



THE TRUTH ABOUT MILK & DAIRY

Milk Production & Reproduction

Dairy cows are artificially inseminated on an annual basis, giving birth to a vibrantly alive, newborn calf every year.

It is well known that the herd's breeding efficiency impacts the profitability of a dairy farm. The farmer's goal of having a calving interval (CI) of 12 months applies everywhere in the world. Economic studies confirm that maximum profit is reached when the CI is kept between 12 and 13 months.

- www.MilkProduction.com

The Calves

In order to sell the milk for human consumption, the calves are forcibly removed from their mother a few hours after birth. This separation is devastating to both mother and child. Many calves are deprived of vital colostrum found in their mother's milk soon after giving birth and needed to prevent infection.



Colostrum is important for prevention of most diseases of newborn calves. Feed at least two quarts of colostrum within one to four hours of birth and repeat that within 12 hours.

- extension.usu.edu

Dairy Heifers

The female calves are raised separately. At the age of 2 years old, they will replace their mothers' spent bodies in the mechanically operated milking stalls.

Bob Calf

Male dairy calves are surplus and unnecessary to the dairy industry. They are also the wrong genetic makeup for beef production. Some are sold as bob calf, where at a few hours old, still steaming from the womb and some with their umbilical cords attached, they are either shot, killed by electrocution or are sold at live auctions.

ALL dairy cows and ALL of their babies are killed as a routine part of milk production
- www.peacefulprairie.org

Shivering and still learning to walk, they are goaded with electric prods by handlers to move around the auction arena. When sold to the disadvantaged community as a live food source, the calves will often starve to death from inadequate nutrition or succumb to infections due to lack of the colostrum they should be receiving from their mother's milk ... that humans are drinking.

Veal Calves

Other bullock calves are bred as veal calves, fed an iron deficient diet and kept in dark enclosures where they will never see the sun. Chained by their necks or with their heads built into the bars or wooden walls, they are effectively immobilised for the entire duration of their short, miserable life. They continuously try to get free or lie down. Calves are by nature very active and love to run and play. Many veal calves suffer from chronic and acute diarrhea.



Most young male offspring of dairy cows are generally sold for veal, and may be referred to as veal calves.

- en.Wikipedia.org

Sexed Semen

There is an initiative underway to reduce the number of male calves born into the dairy industry. Unfortunately, the main reason for dairy cows being bred is to initiate a new milking period, so this will only result in an unwanted surplus of female calves who will also have to be sold for meat.

With "Sexed Semen" or Gender Enhanced Semen (GES), it is possible to increase the proportion of live female calves born yearly. However, more pregnancies are needed to return cows to the next lactation than are needed to produce the necessary herd replacements. Producing more heifers than are needed by the dairy industry is not desirable.

- www.MilkProduction.com

Dairy Cows

A dairy cow is literally milked to death. Subjected to mechanical milking machines, on an 8-12 hour cycle, her udders which are unnaturally enlarged and painful, can develop mastitis and become infected. Despite the presence of infection, she will continue to be forcibly milked. Cows have the potential to live up to 30 years of age, yet dairy cows are sent to slaughter at the tender age of 4 to 8 years old or as soon as their milk production declines. With laminitis and other painful leg disorders resulting from overdeveloped udders, they struggle to make the journey to the slaughterhouse and in the end lose even their dignity while being dragged by one leg to the conveyor belt.



Infected cows must either be culled, segregated from the milking herd and milked last or milked with separate milking units. - www.ext.vt.edu/pubs/dairy/404-229/404-229.html

Infected Milk

Udder infections from over milked cows result in somatic cells and bacteria in the milk. Dairy farmers control these infections with antibiotics which also end up in the milk.

The dairy industry knows that there is a problem with pus in milk. Accordingly, it has developed a system known as the "somatic cell count" to measure the amount of pus in milk. The somatic cell count is the standard used to gauge milk quality. The only way to avoid drinking pus is to avoid cow's milk.

- www.milksucks.com

But don't we need Calcium from Milk?

Human bodies are not designed to digest cow's milk. Humans are the only species that drinks another species' milk. Cow's milk is specially created for their calves and in fact humans who drink cow's milk end up with many health problems due to the allergic response the milk triggers in their bodies.

Calcium exists in every unprocessed food on Earth. In fact, sesame seeds contain more calcium than milk. All green leafy vegetables contain generous amounts of calcium. Strong bones are a result of weight bearing exercise as well as an alkaline diet.

The cause of calcium deficiency is the high protein, acid-forming diet of modern society. Your body leaches calcium from your bones in order to restore the pH balance in the blood, as well as creating urea in the liver, which has a diuretic action in the kidney, leaching vital minerals and calcium through the urine.

Dr. John McDougall: "The primary cause of osteoporosis is the high-protein diet most Americans consume today ... 'eating a high-protein diet is like pouring acid rain on your bones.' " Remarkably enough, both clinical and population studies show that milk-drinkers tend to have more bone breaks than people who consume milk infrequently or not at all.
 - www.milksucks.com

WHAT YOU CAN DO

- ✓ Go vegan today, it is the single most important thing you can do to save our environment, free the animals and heal your health.
- ✓ Any product made with dairy can be made using delicious alternatives. Non-gm soya, rice, oat and almond milks; Cheezly and Sheese vegan cheeses, or make your own cashew nut cheese; as well as vegetable shortening for baking. They are available at health shops, Pick 'n Pay, Woolworths, Shoprite Checkers and selected Spars. Real food that is tasty and cruelty-free.
- ✓ You have the power to create a demand for ethical, compassionate food in South Africa. If you can't find the dairy substitute you're looking for at your local supermarket, ask for it. Simply fill in the customer request forms available at the tills, or speak to the branch manager.
- ✓ Take a moment to read the labels before buying any food and drinks. Dairy is a hidden ingredient in many processed foods. Avoid these products: sodium caseinate, lactic acid, milk solids, cream, butter fat, buttermilk, curds and whey.
- ✓ If you're a chef with artistic flair, create cruelty-free cakes, pies and convenience foods and sell them to the public - we need you to help people discover how scrumptious vegan food really is.
- ✓ Veganism isn't a diet. It isn't about restricting yourself, or feeling deprived. There is no will power required. A paradigm shift occurs and dairy is no longer seen as a food choice. For calves, yes; not humans.
- ✓ Please do not switch to goats milk. Female goats suffer as much as cows. They can birth up to 4 kids a year, who are sold for kid leather and barbaric ritual slaughter.
- ✓ Have a zero tolerance policy towards suffering. Protecting all sentient beings' inherent right to a life worth living, full of joy and the ability to express natural behaviours; this is a concept worth striving for, isn't it?
- ✓ Be motivated by love and compassion. Take a moment to visualise the cow as she lovingly nurtures her calf. Say a prayer for them every time you choose dairy-free:

bless the cow and her calf
 take them into your heart with compassion
 celebrate in the knowledge
 they can now be free
 joyously reunited and safe from harm



graphics c/o farmsanctuary.org

There's a hunk of veal in every glass of milk.
 Every single veal calf in this country is the child of a dairy cow.
 - PeTA GoVeg.com

what is the single most important thing YOU can do to

- ✓ Save our Environment
- ✓ Free the Animals ?
- ✓ Heal your Health

Go Vegan

Enhancing the Lives of Animals Through Ethical Decisions



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 www.elated.co.za

Please help fund vegan education and raise awareness for the true lives of animals

Animal Rights Africa
 Standard Bank
 Melville, 006105
 a/c no: 041 744 594
 swift code: SBZAJJ
 reference: elated



THANK YOU !

Is Sudden Infant Death Really Heiner Syndrome?

The protein in milk causes allergic reactions in children ranging from skin rashes, ear infections and stomach problems to respiratory symptoms. Heiner syndrome is a lung disease that develops from a food hypersensitivity and is largely due to the protein in cow's milk.



Those who consumed cows milk were fourteen times more likely to die from diarrhea-related complications and four times more likely to die of pneumonia than were breast-fed babies. Intolerance and allergy to cow's milk products is a factor in sudden infant death syndrome.
 - The Lancet, vol. 344, November 5, 1994 www.notmilk.com

Cheese and Rennet

Cheese is produced by adding rennet to the milk to initiate the curdling effect. Rennet is an enzyme found only in the stomach of a suckling calf.

Milk is coagulated by the addition of rennet. The usual source of rennet is the abomasum (fourth stomach) of slaughtered newly-born calves. Here, chymosin aids the digestion and absorption of milk. Adult cows do not have this enzyme.
 - www.vegsoc.org

So unless the cheese says vegetarian, it isn't. Even vegetarian cheese requires a life of suffering followed by the painful death for all calves and all dairy cows. It is simply not possible to "humanely" produce milk to feed the huge demand of modern society.

There's more suffering in a glass of milk than a pound of steak
 - Gary Francione