



Bite Size Pieces of Information

The Truth About Dairy & Why?

There is no way I would be coaching and sharing tips with you, if I didn't love what I do. The good news is that each truth TIP for health comes packed with great alternatives that will make giving up dairy a breeze. Or at least a little easier.

Health Tip #1: Dairy is Highly Allergenic.

If there was one thing you could do to dry up the mucus monsters, clear up congested mornings, calm colicky infants and lighten up those dark circles under your eyes. Well, it would be dairy, especially cow dairy. Unfortunately all of the dancing cows and ice cream cones holding hands during your favorite Saturday morning cartoons are not as good for you as their frolicking figures suggest.

Dairy happens to be one of the top allergens out there. However, most of you are probably thinking that you don't have one. Keep in mind, an allergy doesn't mean you are grasping your throat once the dairy touches your lips. An allergy can show up as skin rashes (especially behind the back of your arms), congestion, runny noses, lethargy, dark circles under your eyes, migraines/headaches and well, the list goes on. The best way to test for an allergy or sensitivity is to remove all forms of dairy from your diet for at least 4 weeks and see how your body reacts once you reintroduce it.



You can use hemp milk, almond milk, coconut milk or rice milk as great substitutes for milk. I use coconut milk and recommend using the unsweetened versions, to avoid unnecessary sugars.

Health Tip #2: Milk is NOT the Best Source of Calcium.

Turns out the proteins in cow's milk are much larger than our bodies can digest. This causes stress on the body and requires the use of your body's mineral stores in order to do something with it. So, in actuality, it can cause more of a deficiency than if you didn't consume it.

You can get your calcium fix from eating an abundance of dark leafy greens, Kale, broccoli and even tahini, which is a delicious spread made of sesame seeds. Plus, all of these foods are packed with other vitamins and minerals that are needed in order to absorb calcium. A win-win!



Health Tip #3: Skim Milk is NOT Healthy.

I can see the tears welling up in your eyes. You have made the switch to low fat or the bluish watery skim with the best intentions for your health and waistline.

Tip your skim milk is not making you skinny and has more protein and more sugar than regular milk. It disrupts your endocrine system, weakens your immune system and causes hormones to malfunction.

You might be wondering why the higher amount of protein is bad. Remember back at Health Tip #2? The protein found in cow's milk is too large to properly digest and assimilate causing more stress while leaving waste for your body to deal with. This can cause the leaching of calcium from your bones.

The good news on this tip is that fat is something you no longer need to be afraid of.

Your body needs **good fats** like raw nuts, coconut oil, olive oil and avocados in order to function properly and maintain a healthy weight. Avoid high saturated fats that may slow you down.



Health Tip #4 GMO

What about that cream in your coffee?

Powdered creamer contains unwanted chemicals. Straight cream is simply concentrated milk. All of the dangers of milk are increased when consuming cream, such as GMO's and Bovine Growth Hormones. Coconut creamer can be substituted. You can also choose teeccino herbal coffee products.



Avoid yogurt-Store-bought yogurt also has a number of chemicals and artificial ingredients, such as stabilizers, GMO's, sweeteners, preservatives and is pasturized. The added sugars and pasteurization kills off any benefits of yogurt. Make your own coconut yogurt.



"Milk from rBGH treated cows contains an increased amount of the hormone IGF-1, which is one of the highest risk factors associated with breast and prostate cancer, and weight gain. Growth hormones stimulates the liver to increase IGF-1 levels in the milk of those cows. The fat and milk of cows are contaminated with a wide range of carcinogenic contaminants, including dioxins and pesticides."



Getting hormones back to harmony and weight managed, may require more than merely staying away from hormones if you have consumed them for many years. Toxins may stay in the liver a long time.

Hopefully, you feel less panicked about ditching the dairy now that I have shared with you some tasty alternatives. If you find yourself still choked up on the topic, I want to share one last thing with you..

The emotional loss you think you will experience by removing foods like dairy is severely outweighed by the gain in energy, "health", skin health and vibrancy that will become your baseline of normal. This is because you never know how good you can feel until you do.

Footnotes:

"The China Study"

Recommended movie www.GeneticRouletteMovie.com