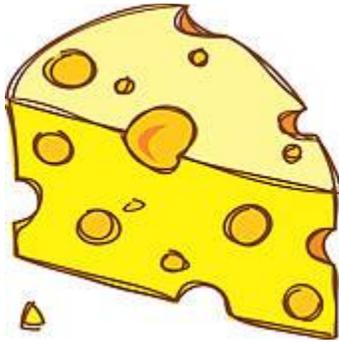


CHEESE



Adapted from "Milk - The Deadly Poison" Robert Cohen, author

If you have been longing to adopt a vegan diet for optimum health but you feel you just cannot make that transition because you simply **MUST** have cheese, this article is for you! Below are some facts about cheese to help you make an educated decision whether this is something you want to continue to eat and feed your family and friends.

The reason I choose not to feed my friends and family cheese is because cheese is a concentrated source of fat, cholesterol, saturated fat, hormones, bacteria and cumulative antibiotics and other drugs that are routinely ingested by cows and completely devoid of dietary fiber. Although cheese is advocated as a wonderful calcium food, it is actually not a good food to eat at all. Did you know milk products actually leach calcium from your bones? There is no wonder why the United States has such a high rate of osteoporosis compared to other countries with low milk product consumption.

Cheese (and all milk products) have been linked with tons of ailments including headaches, coronary disease, allergies, chronic diarrhea, respiratory problems, breast and prostate cancers, iron-deficiency anemia, rheumatoid arthritis, periodontal disease, IBD, Parkinson's, osteoporosis and obesity. In children, cheese can cause anemia, allergies, constipation and insulin-dependent diabetes.

The majority of people around the world are lactose intolerant and don't drink milk or eat products made from milk and therefore rarely suffer from the ailments mentioned above; despite this, the dairy industry continues to bombard us with advertisements professing milk as a "health food" and a necessity to meet calcium requirements. Many people believe the myths in the dairy industry's ad which have run repeatedly for years. Meat and dairy ads and lobbying, unfortunately, has had a severely negative affect on our nation's health. Please know that dairy is big business - they are not concerned about your health - they want your money. See the opposite side of this paper for healthy, plant-based calcium sources.

Cheese is high in saturated fat and cholesterol. Secondly, it contains pesticides, hormones, antibiotics and cow's blood and pus. Many of my dairy-producing adversaries get upset when I reveal that milk is merely pus with hormones. The number of pus cells in milk is an indicator of the state of health of the mammary glands and udders in cows. Stressed and infected cows have cell counts above 100 million. What does that say for the average milk in America? Not very healthy, even by dairy industry standards.

So What About "Organic" Cheese from Organic or "Humanely" Raised Cow's Milk?

The healthiest milk from the healthiest cow is naturally loaded with lactoferrins, immunoglobulins, and growth hormones. Organic milk contains animal fat and cholesterol, dioxins, and bacteria. The amount of somatic cells (pus) in organic milk is lower than milk from non-organic cows, but it's still dead white blood cells and dead bacteria. Also, the slaughtering of any animal no matter how it is raised, is a cruel and brutal process.

The calcium contained in most leafy green vegetables is more easily absorbed than the calcium in milk, and plant proteins do not result in calcium loss the same way as do animal proteins.

Following a vegan diet does not equal deprivation. There are several great tasting, quality non-dairy cheeses on the market today. Some of the better tasting brands of vegan cheese are *Follow Your Heart, Daiya, Miyoko's, and Violife*. Give them a try. Remember, they will not taste exactly like cow's cheese, but after a while, you will find yourself actually preferring it over the "bad" stuff.

"I would call milk products perhaps the most unhealthful vehicle for calcium that one could possibly imagine, which is the only thing people really drink it for, but whenever you challenge existing dogma... people are resistant." - Dr. Neal Barnard, M.D

Calcium content of foods per 3.5 ounce servings

01. Human Breast Milk 33 mg	28. Leeks 52 mg
02. Almonds 234 mg	29. Lettuce (lt. green) 35 mg
03. Amaranth 267 mg	30. Lettuce (dark green) 68 mg
04. Apricots (dried) 67 mg	31. Molasses (dark-213 cal.) 684 mg
05. Artichokes 51 mg	32. Mustard Greens (raw) 183 mg
06. Beans (can: pinto, black) 135 mg	33. Mustard Greens (cooked) 138 mg
07. Beet greens (cooked) 99 mg	34. Okra (raw or cooked) 92 mg
08. Black-eyed Peas 55 mg	35. Olives 61 mg
09. Bran 70 mg	36. Oranges (Florida) 43 mg
10. Broccoli (raw) 48 mg	37. Parsley 203 mg
11. Brussels Sprouts 36 mg	38. Peanuts (roasted & salted) 74 mg
12. Buckwheat 114 mg	39. Peas (boiled) 56 mg
13. Cabbage (raw) 49 mg	40. Pistachio Nuts 131 mg
14. Carrot (raw) 37 mg	41. Potato Chips 40 mg
15. Cashew nuts 38 mg	42. Raisins 62 mg
16. Cauliflower (cooked) 42 mg	43. Rhubarb (cooked) 78 mg
17. Swiss Chard (raw) 88 mg	44. Sauerkraut 36 mg
18. Chickpeas (garbanzos) 150 mg	45. Sesame Seeds 1160 mg
19. Collards (raw leaves) 250 mg	46. Squash (Butternut) 40 mg
20. Cress (raw) 81 mg	47. Soybeans 60 mg
21. Dandelion Greens 187 mg	48. Sugar (brown) 85 mg
22. Endive 81 mg	49. Tofu 128 mg
23. Escarole 81 mg	50. Spinach (raw) 93 mg
24. Figs (dried) 126 mg	51. Sunflower Seeds 120 mg
25. Filberts (Hazelnuts) 209 mg	52. Sweet Potatoes (baked) 40 mg
26. Kale (raw leaves) 249 mg	53. Turnips (cooked) 35 mg
27. Kale (cooked leaves) 187 mg	54. Turnip Greens (raw) 246 mg
	55. Turnip Greens (boiled) 184 mg
	56. Water Cress 151 mg

