of IGF-1, a hormone that is not eliminated in pasteurization or digestion. IGF-1 and rBGH increase cell division which can lead to breast, prostate, or colon cancer. When we drink milk we are increasing our risk of cancer. Think of it this way, if a cow's life is shortened by 20 years when injected with BGH, what could that do to your life?