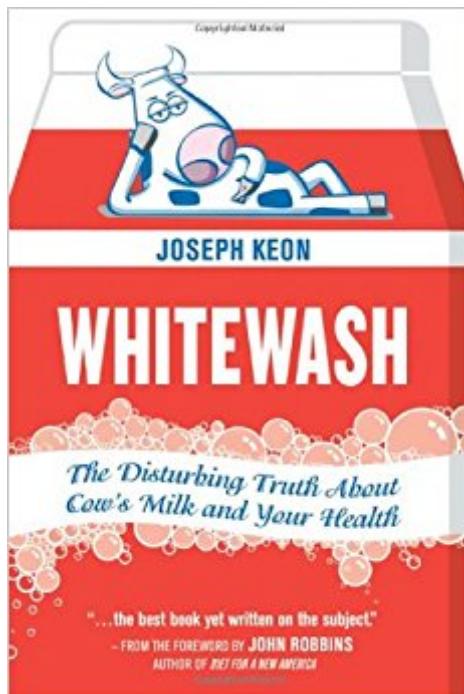


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# Whitewash: The Disturbing Truth About Cow's Milk And Your Health



## Synopsis

North Americans are some of the least healthy people on Earth. Despite advanced medical care and one of the highest standards of living in the world, one in three Americans will be diagnosed with cancer in their lifetime, and 50 percent of US children are overweight. This crisis in personal health is largely the result of chronically poor dietary and lifestyle choices. In *Whitewash*, nutritionist Dr. Joseph Keon unveils how North Americans unwittingly sabotage their health every day by drinking milk, and he shows that our obsession with calcium is unwarranted. Citing scientific literature, *Whitewash* builds an unassailable case that not only is milk unnecessary for human health, its inclusion in the diet may increase the risk of serious diseases including: Prostate, breast, and ovarian cancers Osteoporosis Diabetes Vascular disease Crohn's disease Many of America's dairy herds contain sick and immunocompromised animals whose tainted milk regularly makes it to market. Cow's milk is also a sink for environmental contaminants and has been found to contain traces of pesticides, dioxins, PCBs, and rocket fuel. *Whitewash* offers a completely fresh, candid, and comprehensively documented look behind dairy's deceptively green pastures and gives readers a hopeful picture of life after milk. Joseph Keon, PhD, has been a wellness consultant and nutrition and fitness expert for over twenty-five years. He is considered a leading authority on public health and has written three books, including *Whole Health: The Guide to Wellness of Body and Mind* and *The Truth About Breast Cancer: A Seven-Step Prevention Plan*.

## Book Information

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## Customer Reviews

I was tempted to ask my doc for an antidepressant after receiving this depressing jolt to my beliefs about milk (as well as about all that we ingest). For sure, I am a non-dairy person henceforth. I think the best way to share the horror of this book is by mostly quoting it. So here goes: Page 66: "Those who drank three or more glasses of whole milk a day faced a risk [of getting prostate cancer] 2.49 times higher than men who reported drinking no milk at all." Page 78: "The responsibility for protecting our health falls on nobody but ourselves. It has become abundantly clear that the manufacturers of chemical contaminants will not protect us, and the federal government has chosen not to devote the necessary resources to protect us either." And you can partly thank George Bush for that. Page 83: "Animal products are the primary sources of pesticide residues in our diet." Page 84: "When an American consumer puts milk [products] in the market basket, he or she now has roughly a one-in-two chance of bringing home a product tainted with a pesticide." Page 93: "An estimated twelve thousand tons of antibiotics are used non-therapeutically every year in the United States. That is, they are administered to healthy animals." Page 94: "As far back as 1983, three hundred scientists saw the disaster on the horizon. By petition, they urged the FDA to take control of the abuse of antibiotics in farm animals, which they felt was a chief cause of the enormous surge in antibiotic-resistant infections. Yet, as we can see, the warning was not heeded.

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