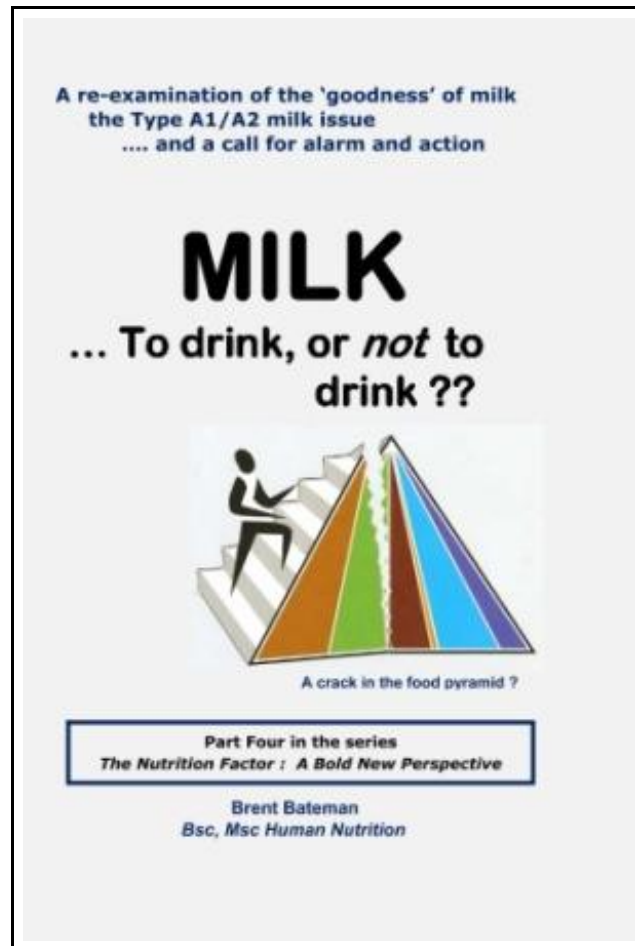


## Milk . to Drink, or Not to Drink



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***(Robyn Nolan)***

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Brent Bateman. Paperback. Book Condition: New. Paperback. 264 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. MILK . . . to drink, or not to drink is an objective, in-depth, and up-to-date review of the full spectrum of pros and cons. The author leads his discussion through the good, the bad, and the ugly. Although this approach may seem inappropriate, given the seriousness of the subject, it comfortably describes the range of information and the various points of view regarding this highly controversial question. There is much to say about the good, and the author is unbiased in his coverage. Over the years a great deal of bad has also been argued, based on, for example, the vegetarian and animal rights perspective, the lactose intolerance issue, the on-going rBGH controversy, and links with several disease conditions. The author also explores the historical consumption of cows milk, including the link to explain northern Europeans light skin coloring, and why some cultures abhor milk products while others favor milk with religious zeal. The author frequently diverges from the central theme to relate an anecdote or to offer insights to a better understanding of human nutrition. A central purpose of the book, however, is to inform the reader, and the public, of the ugly . . . very recent research has discovered the presence of the BCM-7 molecule in A1 cows milk which prompts the bodys T-cells to attack the insulin-producing beta cells in the pancreas, thereby promoting diabetes. The correlation of diabetes with consumption of A1 cows milk in population studies is astonishingly high, and the mechanism involved is identified. Studies have also associated BCM-7 with heart disease, schizophrenia, autism, and even sudden-death-syndrome. A1 milk is produced by Holstein and related breeds. A2 milk, which does not contain BCM-7, is produced by Jersey, Guernsey,...

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