



FACTS: DAIRY & VEAL PLANTS

ANIMAL CRUELTY is part of the modern dairy factory, where DRY LOT DAIRIES have replaced most traditional farms. Cows are stalled indoors and artificially inseminated on a “rape rack” to stay pregnant and lactating. Unprofitable male calves are often killed within weeks or hours of birth. Many are auctioned to veal plants. The rennet in their stomachs is used to make cheese. After 3 to 4 years of exhaustive 12-month pregnancy cycles, spent dairy cows are slaughtered for ground beef.



MASTITIS afflicts up to half of American dairy cows. BGH-induced mastitis is an excruciating inflammation and bacterial infection of the udder. *Feedstuffs Magazines 1997*

FROM MILK TO MEAT cows live assembly-line style in industrialized buildings that thrive on enormous government subsidies and public demand for dairy. Cows are forcibly impregnated (*rape racks*) to sustain milk-yielding birth cycles until too sick or weak to produce. Spent dairy cows are sent to slaughter. Most of the half million **downer cows** who stagger toward kill floors each year come from industrialized dairy operations. By the time they reach stockyards, they can't stand or walk. Once down, organs collapse against organs. Workers use tractors and forklifts to drag animals upright. They're shocked, pounded, hauled in chains. No definitive law exists to stop their torture or keep them out of the human food chain — even

though scientific evidence shows downers harbor BSE (Bovine Spongiform Encephalopathy) or **Mad Cow Disease**, and other foodborne pathogens.

VEAL BEGINS AT DAIRY PLANTS where calves, who'd naturally suckle for 6-12 months, are taken from mothers within 24-48 hours of birth. They're denied *colostrum*, initial mother's milk that fortifies their delicate immune systems. Male calves are slaughtered for veal by 20 weeks of age. Dairy manufacturers say that mother/newborn separations “prevent transmission of disease.” Pathogens are prevalent in dairy cows. *Dairy Today*

Before they can stand, calves are neck chained inside 2-ft wide wooden crates with no straw bedding. From birth to death, they stand upon slat floors in the dark — unable to shift positions, flex their legs or easily lie down. Most are crippled with leg/joint disorders and fed liquid-only diets meager in iron and fiber to suppress muscle growth and invoke anemia. This produces white, tender meat called fancy, milk-fed or formula-fed veal. Without roughage or exercise, calves suffer chronic diarrhea. They have stunted motor skills, abnormal gut development, stomach ulcers and respiratory diseases.

“Stall and pen calves require approximately 5 times the amount of medication as hutch and yard calves,” USDA subsidized review. Veal has excessive traces of sulfa drugs, clenbuterol, penicillin, tetracycline, drug-resistant bacteria strains...that are



harmful to human health. Cattle are sociable animals who graze in herds to obtain fibrous food. Crated calves are denied natural behaviors. They experience anxiety, food rejection, stress, lethargy, social withdrawal and aberrant coping mechanisms. They obsessively toss and shake their heads, kick, scratch and chew. *The Welfare of Calves in Veal Production, Farm Sanctuary*



HEALTHY, IF YOU'RE A CALF Humans are the only species to drink another's milk, and to consume it into adulthood. Some 75% of the global population is lactose intolerant. By age 4, they struggle to digest lactose (carbohydrate in milk), with abdominal cramps, flatulence, diarrhea and more side effects (*Liebman, B. Nutrition Action, Lactose, Truth or Intolerance*). Milk consumption is tied to heart disease, juvenile onset diabetes, asthma, allergies, cancer, high blood pressure, stroke. *American Heart Association*

DAIRY AND DISEASE: Dairy plays a big role in **coronary heart disease** risk. Female low-fat cheese eaters (sometimes, often) are at 132% increased risk for incident coronary heart disease. Women non-fat milk drinkers are at 48% more risk for the disease. *E.E. Avalos, Dept. of Family & Preventive Medicine, University of California-San Diego. Public Health & Nutrition 2013*



Source: Centers for Disease Control and Prevention

Food-borne illness

The federal Centers for Disease Control and Prevention has released a study that estimates the food sources of food-borne illnesses acquired in the United States.

Rank and percentage of foods in all outbreaks leading to the following:

Illness		Hospitalization		Death	
1	Leafy	22.3	Dairy	16.2	Undetermined
2	Dairy	13.8	Leafy	13.5	Poultry
3	Fruits-nuts	11.7	Poultry	11.5	Dairy
4	Poultry	9.8	Vines	10.5	Vines
5	Vines	7.9	Fruits-nuts	10.1	Fruits-nuts
6	Beef	6.6	Undetermined	8.1	Leafy
7	Eggs	6.0	Eggs	7.1	Pork
8	Pork	5.4	Beef	5.4	Fish
9	Grains-beans	4.5	Pork	5.1	Eggs
10	Roots	3.6	Fish	2.9	Beef
11	Mollusk	3.0	Roots	2.6	Sprouts
12	Fish	2.7	Grains-beans	2.5	Grains-beans
13	Undetermined	1.1	Mollusk	2.5	Roots
14	Oils-sugars	0.7	Sprouts	1.2	Mollusk
15	Crustacean	0.5	Oils-sugars	0.3	Game
16	Sprouts	0.3	Crustacean	0.2	Oils-sugars
17	Game	0.1	Game	0.2	Crustacean
18	Fungi	0.1	Fungi	0.1	Fungi



Coronary heart disease is considered medically preventable. "Patients eating a plant-based diet can reverse the medical condition or at least stop the progression of diseases." Dr. Colin T. Campbell, nutrition professor, Cornell University

CANCER, GROWTH HORMONES: American dairy milk is genetically-modified unless labeled 'NO rBGH.' **Genetically-engineered bovine growth hormone (rBGH) in milk increases cancer risks.** Dairies inject rBGH in cows to increase milk output. rBGH is banned: European Union, Canada, Australia. Monsanto Co., manufacturer of rBGH, has influenced U.S. product safety laws that permit sale of unlabeled rBGH milk with IGF-1 [insulin-like growth factor]. (Monsanto would lose billions if banned in U.S.). American cheeses are also contaminated with rBGH and IGF-1 unless labeled 'NO rBGH.' *The Cancer Prevention Coalition, cancer-prevention professionals with 100 offices nationwide; Samuel S. Epstein, MD, Founder*

OVARIAN CANCER: Milk sugar lactose breaks down to galactose in body. When dairy consumption exceeds enzyme capacity to break down galactose, build-up in blood may cause ovarian cancer. Studies show milk-drinking women at higher risk. *Nurses' Health Study 2004* High levels of galactose, a sugar released by digesting lactose in milk, may damage ovaries and lead to ovarian cancer. Industrial milk production practices have changed milk's hormone composition in ways that could increase risk for ovarian and hormone-related cancers. *Ganmaa D, Sato A. The possible role of female sex hormones in milk from pregnant cows in the development of breast, ovarian, and corpus uteri cancers. Med Hypotheses. 2005; 65:1028-37 / Harvard School of Public Health, Calcium and Milk: What's Best for Your Bones and Health?*

BREAST CANCER: In China, a nearly non-milk nation, cancer deaths of women 35 to 64 averaged less than 9 per 100,000, compared to 44 per 100,000 in U.S. *Dr. T. Colin Campbell*

PROSTATE CANCER: A diet high in calcium has been implicated as a probable risk factor for prostate cancer. In a Harvard study of male health professionals, men who drank 2 or more glasses of milk daily were almost twice as likely to develop advanced prostate cancer as non-milk drinkers. *World Cancer Research Fund, American Institute for Cancer Research. Food, nutrition, physical activity, and the prevention of cancer: a global perspective. Washington DC: AICR, 2007 / Giovannucci E, Rimm EB, Wolk A, et al. Calcium and fructose intake in relation to risk of prostate cancer. Cancer Res. 1998; 58:442-447*

UNNATURAL GROWTH: Bioactive factors in cow's milk may up IGF-I and growth hormone levels in prepubertal children. *10/06 Impact of cow's milk on prepubertal hormone levels, Janet Rich-Edwards, ScD, MPH*

GASTROINTESTINAL: Over 20% of U.S. dairy herds are infected with Johne's Disease, a bacterial infection that leads to chronic diarrhea, weight loss, death. *M. paratuberculosis*, a bacteria responsible for Johne's Disease, has been found in humans with **Crohn's Disease** (*National study, 1998*). Humans do not easily digest casein, cow-milk's main protein. Damage to intestines and stomach can progress to autoimmune and malabsorption diseases. **CHRONIC CONSTIPATION** in children may be tied to milk intolerance. In children studied, constipation improved 68% on soy milk. None improved on cow's milk. *New England Journal of Medicine, 1999*

JUVENILE ONSET DIABETES: Strong correlation between dairy product use and incidence of juvenile onset diabetes. Cow's milk proteins stimulate the production of antibodies which in turn destroy the insulin-producing pancreatic cells. *New England Journal of Medicine*



OSTEOPOROSIS: When milk is ingested, it produces net metabolic acidity, or "acid load in blood." To neutralize this load, salts (calcium, phosphorus) are leached from bones. In one study post-menopausal women consumed 1,400 mg. of calcium a day (three 8-ounce glasses of skim milk) for 2 years and lost bone at twice the rate of a group given no milk. *National Dairy Council.* "In places where calcium and protein are eaten in high quantities a deficiency of bone calcium calcium exists, due to excess animal protein" (*Dr. John McDougall*). Conversely, countries with minimal dairy consumption have the lowest rates of osteoporosis. *T. Colin Campbell, The China Study*

ANEMIA: In infants, cow's milk can cause blood loss from the intestinal tract and reduce the body's iron. Cow's milk, consumed directly or through mother's breast milk, can cause colic in babies.

ACNE: Higher rates of acne were found among girls who consumed milk/dairy. *Nurses' Health Study, The Scientist Magazine, March 2007*

ALLERGIES: Cow's milk is #1 cause of childhood food allergies. *American Academy of Allergy, Asthma and Immunology.* Up to half of U.S. children have some allergic reaction to milk. For kids and adults, mucus-making milk can lead to coughs, sinus and ear infections, asthma... *Dr. Frank Oski, former director of pediatrics, Johns Hopkins University.* "Cow's milk is not recommended for a child when sick (or when well, for that matter). Dairy products may cause more mucus complications and cause more discomfort with upper respiratory infections," *Dr. Benjamin Spock, author, Baby and Child Care.*

ANTIBIOTIC LACED DAIRY AND VEAL FOODS: Dairy cows and calves contain drug residues found at USDA slaughter plants. "Heavy reliance on antibiotics for growth promotion and for disease prevention may spawn antibiotic-resistant strains of bacteria, with human health risks." *2009, Transformation Of U.S. Livestock Agriculture: Scale, Efficiency, And Risks. USDA Economic Research Service.* 70% of antibiotics in U.S. are fed to farmed animals. *Union of Concerned Scientists*
Calves crated for veal are mega-dosed on antibiotics to accelerate weight gain and fight illness. They're purposely fed a liquid-only mix of water, powdered milk replacer, vitamins, sulfa drugs, mold inhibitors and antibiotics to induce the anemia that gives veal its pale color.