



DEVIL IN THE MILK

Illness, Health, and the Politics
of A1 and A2 Milk

KEITH WOODFORD

Foreword by
THOMAS COWAN, MD

Keith Woodford and

Devil in the Milk: Illness, Health and the Politics of A1 and A2 Milk



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The data is compelling: We have to end up being switching to A2 milk. These health problems are linked to a tiny protein fragment that is formed whenever we digest A1 beta-casein, a milk protein produced by many cows in the USA and northern European countries. Milk that contains A1 beta-casein is commonly known as A1 milk; milk that does not is named A2. He explains the science that underpins the A1/A2 hypothesis; A2 milk remains saturated in herds in much of Asia, Africa, and elements of Southern European countries. A1 milk is normally common in the United States, New Zealand, Australia, and Europe. In *Devil in the Milk*, Keith Woodford includes the evidence published in a lot more than 100 scientific papers. A2 milk from selected cows is now marketed in parts of the U.S. All milk was once A2, until a genetic mutation occurred some thousands of years ago in a few European cattle., in fact it is possible to convert a herd of cows making A1 milk to cows creating A2 milk. This groundbreaking work is the first internationally published book to examine the hyperlink between a protein in the milk we drink and a variety of serious illnesses, including heart disease, Type 1 diabetes, autism, and schizophrenia. He examines the populace studies that consider the link between consumption of A1 milk and the incidence of cardiovascular disease and Type 1 diabetes;S. and he examines the research undertaken with pets and humans. This is an amazing story, one that isn't just about the health issues surrounding A1 milk, but also about how exactly scientific evidence could be molded and withheld by vested interests, and how consumer options are influenced by the passions of corporate business.



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A Must Read Publication! Two European ACTUAL research that are ongoing present that dairy cows making use of their horns produce more and better milk. After doing study, it led me to this reserve and the scientific studies on A1 vs A2 milk.. So ditto: why take a possibility on being among the affected individuals. Find out about A2 & Also the A2 milk tastes better. I hardly ever imagined that milk could flavor differently. This is a must read book for anyone who beverages milk and cares about their health! Brain-fog?. (and it gets worse) Recommended to me by a doctor colleague - and he didn't steer me wrong. And then we found the organization relationship. It will likely be a bumpy ride, and it will be interesting to watch the shake-up in sector players as time marches on and more people become aware of this issue. I am exploring resources for A2 milk to see if that changes anything for me personally, and on the other hand I'll continue steadily to avoid milk whenever you can (now as part of your before!) The other reviewers do a congrats of explaining why. Five Stars Extremely helpful in my medical practice. Yes, it's clear that Woodford is an educator and his design displays a teaching tone, but also for my money that's what made the book valuable. He left no methods out as he shown truth after fact after fact, answering his detractors with who-what-when details, encouraging the reader to decide for him or herself where the truth lies. Begin at page one and read straight through, as if you were going to a course or a lecture, and his voice is simple to follow. MUST READ! Their marketing departments must be working overtime to put a spin on the story that allows them to stay in business while they decide when (or whether) to begin with a breeding plan to phase out A1 cattle in favor of the A2 cows that usually do not contain the troublesome allele that's clearly linked to SERIOUS health issues. Sensitive to the problems facing the dairy industry, Woodford helps it be obvious that it will require on the subject of a decade to make the switch to "healthier" milk, this is the time it requires a breeding program to mature in order that A1 is definitely bred OUT. Meanwhile, how do you keep carefully the sector alive financially -- right now, and especially down the road, when some milk is definitely A2 and some is A1? Perhaps, in the US anyway, the government must step in with some financial incentives NOT to make A1 milk. We are able to pay NOW to help make the switch, or pay later in terms of continuously escalating wellness costs -- even if we don't think about the grade of the lives affected. Five Stars very informative and interesting Congrats indeed by the writer This book has certainly started a wave of awareness across the globe. deciding *when* public outcry will demand it. He makes his case! In any case, this is a remarkable - albeit troublesome - examine, with HAVE TO KNOW info, especially for those who are at risk or already are experiencing heart health issues (and ALL diabetics! In the United States, though, the majority of the milk created has a high proportion of A1 milk. Actually in my own city Chandigarh, India A2 milk is nearly extinct, however an online company known as "shopapni".xx.mgh(Madelyn Griffith-Haynie - ADDandSoMuchMore dot com)- ADD Coach Schooling Field founder; I recommend for most to learn "The Untold Story of Milk" by Ron Schmid, this book introduces the A1/A2 information along with addressing various other milk chemistry which all makes sense when seen as a whole." We need a healthy milk supply An excellent publication, nicely written and a pleasure to read. After researching we found no completed studies about them. A1 may be the newer milk in an evolutionary sense, with the mutation responsible arising somewhere between 5,000 and 10,000 years ago, at a time when cattle were being taken north into Europe. A2 milk is the original framework. All goat milk, most sheep milk, and some cow milk is usually A2.) If the hyperlink between A1 milk and Type-I (yes, ONE) continues to pan out, this is horrifying news. The chance from A1 milk is in its protein structure. The beta-casein in A1 milk includes a

framework that allows a brief molecule called beta-casomorphin-7, or BCM-7, to split off during digestion.. Only 2/10ths of 1% will get juvenile diabetes, only one 1 in 150 are autistic, a small % possess Celiac or Crohn's: but if not really drinking milk will prevent all of these, it is hard to see how it is worth taking the chance. The summary is that we shouldn't drink A1 cow milk, or eat products made from it. They make money from every cow genetics check done,(under license just), and more.The data is quite compelling. (Also, though the author doesn't discuss this, there's good reason to believe that lots of cases of Add more/ADHD are milder reactions to A1 milk than full-blown autism.)For adults, A1 milk is usually correlated with much higher rates of coronary attack, schizophrenia, diabetes, MS, Parkinsons. What a big difference! In Western culture most people have a high degree of degeneration because they age, and there is good reason to issue that A1 milk contributes to this for everybody.My recommendation after reading this would be to only use qualified A2 cows milk, or stick to sheep and goat's milk.The dairy industry doesn't want to listen to this, as there exists a cost for them to switch to all A2 cows. Nevertheless, it is essential for public health that this transformation be done as quickly as possible. Worth reading, but scan the politics The actual information regarding milk since it impacts health is great. For most people there exists a better publication, "The Untold Story of Milk". However, a tremendous portion of the book tells the tale of the politics and commercial issues behind milk. THIS. A little of this perspective pays to to our understanding of how politics (vs wellness) impacts the foods distributed around us. They bought the privileges to A2, and so are thinking about owning genetics like Monsanto does. This is unfortunate, as the A1 can donate to significant health problems. What it gets right down to is that we want milk from cows who create A2 milk, not A1. This is what makes the book worthy of reading. The chemistry presented is the greatest available att. ADD Training co-founder -"It takes a village to transform a world!Without all that carefully documented detail, I fear he might be dismissed as only a rabble-rouser, since the milk lobby can not be thrilled about this news - his reason as well, I imagine. READ THIS Publication! We raise, teach and sell family jersey cows. After a while, it gets tedious and repetitive. BOOK. Go through THIS FRICKEN BOOK! Understanding is power and you will be surprised and maybe actually appalled by the items we are oblivious too in this world. Good to learn info Did not know about this matter until I crimson this book. and much more about the large Big Dairy conglomerate worldwide. No more allergy symptoms!!!! want to add a style comment. and are thinking about owning genetics like Monsanto does A2 corporation is currently in it's third try at the American marketplace. Interesting! Learn about A2 & A1 milk, and what may be... Interesting!! A1 milk, and what could be causing many to end up having dairy since most farms possess gone to using only cows that have been genetically changed to produce even more milk, and casein... Lately came across of A2 milk and attempted it! Every doctor ought to know this. READ. Whenever we first heard of the A2 hypothesis, we were extremely exited to get a value added to what we produce. Good science and great explanations of what we've learned about A1 and A2 milk. There is a lot of supposing going on.Since a great many in the ADD community have food sensitivities that exacerbate cognitive symptoms, and since I happen to have what I call a "cognitive allergy" to milk myself (helps it be tough to drive my very own brain), I browse this publication with great interest. We would never have found out about A2 if it hadn't been for a company using it to try to develop a money making market for themselves. A2 corporation has no interest in paying to full the research. Very rare may be the one who understands the difference between A1 and A2 beta casein, a protein in milk. While the percentage of kids with immediate results is small, the results are severe for individuals. The

major variations between milks is definitely whether it's pasteurized or not really.. This small protein is the "devil in the milk", and it could cause various problems, ranging from juvenile diabetes, autism, schizophrenia, allergies, to auto-immune illnesses such as MS and Parkinson's. Maybe it's your MILK! I am today using A2 milk to create yogurt and milk kefir (and also goat milk).AND whether or not the cows possess their horns. I've been producing milk kefir and I actually noticed an increase in my own arthritis discomfort and over-all body swelling problems. They have found that the cows' top sinuses have sensors that sense chemistry in her burps, then sends signals to the horn cells that after that make hormones that control digestion.What's most troubling if you ask me, however, is that every dairy farmer on earth is not attempting to physique that out WHILE they make the switch, vs. ALL new parents have to read this book to help them determine how to proceed with the milk they feed with their infants.in is procuring A2 milk and that too in very costly rates :(Anyways a must read book full of knowledge and information. Congrats indeed by the author.



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