

## **5 Compelling Reasons Why You Should Eliminate Dairy From Your Family's Diet**

Our daughter went through 4 months on an antibiotic when she was one year old for a constant ear infection. Every time we tried to take her off the medicine, her ear would flare up again. My doctor didn't seem to think it was a problem, but common sense told me that no one should be on antibiotics for that long.

I began to search out answers as to why she seemed so prone to ear infections and one day stumbled in a small health food shop desperate for help. The sweet lady behind the counter helped with a few products, but the most important thing that she did was to suggest that I take Dulce off of all dairy products.

I was skeptical, but desperate. So, we did it! We got rid of all milk/dairy products from our house. And, guess what - the ear infections stopped. And, so did my husband's sinus drainage and my uncomfortable tummy. Wow, I was shocked.

That was 16 years ago and I have learned even more since then. I rarely ever have dairy products in my house. And, if I do they are always organic. So, here are my 5 compelling reasons why you should eliminate dairy from your family's diet:

1. Humans are the only animals on earth that drink the milk of another species. And, animals stop drinking mother's milk once they are weaned. That's just YUK, if you think about it!
2. Lactose intolerance is the most common food intolerance in the United States, affecting as many as 30% of adult Americans. Milk lactose is many times a hidden culprit in all types of processed foods. And, symptoms of your sensitivity may not show up for 30 minutes to 2 days, which makes it difficult to pinpoint as the problem.
3. There are about a dozen pesticides that are routinely found in non-organic cow's milk. The source of the pesticides, of course, is the food that the cows were given to eat. Do you want your children drinking pesticides?
4. Also commonly found are hormonal residues from hormones that were given to the cows prior to milking, as well as antibiotics. Have you ever wondered why kids today seem to develop so much quicker and larger than we did. They have steadily been eating and drinks growth hormones in their beef, dairy and poultry products for years. So, now we just grow 'em bigger!
5. Finally, from cow's milk products like cheese, cream, or butter packaged in plastic containers, residues of the plastic itself are found in the dairy products. These residues are called packaging migrants, and they include the substances DEHP and DEHA (diethylhexyl phthalate and diethylhehyl adipate). So, even if you don't have an intolerance to cow's milk, you could to the plastic residues. Now that's a double YUK!

So, what do I suggest. In our house we use rice milk, almond milk, coconut milk, and mimiccreme to replace cow's milk. If we do need to use yogurt or something like that then we always use organic. And to substitute for butter, we use ghee. Check out my video on how to make gourmet ghee for yourself. It is super easy and super good.

Take the challenge and remove dairy from your diet for just two weeks and I bet you will see a difference how you feel. Let me hear from you.. I would love to know how it goes for you.

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