



JOSEPH KEON

WHITEWASH

*The Disturbing Truth About
Cow's Milk and Your Health*

"...the best book yet written on the subject"

— FROM THE FOREWORD BY JOHN ROBBINS
AUTHOR OF *DIET FOR A NEW AMERICA*

Joseph Keon

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



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North Americans are a number of the least healthy people on Earth. Despite advanced health care and one of the highest criteria of living in the world, one in three People in america will be diagnosed with cancer in their lifetime, and 50 percent of US children are overweight.Citing scientific literature, Whitewash builds an unassailable case that not merely is milk unnecessary designed for human wellness, its inclusion in the diet may increase the risk of serious illnesses including:Prostate, breasts, and ovarian cancers Osteoporosis Diabetes Vascular disease Crohn's diseaseMany of America's dairy herds contain sick and immunocompromised pets whose tainted milk frequently makes it to market. In Whitewash, nutritionist Dr. Cow's milk is also a sink for environmental contaminants and provides been found to consist of traces of pesticides, dioxins, PCBs, and rocket gasoline.This crisis in personal health is basically the result of chronically poor dietary and lifestyle choices. Joseph Keon unveils how North Americans unwittingly sabotage their health each day by drinking milk, and he demonstrates our obsession with calcium is usually unwarranted.Joseph Keon, PhD, has been a wellness consultant and nutrition and fitness expert for over twenty-five years.Whitewash offers a totally fresh, candid, and comprehensively documented look behind dairy's deceptively green pastures and gives visitors a hopeful picture of lifestyle after milk. He is considered a respected authority on public health and has created three books, including Whole Wellness: The Guidebook to Wellness of Mind and body and The Truth About Breast Tumor: A Seven-Step Prevention Strategy.



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This book is excellent in the persuasive This book is great in the persuasive, well-written, scientifically-researched truths that dairy is associated with countless and devastating health consequences, from autism to breast cancer to osteoporosis (now, isn't that ironic?! It is so obvious why there's never been a publication published called "Greenwash: The Disturbing Truth About Vegetables and Your Health". The forward, by the child of the founder of Baskin Robbins, can be inspiring. (If he can provide up dairy, who can't?)) The author focuses most of the book on medical impacts on human beings from dairy, with a small section on the deplorable treatment animals in the industry and the astounding effects of the dairy industry on our environment. I applaud the author for his courage in speaking out against a massive lie we have been told since we had been toddlers: "Drink your milk. Informative Great book. The only thing I didn't like was the authors sarcasm. If you would like to learn how to end up being healthier, or if you already know how nevertheless, you need some additional motivation, or you will want book to refer to others who may involve some interest in the topic, this publication is for you personally..In WHITEWASH: THE DISTURBING TRUTH ABOUT COW'S MILK AS WELL AS YOUR Wellness, Dr. Joseph Keon makes a good argument that cow's milk is usually a substantial cause of those diseases and through the elimination of all dairy from your own diet plan that many of the conditions can be reversed. Whitewash provides information that needs to be easily available to people, but until now, has not been. The matter that makes me the most angry from reading this book is how the government helps the dairy industry because the dairy industry makes campaign contributions to more than half of congress. Dairy subsidies cost taxpayers over \$2 billion a 12 months and billions even more in healthcare costs. Lots of interesting details. he could have just stated the reality but he throws in a tone that was not necessary because the proof speaks for itself. It is time to get weaned. You should read WHITEWASH: THE DISTURBING TRUTH ABOUT COW'S MILK AS WELL AS YOUR HEALTH as quickly as possible. The writer does a good work of collecting the mountain of evidence stacked against drinking cows milk. Even though, intellectually, I *knew* that my diet would source me with everything I needed that I got formerly from dairy, I still found myself obsessing a bit over calcium. I was clean off of reading Dr. Campbell's "The China Study", but nonetheless needed documentation. Because of the initial four chapters of this book, We have once again sworn off milk. Did you know milk is implicated as the primary vector for most cancers, Crohn's, IBD, asthma, chronic fatigue, and inflammation and pain?' Our romantic relationship to dairy is so ingrained, so conditioned, that to break from the tradition is tantamount to becoming subversive. Of program, the best thing to do is always to eliminate dairy from your diet before you have any of these diseases. In order to make the best choice, one must be informed. This is actually the start. You will not consider this book is awesome, you'll probably buy many copies and move them out to family and friends. But just a little hard to read, as you merely keep getting bludgeoned with all the horrible issues cow's milk will to the human body. love milk? It'll make your bones solid! The dairy market uses it's enormous wealth to sponsor "research" to back again it's agenda and brainwash the public into believing that dairy is healthy and necessary.. I am not new to this issue, but this book may be the strongest motivation to stop dairy that I have come across up to now. It will be changed my diet! various other animal products) my question has become, "Why eat that stuff?" I get all the nutrients I want from a plant based diet and I've a TON even more energy. Sense the upsurge in energy resulting from just cutting animal meals (aside from fish) has been one of the most vision opening encounters for me. Great support for healthy choices As a recently available vegan, I approached this reserve looking to find support for slicing loose my last meals addiction: dairy." Cow's milk is fantastic- for calves, not for humans. The Magic Bullet What if there have been a magic pill that could cure obesity, malignancy, osteoporosis, diabetes, and MS among other illnesses? The critics of the kind of book will always try to wiggle their way to avoid it of each and every study against dairy. I understand this all sounds outrageous but if you read this publication, the author supplies plenty of documentation and figures that are hard to dispute. With the overwhelming proof against milk (& Whitewash provides further evidence that

we have got all been deceived; recipients of 'the big lie.' And that lots of viruses and bacteria aren't killed by pasteurization, which just heats milk to 161 F (72 C)? Those are just some of the many things become familiar with from scanning this book. as you merely keep getting bludgeoned with the horrible things cow's milk will to the body Powerful book. It will be enables you to rethink that glass of milk. Please read this book; your wellbeing may depend on it! Don't Let Our Lifestyle and Advertizing Dollars Dictate EVERYTHING YOU Eat A significant and disturbing book for the reason that it provides a lot of well-documented study material about the threat of consuming cow's milk. Try focusing on all the horrible issues people eat just like the tons of processed food. You'll soon find that real milk, either natural or low temp pasteurized may be the least of your worries. A lot of people bashing milk here probably regularly consume alcohol, ironic It's for cows, not humans! This publication is a wakeup call regarding taking charge of what you eat and searching for legitimate research to support healthy choices. I loved the normal sense questioning supported by the detailed research referencing unbiased science! Five Stars Great book! Fail What the book fails in is that it is about what's done to the milk as opposed to the milk itself. Duh! A little at the same time, though, and I read everything, and am forever inoculated against touching the stuff. read this book Extremely Informative , and I always wondered why my Arthritis was so bad, and the Dr's didn't have any answers Three Stars Very interesting and well researched. I know I did.



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