

## **Low Fat Dairy = Obesity, Diabetes, Cardiovascular Disease, and Cancer**

No one should drink low fat milk because it is a concentrated source of sugar. Many of your patients continue to be victims of the low fat diet mythology. They have been brainwashed to believe that decreasing saturated fat and cholesterol in the diet is the key to preventing cardiovascular disease, as well as helpful in losing weight. Wrong and wrong. Low fat milk, low fat yogurt, low fat cottage cheese, by several mechanisms increase the risk of cardiovascular disease, cause weight gain, and contribute to the development of Metabolic Syndrome with all its sequelae, including tubby tummy, high triglycerides and cholesterol, diabetes, fatigue, depression, hypertension, cardiovascular disease, and increased incidence of cancer.

If we look at the both humorous and tragic history of low fat milk, we see that (long before the promotion of low fat diet mythology) low fat milk was used to fatten hogs. You see, low fat milk was nothing but a waste product left over after the dairy industry skimmed off the cream --- to be sold as cream and butter. What to do with a zillion gallons of this waste product? Just throw it away? Could it possibly be put to use? --- Animal husbandry scientists discovered that feeding low fat milk to hogs greatly accelerated their rate of fat deposition.

--- It was a few decades later when (with absolutely no scientific documentation whatsoever) agribusiness and the medical establishment created fat phobia, and began selling low fat milk, not as a cheap waste product to feed hogs, but as a health-promoting and “slimming” food for humans --- and at several times the price. ----- So, for the past 60 years hogs are fattened with soy and corn, while it is humans that are turned into fat pigs by low fat milk, yogurt, and cheese.

Honest science has refuted the low fat mythology so many countless times, it should have been exorcised from the hearts and souls of people decades ago. But since agribusiness and the pharmaceutical industry continue to plow billions of dollars into advertising low fat processed foods, the mythology continues to devastate the lives of countless thousands. But even just quite recently, two major studies specifically looked at low fat dairy. Researchers at Tufts University did a 15 year study, concluding that people consuming full fat dairy compared to low fat dairy had a 46% lower risk of becoming diabetic. And another --- the Women’s Health Study shows that women eating high fat dairy have an 8% less chance of becoming obese than those who eat low fat dairy.

By what mechanism does low fat dairy turn your patients into fat pigs with Metabolic Syndrome? Think about it --- when you take the fat out of milk, what is left? Milk is very high in sugar to begin with, but natural milk has that sugar balanced out by the fat content. You take out the fat, and all that’s left

is largely sugar, plus a much higher percentage of protein. The lactose sugar initiates an insulin effect, and the milk proteins in excess of what the body can immediately utilize go through gluconeogenesis, producing even more sugar.

But the assault on glycemic control is not the only problem with low fat dairy. Without the fat, fat soluble vitamins A, D, E, and K are not assimilable. And of course, the absence of vitamin D activity means that the calcium in milk cannot be absorbed. It is easy to understand, then, why low fat milk is associated with an increased incidence of osteoporosis. Additionally, low fat milk is associated with an increased risk of prostate cancer.

--- And that is not all --- low fat milk products are often fortified with additional skim milk powder. So, this garbage is processed under extreme heat (even more extreme than the heat used in pasteurization), which has shown to oxidize the cholesterol remaining in the skim milk. It is only oxidized cholesterol that is pro-inflammatory --- activating macrophages, which release Interleukin 6 --- the key inflammatory factor in atherosclerosis.

SUMMARY: The low fat diet myth promoted by agribusiness, and aided by the pharmaceutical industry since the late 1950s has contributed to the pernicious shift in food selection from wholesome whole foods naturally high in fat to grotesque consumption of sugars and starches. The result of this so-called “healthy” low-fat diet has been an ugly and steady increase in obesity over these past decades, along with an increased incidence of heart attacks and strokes and diabetes. (How ironic, since the main selling point of this idiotic unnatural diet was that it will keep your weight under control and reduce your chances of cardiovascular disease.)

In this article we have given you and your patients all the evidence you need that low fat milk, low fat yogurt, and low fat cottage cheese are major contributors to the devastation wrought by agribusiness, the medical community, and even (especially) health food stores. --- Whole milk (ideally, neither pasteurized nor homogenized) is a wonderful food for children through age 6, and is OK after that age for those who can digest it and do not have an allergy or other immune reactivity to it. (Note that meat and milk do not mix --- as per the Kosher diet offered in the Bible.) Whole milk yogurt, even with no sugar added, does more harm than good unless made fresh at home. Whole cottage cheese is a fine food, as is whole milk cheese of any kind.