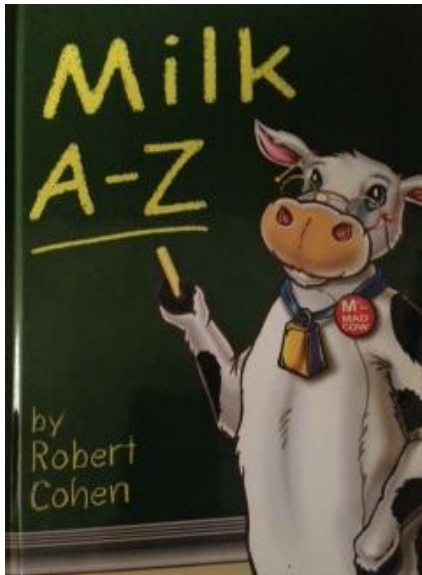


DR. CHRISTOPHER'S
Herbal Legacy Newsletter

May 29, 2013

Milk A-Z by Robert Cohen

New to Christopher Publications is the book, *Milk A-Z*, by Robert Cohen. Robert has taken information from peer-reviewed scientific journals and respected physicians to break the marketing myth of "Milk does the body good." He has put the research into an easy to read format.



The book starts out with A is for Allergies.

"At least 50% of all children in the United States are allergic to cow's milk, many undiagnosed. Dairy products are the leading cause of food allergy, often revealed by diarrhea, constipation and fatigue. Many cases of asthma and sinus infections are reported to be relieved and even eliminated by cutting out dairy."

Nathaniel Mead, M.D., Natural Health July, 1994

Ending with Z is for Zits

"As pointed out by Dr. Jerome Fisher, "About 80 percent of cows that are giving milk are pregnant and are throwing off hormones continuously." Progesterone breaks down into androgens, which have been implicated as a factor in the development of acne...Dr. Fisher observed that his teenage

acne patients improved as soon as the milk drinking stopped."

Frank Oski, M.D., Don't Drink Your Milk

Other topics along the way are; E is for Ear infections, G is for Growth Hormones, O is for Osteoporosis, S is for Sudden Infant Death...., and many more interesting facts from his research.

Robert Cohen hopes to wake people up to the real science behind milk, helping people to pay attention to their body's signals of internal sludge and congestions that may be simply alleviated by saying "NOT MILK!"