

Devil In The Milk Illness Health And The Politics Of A1 And A2 Milk

Are we either good or bad, and do we really know the difference? Why do we want what we cannot have, and even to be what we're not? Can we desire others without wanting to possess them? Can we open to others and not risk possession ourselves? And where, in these cases, do we draw the line? Ewan Fernie argues that the demonic tradition in literature offers a key to our most agonised and intimate experiences. The Demonic ranges across the breadth of Western culture, engaging with writers as central and various as Luther, Shakespeare, Hegel, Dostoevsky, Melville and Mann. A powerful foreword by Jonathan Dollimore brings out its implications as an intellectual and stylistic breakthrough into new ways of writing criticism. Fernie unfolds an intense and personal vision, not just of Western modernity, but of identity, morality and sex. As much as it's concerned with the great works, this is a book about life.

The Milk Book - How Science Is Destroying Nature's Neatly Perfect Food. Children are denied whole milk because pediatricians are obsessed with the cholesterol myth. These same gutless wonders don't say anything about children drinking half-a-dozen bottles of Coca-Cola a day, starting before breakfast! But kids can't get a decent glass of milk. Adding vitamin D to milk is a risky business. The New England Journal of Medicine reported many cases of vitamin D intoxication resulting from excessive fortification of commercial milk. Today, you can't get a decent glass of milk. Even if you buy whole milk, thinking it is better than that sickly blue stuff called skim, you can't win, because all of the commercial milk is homogenized. I am convinced that homogenization is even more detrimental to the nutritional quality of milk than the heat processing called pasteurization. Devil in the Milk Illness, Health and Politics of A1 and A2 Milk Chelsea Green Publishing Devil in the Milk Illness, Health and the Politics of A1 and A2 Milk Chelsea Green Publishing

"Devil in Ohio kept me up until 3 a.m. with the lights on—in a good way. It's a haunting thriller for readers who like fear, humor, and heart in one package."—Meredith Goldstein, advice columnist and feature reporter for The Boston Globe, author of upcoming YA novel Chemistry Lessons. "Gripping, urgent and addictive, Devil in Ohio balances the dark exploration of cults with a compelling and often humorous take on teen social dynamics. This is the debut you won't want to miss."—Aditi Khorana, author of critically acclaimed The Library of Fates and Mirror in the Sky When fifteen-year-old Jules Mathis comes home from school to find a strange girl sitting in her kitchen, her psychiatrist mother reveals that Mae is one of her patients at the hospital and will be staying with their family for a few days. But soon Mae is wearing Jules's clothes, sleeping in her bedroom, edging her out of her position on the school paper, and flirting with Jules's crush. And Mae has no intention of leaving. Then things get weird. Jules walks in on a half-dressed Mae, startled to see: a pentagram carved into Mae's back. Jules pieces together clues and discovers that Mae is a survivor of the strange cult that's embedded in a nearby town. And the cult will stop at nothing to get Mae back.

The Diviners are back in this thrilling and eerie third installment by #1 New York Times bestselling author Libba Bray. New York City. 1927. Lights are bright. Jazz is king. Parties are wild. And the dead are coming... After battling a supernatural sleeping

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sickness that early claimed two of their own, the Diviners have had enough of lies. They're more determined than ever to uncover the mystery behind their extraordinary powers, even as they face off against an all-new terror. Out on Ward's Island, far from the city's bustle, sits a mental hospital haunted by the lost souls of people long forgotten--ghosts who have unusual and dangerous ties to the man in the stovepipe hat, also known as the King of Crows. With terrible accounts of murder and possession flooding in from all over, and New York City on the verge of panic, the Diviners must band together and brave the sinister ghosts invading the asylum, a fight that will bring them fact-to-face with the King of Crows. But as the explosive secrets of the past come to light, loyalties and friendships will be tested, love will hang in the balance, and the Diviners will question all that they've ever known. All the while, malevolent forces gather from every corner in a battle for the very soul of a nation--a fight that could claim the Diviners themselves. Heart-pounding action and terrifying moments will leave you breathless in the third book of the four-book Diviners series by #1 New York Times bestselling author Libba Bray.

Brings together the evidence published in more than 100 scientific papers and examines the population studies that look at the link between the consumption of A1 milk and the incidence of heart disease and type 1 diabetes, and explains the science that underpins the A1/A2 hypothesis, as well as the research undertaken with humans.

This book looks beyond single-factor interpretations to offer a far more nuanced view of why the Salem witch-hunt spiraled out of control. Rather than assigning blame to a single perpetrator, Ray assembles portraits of several major characters, each of whom had complex motives for accusing his or her neighbors. In this way, he reveals how religious, social, political, and legal factors all played a role in the drama.

WINNER OF THE PULITZER PRIZE FOR NONFICTION 2020 WINNER OF THE WINDHAM-CAMPBELL PRIZE FOR NONFICTION 2020 FINALIST FOR THE PEN / JEAN STEIN BOOK AWARD 2020 'Profound and unforgettable' Sally Rooney 'A classic . . . I have long thought of Boyer as a genius' Patricia Lockwood 'An outraged, beautiful, and brilliant work of embodied critique' Ben Lerner 'Some of the most perceptive and beautiful writing about illness and pain that I have ever read' Hari Kunzru Blending memoir with critique, an award-winning poet and essayist's devastating exploration of sickness and health, cancer and the cancer industry, in the modern world A week after her 41st birthday, Anne Boyer was diagnosed with highly aggressive triple-negative breast cancer. For a single mother living payslip to payslip, the condition was both a crisis and an initiation into new ideas about mortality and the gendered politics of illness. In *The Undying* - at once her harrowing memoir of survival, and a 21st-century *Illness as Metaphor* - Boyer draws on sources from ancient Roman dream diarists to cancer vloggers to explore the experience of illness. She investigates the quackeries, casualties and ecological costs of cancer under capitalism, and dives into the long line of women writing about their own illnesses and deaths, among them Audre Lorde, Kathy Acker and Susan Sontag. Genre-bending, devastating and profoundly humane, *The Undying* is an unmissably insightful meditation on cancer, the cancer industry

and the sicknesses and glories of contemporary life.

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann. He traces LSD's path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. We follow Dr. Hofmann's trek across Mexico to discover sacred plants related to LSD, and listen in as he corresponds with other notable figures about his remarkable discovery. Underlying it all is Dr. Hofmann's powerful conclusion that mystical experience may be our planet's best hope for survival. Whether induced by LSD, meditation, or arising spontaneously, such experiences help us to comprehend the wonder, the mystery of the divine in the microcosm of the atom, in the macrocosm of the spiral nebula, in the seeds of plants, in the body and soul of people. Now, more than sixty years after the birth of Albert Hofmann's problem child, his vision of its true potential is more relevant, and more needed, than ever. This carefully crafted ebook: "The Devil's Dictionary (or The Cynic's Wordbook: Unabridged with all the Definitions)" is formatted for your eReader with a functional and detailed table of contents. The book is a classic satire in the form of a dictionary on which Bierce worked for decades. It was originally published in 1906 as *The Cynic's Word Book* before being retitled in 1911. A number of the definitions are accompanied by satiric verses, many of which are signed with comic pseudonyms. It offers reinterpretations of terms in the English language which lampoon cant and political double-talk as well as other aspects of human foolishness and frailty. The definitions provide satirical, witty and often politically pointed representations of the words that it seeks to "define". The Devil's Dictionary has inspired many imitations both in its day and more recently. Ambrose Gwinnett Bierce (1842 – 1914?) was an American satirist, critic, poet, editor and journalist. Bierce became a prolific author of short stories often humorous and sometimes bitter or macabre. His dark, sardonic views and vehemence as a critic earned him the nickname, "Bitter Bierce".

In this powerful, sometimes harrowing, deeply felt story, Patrick Tracey journeys to Ireland to track the origin and solve the mystery of his Irish-American family's multigenerational struggle with schizophrenia. For most Irish Americans, a trip to Ireland is often an occasion to revisit their family's roots. But for Patrick Tracey, the lure of his ancestral home is a much more powerful need: part pilgrimage, part investigation to confront the genealogical mystery of schizophrenia—a disease that had claimed a great-great-grandmother, a grandmother, an uncle, and, most recently, two sisters. As long as Tracey could remember, schizophrenia ran on his mother's side, seldom spoken of outright but impossible to ignore. Devastated by the emotional toll the disease had already taken on his family, terrified of passing it on to any children he might have, and inspired by the recent discovery of the first genetic link to schizophrenia, Tracey followed his genealogical trail from Boston to Ireland's county Roscommon, home of his oldest-known schizophrenic ancestor. In a renovated camper, Tracey crossed the Emerald Isle to investigate the country that, until the 1960s, had the world's

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highest rate of institutionalization for mental illness, following clues and separating fact from fiction in the legendary relationship the Irish have had with madness. Tracey's path leads from fairy mounds and ancient caverns still shrouded in superstition to old pubs whose colorful inhabitants are a treasure trove of local lore. He visits the massive and grim asylum where his famine starved ancestors may have lived. And he interviews the Irish research team that first cracked the schizophrenic code to learn how much—and how little—we know about this often misunderstood disease. Filled with history, science, and lore, *Stalking Irish Madness* is an unforgettable chronicle of one man's attempt to make sense of his family's past and to find hope for the future of schizophrenic patients. From the Hardcover edition.

This engrossing and hypnotic tale of witchcraft and the occult spans four centuries of the prominent and wealthy Mayfair family, a dynasty of witches that is haunted by a powerful, dangerous, and seductive being over the ages. The Mayfair family tries to understand and destroy the terrible force that holds the family in its power in this first book of the *Mayfair Witches* series.

Famous 23-day-long exorcism case of Erling, Iowa. Incredible and frightening. We have received several letters from Iowa verifying that this exorcism really occurred. Probably the most famous exorcism ever performed in the U.S.A. 'A seething excavation of want and human error' Raven Leilani, author of *Luster* 'Glorious, ecstatic, devastating... A gorgeous debut from a wickedly talented new author' Lauren Groff, author of *Florida* 'Sultry, dark, thick with the heat of bodies and minds in sin and transgression. Incredible' Jamel Brinkley, author of *A Lucky Man* A thirteen-year-old girl watches her white best friend totter along the edge of a building roof; a woman who lost her child in its first trimester finds empathy and horror in the waters of a city aquarium; a mother protects her teen daughter from a predatory love interest by taking revenge over a very French supper; and two estranged siblings take a road-trip with their dead father's ashes - rediscovering one another and reckoning with all the ways that trust can be betrayed and love can be redeemed. Set in the suburbs and the cities of the modern world but about the ancient essences of who and what we are, *Milk Blood Heat* is a collection of love and sex, birth and death. Through the stories of ordinary characters confronted by extraordinary moments of violent yet often beautiful reckoning, Dantiel W. Moniz contemplates human connection, race, womanhood, inheritance, and the elemental darkness in us all. Wise and subversive, spiritual and seductive, *Milk Blood Heat* showcases that the world in which we live can be a place of obstacles and heartbreak... but also one of grace and splendour. A Roxane Gay Bookclub Pick

On a quest for the perfect cut of beef, award-winning food and travel writer Mark Scharzker embarks on an odyssey to four continents, travelling thousands of miles across eight countries and working his way through more than 100 lbs of steak prepared according to dozens of techniques. The result is an impassioned, funny and remarkably enlightening

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study of steak and its discontents as well as its many delights.

In the years following World War II the health and well-being of the nation was of primary concern to the British government. The essays in this collection examine the relationship between health and stress in post-war Britain through a series of carefully connected case studies.

Not your typical boring diet book, this is a tart-tongued, no-holds-barred wakeup call to all women who want to be thin. With such blunt advice as, "Soda is liquid Satan" and "You are a total moron if you think the Atkins Diet will make you thin," it's a rallying cry for all savvy women to start eating healthy and looking radiant. Unlike standard diet books, it actually makes the reader laugh out loud with its truthful, smart-mouthed revelations. Behind all the attitude, however, there's solid guidance. *Skinny Bitch* espouses a healthful lifestyle that promotes whole grains, fruits, and vegetables, and encourages women to get excited about feeling "clean and pure and energized."

Truman Capote's boyhood Christmas memoir, rereleased with a beautiful new packaging. The classic story of Truman Capote's childhood Christmas ritual is more endearing than ever in this newly redesigned package. In celebration of *A Christmas Memory's* enduring appeal, this repackaged edition retains Beth Peck's evocative watercolors and Capote's original text. First published in 1956, this is the story from Capote's childhood of lovingly making fruitcakes from scratch at Christmas-time with his elderly cousin, and has stood the test of time to become known as an American holiday classic.

This electronic version has been made available under a Creative Commons (BY-NC-ND) open access license. The *Malleus* is an important text and is frequently quoted by authors across a wide range of scholarly disciplines. Yet it also presents serious difficulties: it is difficult to understand out of context, and is not generally representative of late medieval learned thinking. This, the first book-length study of the original text in English, provides students and scholars with an introduction to this controversial work and to the conceptual world of its authors. Like all witch-theorists, Institoris and Sprenger constructed their witch out of a constellation of pre-existing popular beliefs and learned traditions. Therefore, to understand the *Malleus*, one must also understand the contemporary and subsequent debates over the reality and nature of witches. This book argues that although the *Malleus* was a highly idiosyncratic text, its arguments were powerfully compelling and therefore remained influential long after alternatives were forgotten. Consequently, although focused on a single text, this study has important implications for fifteenth-century witchcraft theory. This is a fascinating work on the *Malleus Maleficarum* and will be essential to students and academics of late medieval and early modern history, religion and witchcraft studies.

For readers of *Plague of Corruption*, Thomas S. Cowan, MD, and Sally Fallon Morell ask the question: are there really

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such things as "viruses"? Or are electro smog, toxic living conditions, and 5G actually to blame for COVID-19? The official explanation for today's COVID-19 pandemic is a "dangerous, infectious virus." This is the rationale for isolating a large portion of the world's population in their homes so as to curb its spread. From face masks to social distancing, from antivirals to vaccines, these measures are predicated on the assumption that tiny viruses can cause serious illness and that such illness is transmissible person-to-person. It was Louis Pasteur who convinced a skeptical medical community that contagious germs cause disease; his "germ theory" now serves as the official explanation for most illness. However, in his private diaries he states unequivocally that in his entire career he was not once able to transfer disease with a pure culture of bacteria (he obviously wasn't able to purify viruses at that time). He admitted that the whole effort to prove contagion was a failure, leading to his famous death bed confession that "the germ is nothing, the terrain is everything." While the incidence and death statistics for COVID-19 may not be reliable, there is no question that many people have taken sick with a strange new disease—with odd symptoms like gasping for air and "fizzing" feelings—and hundreds of thousands have died. Many suspect that the cause is not viral but a kind of pollution unique to the modern age—electromagnetic pollution. Today we are surrounded by a jangle of overlapping and jarring frequencies—from power lines to the fridge to the cell phone. It started with the telegraph and progressed to worldwide electricity, then radar, then satellites that disrupt the ionosphere, then ubiquitous Wi-Fi. The most recent addition to this disturbing racket is fifth generation wireless—5G. In *The Truth About Contagion: Exploring Theories of How Disease Spreads*, bestselling authors Thomas S. Cowan, MD, and Sally Fallon Morell explore the true causes of COVID-19. On September 26, 2019, 5G wireless was turned on in Wuhan, China (and officially launched November 1) with a grid of about ten thousand antennas—more antennas than exist in the whole United States, all concentrated in one city. A spike in cases occurred on February 13, the same week that Wuhan turned on its 5G network for monitoring traffic. Illness has subsequently followed 5G installation in all the major cities in America. Since the dawn of the human race, medicine men and physicians have wondered about the cause of disease, especially what we call "contagions," numerous people ill with similar symptoms, all at the same time. Does humankind suffer these outbreaks at the hands of an angry god or evil spirit? A disturbance in the atmosphere, a miasma? Do we catch the illness from others or from some outside influence? As the restriction of our freedoms continues, more and more people are wondering whether this is true. Could a packet of RNA fragments, which cannot even be defined as a living organism, cause such havoc? Perhaps something else is involved—something that has upset the balance of nature and made us more susceptible to disease? Perhaps there is no "coronavirus" at all; perhaps, as Pasteur said, "the germ is nothing, the terrain is everything."

This groundbreaking work is the first internationally published book to examine the link between a protein in the milk we

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drink and a range of serious illnesses, including heart disease, Type 1 diabetes, autism, and schizophrenia. These health problems are linked to a tiny protein fragment that is formed when we digest A1 beta-casein, a milk protein produced by many cows in the United States and northern European countries. Milk that contains A1 beta-casein is commonly known as A1 milk; milk that does not is called A2. All milk was once A2, until a genetic mutation occurred some thousands of years ago in some European cattle. A2 milk remains high in herds in much of Asia, Africa, and parts of Southern Europe. A1 milk is common in the United States, New Zealand, Australia, and Europe. In *Devil in the Milk*, Keith Woodford brings together the evidence published in more than 100 scientific papers. He examines the population studies that look at the link between consumption of A1 milk and the incidence of heart disease and Type 1 diabetes; he explains the science that underpins the A1/A2 hypothesis; and he examines the research undertaken with animals and humans. The evidence is compelling: We should be switching to A2 milk. A2 milk from selected cows is now marketed in parts of the U.S., and it is possible to convert a herd of cows producing A1 milk to cows producing A2 milk. This is an amazing story, one that is not just about the health issues surrounding A1 milk, but also about how scientific evidence can be molded and withheld by vested interests, and how consumer choices are influenced by the interests of corporate business.

What would you do if you started to believe your child was a psychopath? On the outside it looks like Suzette has it all. A stunning ultra-modern home, designed by her handsome Swedish husband. A beautiful, but silent, seven-year-old daughter who is fiercely intelligent. But under the shiny veneer, the cracks are all too clear. For her daughter Hanna isn't just clever, she's dangerous. Her behaviour is carefully calculated. She adores her father, yet wants Suzette to disappear. And as Hanna's tricks become increasingly sophisticated – from tampering with her mother's daily medication, imitating a rabid dog, to setting Suzette on fire – it's increasingly clear that there is something seriously wrong with their little girl. Because what kind of child wants to kill their own mother? 'Stage expertly crafts this creepy, can't-put-it-down thriller into a fearless exploration of parenting and marriage that finds the cracks in unconditional love' Publishers Weekly

This full-color text and practical clinical reference provides comprehensive information on herbal remedies for both large and small animal species. Key coverage includes clinical uses of medicinal plants, specific information on how to formulate herbal remedies, a systems-based review of plant-based medicine, and in-depth information on the different animal species--dog, cat, avian and exotic, equine, food animal, and poultry.

A fascinating, wide-ranging survey examines the history of possession and exorcism through the ages.

"The Devil's Disciple" by Bernard Shaw. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality

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digital format.

'A beautifully written account of postpartum psychosis, and the ties, blessings and burdens of family' NIGELLA LAWSON
SHORTLISTED FOR THE SUNDAY TIMES YOUNG WRITER OF THE YEAR AWARD SHORTLISTED FOR THE JHALAK
PRIZE *Observer Book of the Week* *A Guardian Memoir of the Year 2020* *Harper's Bazaar 10 Women Who Will Shape What
You Watch, See and Read in 2020* 'Striking and original' Cathy Rentzenbrink, The Times 'Completely devastating. Completely
heartbreaking' Daisy Johnson Catherine Cho's son was three months old when she and her husband left home to introduce him to
their families. Catherine herself could never have envisaged how the trip would end for her - surfacing in an involuntary psychiatric
ward, separated from her husband and child, unable to understand who she was, or remember how she got there. In her two
weeks on the ward, Catherine turned to her notebook to reconstruct who she was, piece by piece, from the fragments of her life as
they drifted back to her. The result is this powerful exploration of psychosis and motherhood, at once intensely personal, yet
holding within it a universal experience - of how we love, live and understand ourselves in relation to each other. 'A haunting,
eloquent evocation of becoming a stranger to yourself' Observer

In her revealing bestseller Call Me Anna, Patty Duke shared her long-kept secret: the talented, Oscar-winning actress who won
our hearts on The Patty Duke Show was suffering from a serious-but-treatable-mental illness called manic depression. For nearly
twenty years, until she was correctly diagnosed at age thirty-five, she careened between periods of extreme euphoria and
debilitating depression, prone to delusions and panic attacks, temper tantrums, spending sprees, and suicide attempts. Now in A
Brilliant Madness Patty Duke joins with medical reporter Gloria Hochman to shed light on this powerful, paradoxical, and
destructive illness. From what it's like to live with manic-depressive disorder to the latest findings on its most effective treatments,
this compassionate and eloquent book provides profound insight into the challenge of mental illness. And though Patty's story,
which ends in a newfound happiness with her cherished family, it offers hope for all those who suffer from mood disorders and for
the family, friends, and physicians who love and care for them.

More advice from Physical Culturist Bernarr MacFadden. Originally published in 1923, this book touts the health benefits of milk
and outlines the milk diet, which ""properly prepared for and properly used, is capable of bringing about miraculous changes in the
physical organism.""

Helps Christians engage lovingly, thoughtfully and biblically with discussions on gender identity. Originally released in 2017, this
version has been updated and expanded. In the West, more and more Christians are coming across the topic of gender identity in
their everyday lives. Legislative changes are impacting more and more areas of life, including education, employment and state
funding, with consequences for religious liberty, free speech and freedom of conscience that affect everyone. So it's a crucial
moment to consider how to engage lovingly, thoughtfully and biblically with one of the most explosive cultural discussions of our
day. This warm, faithful and compassionate book that helps Christians understand what the Bible says about gender identity has
been updated and expanded throughout, and now includes a section on pronoun usage and a new chapter challenging some of

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the claims of the transgender activist movement. Andrew T. Walker also answers questions such as: What is transgender and gender fluidity? How should churches respond? What does God's word actually say about these issues?

A much-praised memoir of living and surviving mental illness as well as "a stereotype-shattering look at a tenacious woman whose brain is her best friend and her worst enemy" (Time). Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, Psychiatry, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the illness. *The Center Cannot Hold* is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

The Bad Bug Book 2nd Edition, released in 2012, provides current information about the major known agents that cause foodborne illness. Each chapter in this book is about a pathogen—a bacterium, virus, or parasite—or a natural toxin that can contaminate food and cause illness. The book contains scientific and technical information about the major pathogens that cause these kinds of illnesses. A separate “consumer box” in each chapter provides non-technical information, in everyday language. The boxes describe plainly what can make you sick and, more important, how to prevent it. The information provided in this handbook is abbreviated and general in nature, and is intended for practical use. It is not intended to be a comprehensive scientific or clinical reference. *The Bad Bug Book* is published by the Center for Food Safety and Applied Nutrition (CFSAN) of the Food and Drug Administration (FDA), U.S. Department of Health and Human Services.

This handbook provides basic facts regarding foodborne pathogenic microorganisms and natural toxins.

In 1765, doctors in Venice were stumped by the death of a man who suffered from chronic insomnia. Over the next two centuries, this rare, inherited disease continued to baffle the experts as it struck the family at random, passing from generation to generation like a deadly dynastic curse.

Don't Drink A1 Milk !! is an expose' of the potential health hazards of drinking Type A1 cow's milk, and the implications for the dairy industry, government, and, most importantly, the consumers. We now know that Type A1 cow's milk genetically differs from the original A2 milk, and can generate the casomorphin peptide, BCM-7 ... the devil in the milk. The BCM-7 molecule can attach itself

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to the insulin-producing beta cells in the pancreas, prompting an autoimmune destruction of the beta cells, leading to diabetes. It is a strong oxidant, and can oxidize LDL cholesterol, contributing to plaque build-up in the arteries. It is also a powerful morphine-like opiate, and can pass through the blood-brain barrier, promoting neurological disorders such as schizophrenia and autism. The evidence is credible and compelling, and cannot be ignored. Our dairy industry has decided not to confront the enormous implications to their status quo, and does not want you to know about this issue. Our various governments and regulatory agencies have chosen to 'bury their heads in the sand', claiming that the BCM-7 hypothesis is not 'proven' and that no risk assessment or protective action is warranted. Dairy farmers in the U.S., Canada, and Europe know little about this issue. Ironically, the dairy farmers in New Zealand, where the research originated, are quietly converting their herds to A2-only producers. Almost all of the milk produced and sold in the U.S. is Type A1 or is contaminated with A1. The author suggests that what is at stake is more than simply a challenge to the dairy industry. Even more important is our health, and that of our children, and of generations to come. And what about the increasing millions who suffer and will suffer from diabetes, heart disease, and neurological disorders? He proposes that it may not be so much a matter of what science finally concludes ... although this is extremely important ... but may be more a matter of consumers knowing the truth, being protected, and having a choice. Yet there is a positive side to this new knowledge ... we may suddenly have at our fingertips a key to eliminating a significant cause of chronic disease and the opportunity to uplift our human health to an even higher level. An urgent call for accountability and action is warranted. Consumers are asked to place their vote in both the political arena and the marketplace to insist on transparency, courage, and integrity on the part of the dairy industry, government, and science to correct this unacceptable dilemma.

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