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Fat Free Calcium Health Tips. What?

I recall watching the late comedian George Carlin responding to a question about where he gets all of his material. His reply was quite simple. I just watch the news and the idiots give me more material than I can handle. Oh, truer words were never spoken from a Master.

Front page of Yahoo News, June 19, 2012..."Health Tip: Get Enough Calcium. The Academy of Nutrition and Dietetics offer these suggestions to get more calcium in your diet without adding too much fat". Ok, here we go. Are you ready for this? Cuz it is rich.

- Sprinkle your salad or soup with Fat Free and Low Fat shredded cheese.
- Enjoy Low Fat or Fat Free yogurt or cottage cheese with some fruit
- Beef up breakfast by adding Low Fat or Fat Free Milk to oatmeal or Low Fat cheese to omelet
- Have a Latte with Low Fat or Fat Free Milk
- Sip a smoothie with Low Fat or Fat Free Milk or yogurt along with some fruit

My Comments:

Have you ever tasted fat free or low fat shredded cheese? Yuk! And the idea of fat free and low fat is quite archaic. We now know that concept of fat free and low fat is bogus and never worked. If it did, would we be the most obese country on the planet? Furthermore, you need good, alive, organic whole fat, not non-fat which is a waste product of the dairy industry. And the idea of a pasteurized milk product offering calcium is wrong. It actually extracts calcium from your bones.

You see, during the pasteurization process of milk products (to protect you from the big bad bacteria that will kill you and all of humanity as we know it), they flash pasteurize the milk at 400 degrees Fahrenheit which destroys all of the natural enzymes, minerals (calcium et al), good bacteria and vitamins. Then they homogenize that bastardized product. mixing the cream with the milk to make it

homogenize and pasteurized process, mixing the cream with the milk to make it one. You know, kind of like when you got married. Except this homogenization and pasteurization process is like the subsequent and impending doom of an inevitable divorce. You create an inflammatory, plastic, useless, nutrient void product that does your body more harm than good. And what was once a beautiful thing, is now quite ugly and destructive.

And the notion of Fat Free and Low Fat has been disproved, repeatedly through current research. Really, are they serious? Ya, they are and quite comical.

One thing I do agree with...you will get fat drinking whole fat pasteurized and homogenized milk products and you will get sick and tired because your body cannot digest them. You will not get fat, sick and tired drinking raw organic whole fat milk. I have one liter of raw whole fat cows milk delivered to my door, warm, here in Mexico every two days for 80 cents. Yes you read that correctly, 80 cents. One quart of raw milk in the USA is over 6 dollars. Why is that you ask? Because you are being raped in the U.S. and Monsanto products and technologies rob your foods of nutrients. That is why Americans are the most obese of all cultures. Your body is actually starving.

Any time you consume a pasteurized/homogenized milk product you are robbing your body of calcium and other valuable nutrients and you are stressing your internal terrain which will make you sick, not healthy. The very notion that the aforementioned suggestions are valid is absurd and fly's in the face of every bit of current research on this subject. Now, go get some Raw, Whole Fat Milk, Yogurt and Cream and watch what happens. And, no, your cholesterol will not skyrocket. That is nonsense. Learn some real physiology, not what most MDs or most Registered Dieticians, who have no place counseling you on nutrition, are telling you and then report back. But, hey don't listen to me. Go listen to your MD and continue down your road of despair and dis-ease because you refuse to listen to anyone other than the Medical Deity. If your MD was such a health expert, then why are all illnesses rising in the US and why are Americans the most obese society on earth? Are you serious?

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