



# **Dairy Farm Facts**

Contrary to the Dairy Industry ad "Every Drop Is Delicious" the life is not so sweet for animals. Calves are chained and/or confined for months. Milk cows in "Tie stalls" are chained for life. Calves are taken from their moms within 1 or 2 days after birth and are confined alone in tiny pens. Common practises include veal crates and huts. In veal crates the calves are kept on chains as short as 3 feet for months. In huts they are chained or fenced in. In some huts the short chains do not permit them to leave the hut.

## There are anti-cruelty laws against chaining dogs so "Why be Cruel to These Little Doggies?"

#### And what about human and animal health?

No other species drinks milk beyond infancy, and no other species naturally drinks the milk of another species.

The dairy industry spends hundreds of millions of dollars every year to convince people to drink gallons of milk and stuff themselves with cheese, while responsible health officials warn that dairy products have four major drawbacks. Milk and cheese (1) are loaded with fat and cholesterol; (2) are frequently contaminated with pesticides, dioxins, and drugs; (3) are linked to <u>obesity</u>, <u>diabetes</u>, <u>heart disease</u>, and certain cancers, including <u>prostate cancer</u> and <u>breast cancer</u>; and (4) may even cause <u>osteoporosis</u>—the very disease that the dairy industry loves to use as a selling point in its ads—because the excess protein in dairy products leaches calcium from the bones.

Johne's Disease is a bacterial infection that causes abnormal thickening of the lining of the intestinal tract. It is spread through the shedding of the bacteria in manure, which can contaminate feed or water, and also can be transmitted to calves through colostrum from infected cows. Johne's Disease may also be associated with increased incidence of other diseases, as well as milk and meat safety. It is **speculated that** Johne's Disease may be linked with Chrohn's disease, an incurable, chronic, intestinal disorder in humans.

Leukosis (Bovine Leukosis Virus), is a blood borne viral infection which can cause tumours in the lymph nodes, uterus, heart, abomasums, spleen, kidneys and brain. The disease is spread by transfer of blood cells from infected animals via such sources as re-use of contaminated equipment, colostrum and waste milk and transmission to the calf before it is born. At this time, there is no suspected link between Leukosis and any human disease.

## **Polluted Milk**

A dairy cow filters ten-thousand quarts of blood through her udder each day and uses dead white blood cells (somatic cells) to manufacture her milk. These dead cells are pus cells. Dairy scientists say that when one quart of milk is tainted with 400 million or more pus cells, some 35% of the milking cows in the herd are infected with mastitis. Udders bleed, discharges, including bacteria and blood drip into the milk.

Somatic cell counts are tested to be below permitted limits, so there is some blood & pus in milk. Somatic cells reduce the quality of milk as well as dairy products. Milk should be free from pathogenic (disease-causing) bacteria. It should have somatic cell counts less than 200,000, and bacteria counts below 5,000. This IS NOT the case on many farms (Dairy Section, AAFC). Pasteurization does not kill all bacteria and does not kill any somatic cells.

Red meat has become a "dirty word" when it comes to health. Heavy consumption of either meat or dairy food groups - loaded with fat and cholesterol - will result in human health problems.





# **Every Drop <u>IS NOT</u> "Delicious"**

For further Information: See Lifeforce Videos "Why Be Cruel to These Little Doggies?", "Milking Machines" and "Free and Tie Stalls" at www.lifeforcefoundation.org

> Lifeforce Box 3117, Vancouver, V6B 3X6 (604) 649-5258