

Dark Truth Behind The Milk Myth



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The escalating rate of violence and abuse to the animal world and aquatic lives is on the rise, as a result of which, global warming, ecological crisis and environmental pollution are threatening the entire human race, making it a matter of grave concern, especially for those who are conscientiously aware. Those who are slumbering in ignorance do not realize that when any life is threatened, other lives are also at risk. It is all very well to say that individual must wrestle with his conscience but only if his conscience is awake and informed. Industrial society, alas, hides animals' suffering and does not allow the conscience to be awakened.

When we observe minutely around us, we see that even nature sees the whole

universe as a great cosmic mechanism with its own self-propelling force. We are part of that mechanism and responsible for conducting ourselves in harmony and rhythm with nature and all other living beings. It is important to know that each of us is a vital thread in another's life tapestry and our lives are woven together for a reason, the reason being to survive and live in peace and help others live in peace and harmony.

In this article, the main focus is the dairy industry. The information below lifts the lid on modern dairy farming, shattering its benign image and exposing the immeasurable mental and physical suffering inflicted on millions of cows and their calves every year. It serves as a wake-up call for everyone who is opposed to animal cruelty yet who continues to buy and consume dairy. The time has come to enlighten the readers and awaken them to the truth about the

torturous lives of animals in dairies and learn about their horrifying conditions!

The Myth Behind Milk:

“Yes... milk is Mother Nature's "perfect food" ...for a calf... until the calf is weaned. Everything you know about cow's milk and dairy is probably part of a Dairy industry MYTH,” says Dave Rietz- Webmaster www.notmilk.com

It is now time to remove the myth and face the truth so one can see how much suffering is involved in one glass of milk. Each sip contains growth hormones, fat, cholesterol,allergenic



proteins, blood, pus, antibiotic, bacteria and virus. Hence milk is a deadly poison.

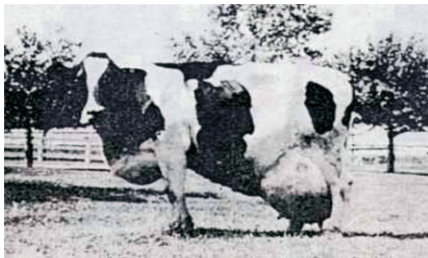
With increased prosperity, people are consuming more and more amount of meat and dairy products every year.

To keep producing milk for human consumption, a dairy cow must produce a calf each year.

In order to keep a steady supply of milk, the cows are repeatedly impregnated.

Although cows would naturally make only enough milk to meet the needs of their calves (around 16 pounds a day), genetic manipulation, antibiotics, and Bovine Growth Hormones are used to force each cow to produce more than 18,000 pounds of milk a year (an average of 50 pounds a day) www.chooseveg.com (National Agriculture Statistics Service.-2004Feb.17 Milk production. USA

Department of Agriculture.) The hormones adversely affect the cows' health and increase the rate of birth defects in their calves. BGH may also cause breast and prostate cancer in humans.



www.animal-lib.org.au/lists/vegan/vegan.shtml

Several times a day, dairy cows are hooked by their udders to electronic milking machines, which can cause the cows to suffer electrical shocks, painful lesions, and mastitis. Their udders become sore and heavy with the milking machines and touch the floors.

Some spend their entire lives standing on concrete floors; others are

crammed into massive mud lots.

Cows have a natural lifespan of about 20- 25 years and can produce milk for 8 or 9 years. But the stress caused by factory farm conditions leads to disease, lameness, and reproductive problems that render cows worthless to the dairy industry by the time they are 4 or 5 years old, at which time they are sent to the slaughterhouse.



A cow restrained for slaughter. Some ethicists consider the slaughter of animals to be an infringement upon their rights.

What Happens To The Calf:

Calves are taken from their mothers within 12-24 hours of birth. If nature was allowed to take its course-calves would suckle from their mother for several months, even up to a year. Mother cows, like most mammals have a strong maternal bond. One study found that this bond was formed in as little as five minutes says Frances C. Flower and Daniel M. Weary, “Effects of Early Separation on the Dairy Cow and Calf.”



The separation breaks a strong maternal bond, and both cows and calves suffer.

The above photo is taken from Animals Australia- Voice of Animals

When calves are removed, mother cows frantically bellow for the offspring that they will never see again. Separated calves appear frightened and bewildered.

Regardless of how this situation is handled, this separation causes enormous stress for both the cow and the calf.

New mothers are returned to the milking herd to maximise profits. The milk that nature destined for the calf is then processed for human consumption.

Cruelty to a Veal Calf in a Crate:

Few consumers realize that veal (meat from a calf) is a direct by-product of the dairy industry. In order for dairy cows to produce milk, they must be

impregnated. While female calves are slaughtered or added to the dairy herd, many male calves are taken from their mothers when they are as young as one day old and chained in tiny stalls to be raised for veal.



Veal calves are chained by their necks in tiny crates & fed an anemia-inducing diet.(www.chooseveg.com)



Veal Calf

Confinement is so extreme that they cannot even turn around or lie down comfortably. As author John Robbins notes, “The veal calf would actually have more space if, instead of chaining him in such a stall, you stuffed him into the trunk of a subcompact car and kept him there for his entire life.”

Many veal calves are deliberately kept anemic in order to produce light-colored meat, which fetches higher prices in restaurants. Their liquid-based, iron-deficient diets cause numerous health problems.

Motherless and alone, they suffer from ulcers, diarrhea, pneumonia, and lameness.

After three to 18 weeks of this deprivation, they are trucked to the slaughterhouse, where their young lives are taken from them.

The above information is taken from WWW.chooseveg.com



Cows are extremely gentle and affectionate animals, forming strong bonds with one another, particularly between mother and child. As Michael Klaper M.D. recalls “The very saddest sound in all my memory was burned into my awareness at age five on my uncle's dairy farm in Wisconsin. A cow had given birth to a beautiful male calf...On the second day after birth my uncle took the calf from the mother and placed him in the veal pen in the barn-only ten yards away, in plain view of his mother. The

mother cow could see her infant, smell him, hear him, but could not touch him, comfort him, or nurse him. The heartrending bellows that she poured forth—minute after minute, hour after hour, for five long days—was excruciating to listen to. They are the most poignant and painful auditory memories I carry in my brain.”

Health Impacts Of Dairy Industry:

Giving up dairy is easy on the health of the body and soul. Dairy free diets are credited with lowering the risk of colon cancer, heart attack, high blood cholesterol, high blood pressure, prostate cancer, stroke, diabetes etc.

“Cow's milk is the number one cause of food allergies among infants and children, according to the American Gastroenterological Association. Most people begin to produce less lactase, the

enzyme that helps with the digestion of milk, when they are as young as 2 years old. This reduction can lead to lactose intolerance. Millions of Americans are lactose intolerant, and an estimated 90 percent of Asian-Americans and 75 percent of Native- and African-Americans suffer from the condition, which can cause bloating, gas, cramps, vomiting, headaches, rashes, and asthma. A U.K. study showed that people who suffered from irregular heartbeats, asthma, headaches, fatigue, and digestive problems showed marked and often complete improvements in their health after cutting milk from their diets.” [PETA Media Center](#).

Myth about Organic Milk:

“Organic” simply means drug- and chemical-free— as organic animals can be subjected to all the same types of

cruelty that occur in factory farms, and as long as they are not dosed with drugs or fed food that was treated with pesticides, their meat and milk can be labeled “organic.” However, because farmers are accustomed to dosing animals with drugs to make them grow larger and increase their profit margin, very few have been willing to go chemical and drug-free.

According to the U.S. Department of Agriculture, less than 1 percent of animals raised for meat in the U.S. meet the criteria for the organic label. Among the farms that are chemical-free, some may continue to dose animals with drugs and then fraudulently label their animal products organic. Animals on organic farms often suffer through the same mutilations that occur in factory farms. Cattle have their horns sawed off and their testicles cut out of their scrotums, and they're held down and branded with sizzling-hot irons, resulting in third-

degree burns.

Effect of Dairy Industry;

With rising temperatures, rising sea levels, melting icecaps and glaciers, shifting ocean currents and weather patterns, climate change is the most serious challenge facing the human race.



“A single dairy cow produces about 120 pounds of wet manure per day, which is equivalent to the waste produced by 20–40 people. That means California's 1.4 million dairy cows produce as much waste as 28–56 million people.”

U.S. Environmental Protection Agency Notes from Underground, Fall 2001

Animal agriculture is linked to climate change, water pollution, land degradation, and a decline in biodiversity. Additionally, an animal-based diet uses more land, water, and energy than an animal free diet.

Indian Dairy Industry:



[This photo is taken from PETA India.com](http://PETA.India.com)

Today the dairy cows and buffaloes in India also go through the same

alarming fate as their counter parts in western countries, becoming milking machines for human beings.

The cows and buffaloes are kept pregnant every year for 6-7 years consecutively by artificial insemination.

As soon as a cow stops yielding milk, she is sent to the slaughter house for beef meat.

New born calves are deprived of the mother's milk that is rightfully theirs. They are fattened by hormone injections and kept in dark sheds away from sunlight in oppressed conditions, preparing them for veal meat.

These cow's milk is for their calves but now it is consumed by the human beings. To obtain 1 litre (approximately 1.75 pint) of milk, 2000 litres of water is used, depleting the water resources in the country.

For anyone reading this report, the conclusion is that dairy farming inflicts

unacceptable and unavoidable pain and suffering to cows and their calves.

To counter act this violence on these voiceless animals, great seers have reiterated again and again the importance of love and compassion. That is why since time immemorial, the core teaching of Sarva Dharma (All Religions) has always remained to be Ahinsa and that is why all its practitioners are vegetarians consuming no meat, fish, fowl, poultry, seafood or eggs.

In the olden days, people used to drink milk because the milk giving animals were raised and treated as family members where the babies were allowed to suckle the milk of their mother and were not separated from their mothers. They were allowed to graze freely in the pastures and not confined to pens where they could not move freely.

But today the story is very different. The extensive abuse caused to the dairy

animals and the torturous lives of dairy cows and their calves have changed the idealistic image of the past. Knowing this has encouraged and inspired individuals to take one step forward to join those millions all over the world to adopt a Vegan life style.

What is Veganism?

The word "veganism" denotes a philosophy and way of living which seeks to exclude — as far as is possible and practical — all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose and by extension promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals. ([Memorandum of Association of the](#)

[Vegan Society](#)". About Us 1. [Vegan Society \(1979-11-20\)](#). Retrieved on 2007-02-22.)

Vegans live on plant based food, so exclude flesh, fish, fowl, poultry, seafood, dairy products such as animal milk, butter, cheese, yogurt (curd), ice-cream, eggs, honey, animal gelatin and all other items of animal origin like leather, silk, wool, pearl etc.

Every kind of milk, whether it is from humans, cows, dogs, elephants, or camels, etc is formulated to meet the specific growth needs of their young. For example, there is a big difference between human babies and calves. Cow's milk is 15% protein while human milk is 5-7% protein. Additionally, it takes about 45 days for a calf to double its birth weight and about 180 days for a human infant to double its birth weight. Humans are the only mammals that consume milk after infancy and from a different species!

Cows milk is not a mother's milk replacement!

Another aspect of not being aligned with the natural cycle is that human mother's milk is designed for the nervous system of infants, and cow's milk is more designed to grow a calf. Cow's milk is 4 times higher in protein than human milk. It is designed for the massive skeletal and muscle growth which a 400 pound cow needs. Human milk has 6-10 times the essential fatty acids, especially linoleic acid and DHA, which is needed for human brain development and overall nervous system development. One research showed breastfed children had 10 points higher IQ than children not given mother's milk.

The most common reasons for one becoming vegan is also an ethical commitment or moral conviction concerning animal rights, the

environment, human health, and spiritual or religious concerns. Of particular concern are the practices involved in factory farming, animal testing, and the intensive use of land and other resources required for animal farming.

People who adopt veganism for environmental reasons do so because veganism consumes far fewer resources and causes less environmental damage than an animal-based diet.

The Spiritual Aspect:

The heart of Dharma is Reverence for all Life ie. Ahinsa. Ahinsa is a term meaning to do no harm, having empathy and feeling other's pain. It is an important tenet of the religions that originated in ancient India (Hinduism, Buddhism and Jainism).

Ahinsa is the first rule of conduct that bars the killing or injuring of living

beings. It is connected with the law of cause and effect that all kinds of violence entail negative karmic consequences. When the animals are killed, mutilated, tied by force, loaded with heavy loads or kept hungry one actually commits the violation of the first vow of not killing and lapses the code of conduct.

Therefore the adherents believe that when the calves go hungry without a drop of milk, the human becomes the cause for their hunger and untimely death which creates negative vibrations. To do anything hurtful, to encourage others to do or to appreciate others doing it results in the same attraction of negative karmas.

When the cow, buffalo or the calf is not allowed to live his or her destined life and if their life is abruptly ended in agony, one becomes responsible for the same fate in one's own life. It is not surprising when this affects the longevity karma of

the person. Reducing the longevity of others we reduce our longevity.

The spiritually aware believe that to take anything without the permission of their owner is a theft. We have not taken permission from the cow to take her milk? Have we? We are violating another principle of Dharma ie. non- stealing.

When the mother is separated from her baby by force, one acquires the karma of obstruction in one's life.

For self realization all the great saints have emphasized renunciation of passion creating foods in daily life. Since all animal products are passion creating foods, one must eschew them.

It is shocking to hear intelligent people argue that the cows are not killed to get milk so it is okay to drink milk. These are the ones who are fearful of change and are not ready to give up their ill habits and thus defend themselves. They don't realize that by taking milk and

its products one perpetuates endless violence indirectly supporting the cruelty in the dairy industry.

Call of Compassion:

If even after knowing the facts we are not convinced about changing our food habits, then we need to question our beliefs and commitment to dharma. Dharma means the law of nature. The law of nature is cause and effect. What we sow, that we grow. Whatever suffering is caused to any living being, whether the being is human, animal, insect or any other form, comes back to us like a boomerang.

All these horrifying stories leave a compassionate heart restless and aching. If the above facts and truth leave your heart restless and evoke an emotion of compassion do not ignore this as another piece of information to read and forget

about it. Think, ponder and then decide. It's your life, it's your choice. When you have a choice, make it a compassionate one, not an unthinking one.

One cannot be at peace if one is the cause pain and suffering to innocent living beings.

A VEGAN life style is one of the most imperative and effective actions one can take to ease the strain on our Earth's limited resources, protect the planet from pollution, prevent global warming, and save countless species from extinct.

Health Concerns about Dairy Products:

“Milk’s main selling point is calcium, and milk-drinking is touted for building strong bones in children and preventing osteoporosis in older persons.

In studies of children and adults, exercise has been found to have a major effect on bone density.

You can decrease your risk of

osteoporosis by reducing sodium and animal protein intake in the diet, increasing intake of fruits and vegetables, exercising, and ensuring adequate calcium intake from plant foods.

Dairy products—including cheese, ice cream, milk, butter, and yogurt—contribute significant amounts of cholesterol and saturated fat to the diet. Diets high in fat and saturated fat can increase the risk of heart disease, among other serious health problems. A low-fat vegetarian diet that eliminates dairy products, in combination with exercise, smoking cessation, and stress management, can not only prevent heart disease, but may also reverse it.” Report by PCRM (Physicians Committee for Responsible Medicine).

From where do we get our Calcium?

Cruciferous vegetables like kale, collard greens, broccoli and Brussels

sprouts are great source of calcium as are dark leafy greens. We can also get our calcium from fortified soymilk, fortified orange juice, sesame seeds, almonds, and tahini (a thick Middle Eastern paste made from ground sesame seeds). Dark colored beans are good source of calcium. These beans are also rich in Magnesium which helps our body to absorb calcium.

Barriers to Calcium absorption:

The animal protein in dairy can actually prevent our body from absorbing calcium. Animal protein, caffeine and salt can block our body's calcium absorption or leach calcium from our bones.

What about vitamin D?

It is best known for its role in bone health. Individuals often drink milk in order to obtain vitamin D in their diet, unaware that they can receive vitamin D through other sources. The natural source

of vitamin D is sunlight. Five to fifteen minutes of sun exposure to the arms and legs or the hands, face, and arms can be enough to meet the body's requirements for vitamin D. It helps our body absorb calcium. When vitamin D is deficient,

We absorb very little calcium. There are two kinds of vitamin D. D2 is for vegans and D3 is derived from Lanolin (a fatty substance obtained from sheep's wool.)

What about Protein?

Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Our body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood. We can derive protein from tofu (soy paneer), lentils, dals, beans, nuts, seeds,

brown rice and whole grains.

What about vitamin B12?

Our body has the ability to store vitamin B 12 for a number of years. If you are a newly vegan you have sufficient reserves for another decade. But otherwise take a substitute. Nutritional yeast is the best source of Vitamin B 12. Miso (a thick paste made from fermented soybeans and barley or rice malt) and some seaweeds contain minimal amount as well. One can take B 12 in multi vitamin or B 12 supplement.



- **Various Useful Links:**
- <http://www.vegetarian.org.uk>
- <http://www.notmilk.com>
- <http://www.vegsource.com>
- <http://www.newstarget.com>
- <http://www.thechinastudy.com/>
- http://www.milkmyths.org.uk/pdfs/dairy_report.pdf
- <http://www.vegansociety.com/phpwsw/files/phatfile/whyvegan.pdf>
- <http://www.milkmyths.org.uk/intro.php>
- <http://www.vegetarian.org.uk/index.htm>
- <http://www.factoryfarming.org.uk/dairy.html>
- <http://www.satyamag.com/nov04/iyer.html>
- <http://www.vegansociety.com/html/animals/e>
- [xploitation/cows/dairy_cow.php](http://www.vegansociety.com/html/animals/e)
- <http://www.animalaid.org.uk/campaign/vegan/cattle01.htm>

- <http://www.halexandria.org/dward074.htm>
- <http://essenet.net/whyv.html>
- <http://www.naturalmom.com/milk.htm>
- <http://www.shirleys-wellnescafe.com/bgh.htm>
- <http://www.sustainabletable.org/issues/animalwelfare/>
- <http://nomilk.com/>
- <http://www.cbc.ca/consumers/market/files/food/milk/index.html>
- <http://www.spice-of-life.com/columns/bcancer.html>
- <http://themilkblog.blogspot.com/>
- <http://www.earthsave.org/health/milkletter.hm>
- <http://www.phmiracleliving.com/search/index.php?category=Articles>

- **Vegan Films:**
- Raw for 30 Days
<http://www.rawfor30days.html>
- Neal Bernard
<http://www.vegsource.covideo/barnard.m/win.htm>
- Colin Campbell
<http://www.vegsource.com/video/colin.wmv.htm>
- Earthlings <http://www.earthlings-movie.com/>
- Peaceable Kingdom
<http://www.tribeofheart.org/pk.htm>
- Meat your Meat:
<http://www.goveg.com/factoryFarming.asp>
- Vegan Family:
<http://www.breakthroughthedocumentary.com/>
- Diet for a New America
<http://www.foodrevolution.org>

- **Vegan Books:**
- The No Dairy Breast Cancer Prevention Program by Jane A. Plant
- Milk A-Z Robert Cohen
- Don't Drink Your Milk! Frank A. Oski
- The Food Revolution, John Robbins
- The Milk Imperative
<http://www.milkimperative.com/>

