

The Disturbing Truth
MILK
SUGAR
CHOCOOLATES



IRFAN IFTEKHAR

**Why do the countries with the lowest
consumption of dairy products have the
lowest rates of osteoporosis,
bone fractures,
obesity and dental decay?**

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DISTURBING TRUTH

**MILK, SUGAR AND
CHOCOLATES**

Author

IRFAN IFTEKHAR



Nutrition is a science. When the science is explained step by step and the facts are connected one by one, the details become clear and understandable. Because nutrition is an active science, staying current is paramount. The number of foods has increased dramatically. The connections between good food and bad food have become more apparent-and our interest in making smart health choices has followed. The science of nutrition has grown rapidly, with new "facts" emerging daily and thus busting myths. History is replete with unfounded health beliefs, and to everyone's detriment, the milk myth is among the most tenacious.

Most of us do not know that cow's milk protein may play a role in triggering type 1 diabetes through a process called molecular mimicry, across countries, populations that consume more dairy have higher rates of multiple sclerosis. A large observational cohort study in Sweden found that women consuming more than 3 glasses of milk a day had almost twice the mortality over 20 years compared to those women consuming less than one glass a day.

Similarly very few of us know that Chocolate is not a food but a Toxin, with very high oxalate content, especially in cocoa which can cause kidney stones and can trigger headaches in migraine sufferers. The most lethal being the refined sugar, which is worse than nothing because it drains and leaches the body of precious vitamins and minerals through the demand its digestion. You will find this book a myth buster.

I hope that this book serves you well.



NUTRITION

"Dis-moi ce que tu manges, je te dirai ce que tu es."

YOU ARE WHAT YOU EAT

In 1828, Anthelme Brillat-Savarin wrote, in *Physiologie du Gout, ou Meditations de Gastronomie Transcendante*: "Dis-moi ce que tu manges, je te dirai ce que tu es." Translated in English it reads, 'Tell me what you eat and I will tell you what you are', a phrase which bears repetition, because the body is built from the nutrients it gets. Based on a 2,000-calorie diet, the Dietary Guidelines for Americans, 2010 (1) recommends 2 cups of fruit per day, 2 1/2 cups of vegetables, 6 ounces of grains, 5 1/2 ounces of protein foods and 3 cups of dairy foods.

FRUITS: Fresh fruits are the best. Frozen, canned or dried fruits also qualify. Eat variety of fruits as fruits vary in their nutrient content.

VEGETABLES: From dark green to bright green to spring green, from yellow to light and deep orange and also red. Vegetables vary in color and nutrient values. Vegetables provide us with nutrients, A, C and B vitamins and also iron and calcium. Dietary Guidelines provide weekly recommendations for the different colors and type

DAIRY: Milk of all types, yogurt, cheese, soy beverage and cream are all dairy products.

GRAINS: Whole grains should make up half of the grains you eat daily, as advised by The Dietary Guidelines. With its outer coverings remaining intact, they are better for health and nourishment against refined

grains which have their hulls removed and appear whiter and look better. Wheat, brown rice, oats, corn, bulger, buckwheat, whole spelt are all whole grains.

NUTRITON IS ALL ABOUT LIFE

Scientifically, nutrients are a mixture of carbohydrate, protein, fat, vitamins and minerals while nutrition is about how our body uses food. These nutrients are essential for our growth, development and good health. All living things need water and food to live, but a balance in our food is necessary because our bodies derive all the energy and structural materials from the foods we eat. Health conscious people always think twice about what they eat, how they eat and when they eat.

MACRO AND MICRO NUTRIENT Macronutrient include carbohydrate, proteins and fat which provide the human body with energy and are required in large amounts for growth, metabolism.

MICRONUTRIENTS. Micronutrients are also called trace elements which include cobalt, chromium, copper, iodine, zinc, manganese, selenium and molybdenum. These all micronutrients are needed in small quantities by the human body are essential elements needed by life in small quantities. They include micro minerals and Vitamins.

HOW NUTRITION SUSTAINS YOUR BODY

Your body is a carefully planned arrangement of cells, molecules, atoms, organs, bones and tissues. And none of these every take a nap throughout your life even when you are asleep. All are in a continuous movement, some changing, some rejuvenating and some dying only to make place for newly born cells.

In seven years your skin is replaced by new cells, you may be 30 years of old, but your red blood cell is just 120 days old, whether you are a vegetarian or a non-vegetarian, your digestive tract's entire lining is renewed in three to five days



But for such a peerless machinery to perform its task, you must replenish continually by means of food. The three main energy sources are carbohydrates, fats, and proteins. They are used preferentially under different conditions. In general, the body burns carbohydrates, then fats, and then proteins.

MILK

What is milk? To find the answer let us see what Einstein once said about milk: Einstein was asked by his hostess at a social gathering to explain his theory of relativity. Said the great mathematician, "Madam, I was once walking in the



country on a hot day with a blind friend, and said that I would like a drink of milk."

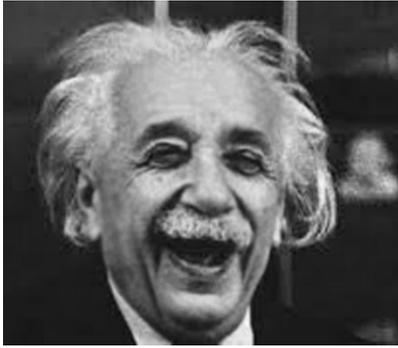
"Milk?" said my friend, "Drink I know; but what is milk?"

"A white liquid," I replied.

"Liquid I know; but what is white?"

"The color of a swan's feathers"

"Feathers I know; what is a swan?" "A bird with a crooked neck"



"Neck I know; but what is this crooked?"

"Thereupon I lost patience. I seized his arm and straightened it. "That's straight," I said; and then I bent it at the elbow. "That's crooked."

"Ah!" said the blind man, "Now I know what you mean by milk!"

Archaeological evidence reveal that the milking of dairy cows became a part of Ancient Sumerian civilization approximately during 3000 B.C.E. The Sumerians drank milk and also made butters and cheeses. In 1750 BCE when Vedic civilization ruled India, domesticated cow was used for dairy products. The Bible contains some fifty references to milk and milk products. In 1525 First cattle arrive in Vera Cruz, Mexico and are later known as Texas Cattle, the settlers transport the cattle to South America and are then rapidly multiplied. We get milk from cows, after the cows are milked the milk is stored at 38°F, from where it goes to the processing plants where it is pasteurized or in plain words heated up to 162°F for 16 seconds so that germs and bacteria are killed and then kept again at 38°F. After pasteurization it is homogenized so that fat globules is broken and blended with milk.

DIFFERENT TYPES OF MILK

WHOLE MILK. The percent of milk fat distinguishes one type of milk over another. Having 3.5% milk fat gives this milk its creamy texture. Whole milk has abundance of fatty acids and hence good for nervous system. Whole milk never comes fortified with any vitamins.

LOW FAT MILK. It tastes like whole milk but is fortified with A and D vitamins while the milk fat only constitutes only 2 percent. The authors of



another study, published in the American Journal of Clinical Nutrition, concluded that the data "do not support the hypothesis that an increase in calcium intake or dairy consumption is associated with lower long-term weight gain in men.

The largest study of its kind, published in the Archives of Pediatrics & Adolescent Medicine, looked at more than twelve thousand children aged nine to fourteen from every state in the nation.



It found that the more milk they drank, the heavier they were.⁸³ Contrary to expectations, the children who gained the most weight did so by consuming low-fat milk. Researchers at the Harvard School of Public Health found an increased risk of ovarian cancer in women who drink skim or low-fat milk, compared to those who do not. Similarly children who drank low fat milk were also at higher risk for weight gain, which suggests that the hormones in milk may be playing a bigger role than the fat itself.

CHOCOLATE MILK. It can be with reduced-fat, low-fat, or skim milk plus cocoa and sweeteners but offers more calories.

BUTTER MILK. It is commercially made by adding lactic acid to low fat or skim milk and is also known as sour milk.

ACIDOPHILUS MILK. It has bacterial culture and is either low fat or skim milk, is more digestive

SOY MILK. It is an alternative to cow's milk and is made from soybean proteins, good for people who cannot digest lactose



New England Journal of Medicine, published a case study which was a double-blind, crossover study and performed with sixty-five children aged eleven to seventy-two months suffering from constipation. The children had failed to defecate for anywhere from three to fifteen days; forty-nine of them had anal fissures. All had been treated by gastroenterologists and given laxatives, but none had benefited from the treatment. The children were given either cow's milk or soy milk for two weeks, then no milk at all for one week. Then the feedings were reversed, so that those who had received soy milk were now fed cow's milk. While fed soy milk, 68 percent of the group (44 children) responded positively to the therapy, producing eight or more bowel movements during the second phase of the study. Further, in those who responded positively, anal fissures and pain with defecation were alleviated.

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