



# THE DIRTY SECRETS OF DAIRY

We've all heard milk does a body good, but did you know that milk has a dirty secret? Some doctors and advertisers say that we need milk to build strong bones and that it is essential to our diets. But, the truth is, it isn't. In an article on Nutrition Facts.Org (2020) dairy consumption is associated with more bone fractures as opposed to preventing them (Greger, M. 2017).

Other studies show that women that consume dairy on a regular basis are prone to ovarian cancer and have a higher risk of developing osteoporosis (Live Kindly, 2020).

Clinical studies show that the casein protein found in milk is one of the strongest allergens known to man. Which is why there are so many people with dairy allergies. This allergen causes an inflammatory response within the body which can manifest differently in each person.

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## Conditions Caused by Dairy Products:

Sinus Congestion  
Runny Nose  
Headaches  
Migraines  
Arthritis  
Numbness and Tingling  
Fibromyalgia  
Crohn's Disease  
Hypoglycemia  
Chronic Fatigue  
Joint Pain  
Ear Infections  
Insomnia / Sleep Disorders  
PMS Symptoms / Cramping  
Irritability  
Mental Disturbances  
Lead to Certain Cancers

Do you have any of the symptoms above? If so, the least expensive and most effective approach to seeing which symptoms in your life are related to the casein protein is clinical experimentation, using the all or none principle. When experimenting with allergens the term "cutting back" is useless. The antigen must be COMPLETELY removed from the system in order for the body to go through the stages of proper withdrawal and be able to begin the healing process. If ANY antigen is introduced into the body during the withdrawal period the entire cycle restarts. It takes 2 - 3 weeks for dairy to be eliminated from your system, since most of us have been exposed to dairy since birth!