

# ***Cows' Milk Drinkers Are Happier, Healthier, And Live Longer***

*13% lower all-cause deaths*

*8% less IHD*

*21% fewer strokes*

*15% less incident diabetes*

*15% less breast cancer*

*46% less likely to get PMS*

## **Greg Dinneen**

# **TITLE PAGE**

## **COWS' MILK DRINKERS ARE HAPPIER, HEALTHIER, AND LIVE LONGER**

Written and Published by Greg Dinneen.

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<https://sites.google.com/site/vegetarianinformationcenter>

My Blog:  
<http://www.lacto-ovo-vegan.blogspot.com>

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This eBook,  
and everything else I write,  
is my personal opinion.

And, is not to be taken as professional advice.  
Or, as a substitute for professional advice.

People,  
seeking professional advice,  
should do so from appropriately qualified professional people.

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# Cows' Milk-Drinkers Are Happier, Healthier, And Live Longer

*13% Lower All-Cause Death Rates  
8% Less IHD, 21% Fewer Strokes, 15% Less Incident Diabetes  
15% Less Breast Cancer  
46% Less Likely To Get Pms  
Fewer Bone Fractures*

## **13% LOWER ALL-CAUSE DEATH RATES**

## **8% LESS IHD, 21% FEWER STROKES, 15% LESS INCIDENT DIABETES**

The Consumption of Milk and Dairy Foods and the Incidence of Vascular Disease and Diabetes: An Overview of the Evidence [Lipids (2010) 45:925–939, DOI 10.1007/s11745-010-3412-5]

From Their Abstract:

*“Meta-analyses suggest a reduction in risk in the subjects with the highest dairy consumption relative to those with the lowest intake:*

*0.87 (0.77, 0.98) all-cause deaths,  
0.92 (0.80, 0.99) ischaemic heart disease,  
0.79 (0.68, 0.91) stroke,  
0.85 (0.75, 0.96) incident diabetes.”*

[www.ncbi.nlm.nih.gov/pmc/articles/PMC2950929/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2950929/)

Milk is the only food designed by mammals for mammals.

Adult human beings have been drinking, and co-evolving with the drinking of Cows' and other animals' milks, over 1000s of years.

So much so, that 80% of Europeans, and more than a billion other people, now have a genetic mutation, that allows them to digest milk like a baby, right throughout their adult lives.

## **15% LESS BREAST CANCER**

A meta-analyses of 1,063,471 women, showed women, who consumed the most low-fat dairy, got 15% less breast cancer:

[www.ncbi.nlm.nih.gov/pubmed/21442197](http://www.ncbi.nlm.nih.gov/pubmed/21442197)

## **46% LESS LIKELY TO GET PMS**

Women who drink the most, skim or low-fat milk, are 46% less likely to get PMS:

[www.ncbi.nlm.nih.gov/pubmed/15956003](http://www.ncbi.nlm.nih.gov/pubmed/15956003)

## **FEWER BONE FRACTURES**

Vegans get 30% more bone fractures than milk-drinkers:

[www.ncbi.nlm.nih.gov/pubmed/17299475](http://www.ncbi.nlm.nih.gov/pubmed/17299475)

# THE VEGETARIAN INFORMATION CENTER

## **The Vegetarian Information Center**

has been providing free information on Vegetarian, Vegan and related matters,  
including,  
Vegetarian Diets for Dogs and Cats,  
since the 1970s.

Email:

[gregdinneen@yahoo.com](mailto:gregdinneen@yahoo.com)

Blog:

<http://www.lacto-ovo-vegan.blogspot.com>

Free PDFs:

<https://sites.google.com/site/vegetarianinformationcenter>

eBooks:

<https://www.smashwords.com/profile/view/LactoVegan>

**Meta-Analyses Of 300,000 To 400,000 People  
Show That People With The Highest Dairy Consumption  
Have A 13% Lower Overall Death Rate  
8% Less IHD  
And 21% Fewer Strokes**

The Consumption of Milk and Dairy Foods and the Incidence of Vascular Disease and Diabetes:  
An Overview of the Evidence

Peter C. Elwood, Janet E. Pickering, D. Ian Givens, and John E. Gallacher  
Lipids. Oct 2010; 45(10): 925–939.

From Their Abstract:

*“Meta-analyses suggest a reduction in risk in the subjects with the highest dairy consumption relative to those with the lowest intake:*

*0.87 (0.77, 0.98) for all-cause deaths,  
0.92 (0.80, 0.99) for ischaemic heart disease,  
0.79 (0.68, 0.91) for stroke  
and 0.85 (0.75, 0.96) for incident diabetes.”*

## **Meta-Analyses Of More Than 1 Million Women Show That Women With The Highest Total Dairy Intake Have 15% Less Breast Cancer**

Breast Cancer Res Treat. 2011 May;127(1):23-31. doi: 10.1007/s10549-011-1467-5. Epub 2011 Mar 27.

Dairy consumption and risk of breast cancer: a meta-analysis of prospective cohort studies.  
Dong JY1, Zhang L, He K, Qin LQ.

From Their Abstract:

*"We identified 18 prospective cohort studies eligible for analysis, involving 24,187 cases and 1,063,471 participants.*

*The summary relative risk of breast cancer for the highest intake of total dairy food compared with the lowest was 0.85 (95% confidence interval: 0.76-0.95), with evidence of heterogeneity ( $P = 0.01$ ,  $I^2 = 54.5\%$ )."*

*"For milk consumption, the summary relative risk was 0.91 (95% confidence interval: 0.80-1.02), and substantial heterogeneity was observed ( $P = 0.003$ ,  $I^2 = 59.7\%$ )."*

**NOTE: *Vegan Anti-Milk Propagandists say that casein, a milk protein, causes cancer.***

Even though human breast-milk contains 5% casein.

And, in this meta-analyses of 1,063,471 women, the women who consumed the most dairy, got 15% less breast cancer:

[www.ncbi.nlm.nih.gov/pubmed/21442197](http://www.ncbi.nlm.nih.gov/pubmed/21442197)

**Pro-Vivisection "Vegans", use:**

1: *T Colin Campbell's Rat-Vivisection, in which Rats, on a diet of 5% casein, did not get cancer, anyway;*

2: *T Colin Campbell's one small study of 6500 people, in rural China, 'The China Study', in which no-one was identified as a Vegan;*

3: *Correlations which do not prove causation;*

to try to somehow 'prove' casein causes cancer.

## **Study Of 3000 Women Shows That Women Who Drink The Most Skim Or Low-Fat Milk Have 46% Less PMS As Women Who Drink The Least**

Calcium and Vitamin D Intake and Risk of Incident Premenstrual Syndrome  
Arch Intern Med. 2005;165:1246-1252

PMS affects up to 85% to 90% of women.

And, some women, *“experience symptoms that meet the clinical definition of premenstrual syndrome (PMS), a disorder characterized by moderate to severe symptoms that substantially interfere with normal life activities and interpersonal relationships.”*

The Study involved 1057 women who developed PMS over 10 years of follow-up and 1968 women reporting no diagnosis of PMS.

RESULTS: (Table 3).

*“Participants consuming 4 servings or more per day of any type of milk had an RR of 0.68 compared with those reporting 1 serving or less per week.”*

*“Whole milk intake was associated with a modest increase in risk, while women who frequently consumed skim or low-fat milk had a significantly lower risk of developing PMS; the RR for women consuming 4 servings or more per day of skim or low-fat milk compared with those reporting 1 serving or less per week was 0.54.”*

*“The relationship between milk intake and risk of PMS did not vary by level of calcium or vitamin D supplementation.”*

**NOTE: This could explain why most of the abuse I get, for what I write about milk, comes from women.**

*But what explains the men?*

*Perhaps, they are the men who live with the women who do not drink milk!*

## **Vegans Have 30% More Bone Fractures Than Vegetarians, Fish-Eaters And Animal-Eaters**

Comparative fracture risk in vegetarians and nonvegetarians in EPIC-Oxford.

European Journal of Clinical Nutrition. 2007 December;61(12):1400-6. Epub 2007 Feb 7.

Appleby P, Roddam A, Allen N, Key T.

Source: Cancer Research UK Epidemiology Unit, Nuffield Department of Clinical Medicine, University of Oxford, Oxford, UK.

The study, in the United Kingdom, involved 7947 men and 26,749 women aged 20-89 years. 19,249 meat eaters, 4901 fish eaters, 9420 vegetarians and 1126 vegans.

Compared with meat eaters, fracture incidence ratios were 1.01 for fish eaters, 1.00 for vegetarians and 1.30 for vegans.

FROM: <http://www.ncbi.nlm.nih.gov/pubmed/17299475>

**NOTE: Vegans use correlations, that do not prove causation, to try to 'prove' milk-drinking causes osteoporosis.**

Vegans claim that milk leaches calcium out your bones.

*Even though, the young of all mammals and marsupials, grow their bones on a diet, of almost 100% milk.*



# EVOLUTION

## Why Cows' Milk Is Natural For Adult Humans

People have been drinking, animal milk as adults, for 1000s of years in Europe, India, Mongolia, Africa, ...

At least 11,000 years in the Middle East.

Abraham gave his adult guests milk to drink in Genesis 18:8.

Indeed, Abraham was promised, by his God, a land, *'flowing with milk'*.

### **Evolution Did Not Stop When Agriculture Began.**

If you believe that evolution, or even just natural selection, is natural, then it is natural for 80% of modern Europeans to drink Cows' milk as adults.

Because in Europe, a mutation occurred about 7500 years ago, that enables adults to digest milk like a baby, throughout their entire lives.

Europeans co-evolved with Cows' milk.

80% of modern Europeans, 90% of Northern Europeans including English and Irish people, now have that mutation.

People with these mutant adult milk-digesting genes, have almost driven people without these genes, to extinction in Ireland and Northern Europe.

Even though they were competing with people, who were eating meat and fish, the milk-drinkers still dominated.

Which shows what a huge health and evolutionary advantage it has been to have these genes.

And, use them.

Similar mutations occurred among Indians, Africans, and Mongolians.

And, in the Middle East.

People have co-evolved with Dairying.

About 80% of Europeans, and 1/3 of all people, have at least one of the genetic mutations, which allows, *adults to digest Cows' milk, just like a baby*, right throughout their entire adult lives.

So, if you believe evolution is natural, then it is natural, and healthy, to drink milk as an adult.

### **If You Cannot Digest Cows' Milk.**

People, with adverse effects from Cows' milk, because they lack one of these mutations, can usually eat yoghurt or cheese, especially the older harder matured cheeses, successfully.

People, with adverse effects from A1 protein Cows' milk, might be able to drink A2 protein Cows' milk, successfully.

Or, drink other animals' milks, such as Goats' milk [*which is naturally A2*], successfully.

### **If You Are Lactose [Milk-Sugar] Intolerant.**

People, with lactose intolerance, can get abdominal pain, bloating, flatulence and diarrhoea.

People, who are lactose intolerant, can usually eat yoghurt.

Where bacteria have digested the lactose.

Or, hard, matured cheeses.

Where the lactose has drained out in the whey.

Or, drink lactose free milk.

### **Cow's Milk Is High In Saturated Fat And Cholesterol.**

If that is a concern for you then you can drink skim or low fat milk, and eat non-fat or low fat yoghurt, and low-fat cheeses.

### **Vegans Say That There Are No Essential Nutrients In Dairy You Cannot Get In A Vegan Diet.**

That is not my experience, based on my 45 years as a Vegetarian, including 18 of those years as a Vegan.

And, it is not the experience of many Vegans, I have met, who were unhealthy, or on supplements or both.

Or, even on injections.

Or, many of the former Vegans I meet.

Even with all sorts of supplements, they became so sick on their Vegan diets, that they stopped being Vegans.

Some even returned to eating animals, when drinking milk would have been sufficient, to restore their health.

### **Why Drink Cows' Milk And Not Some Other Milk?**

Cows produce more milk, than other animals, so you need fewer animals.

And, my European ancestors co-evolved with drinking Cows' milk as adults.

I have much more energy, endurance and quicker recovery, as a Vegetarian, than when I was a Vegan.

Some people, who have adverse effects from Cows' milk, drink other animals' milks, such as Goats' milk, successfully.

## **Vegans Say That Animals Do Not Drink Milk As Adults.**

Different species are different.

As anti-vivisectionists rightfully keep telling us.

Animals, who did not co-evolve with dairying, do not have a mutant gene, that enables them to digest milk like a baby, right throughout their entire adult lives – as about 30% of all people, and 80% of Europeans, do.

There are no naturally Vegan simians.

Our closest evolutionary cousins, monkeys, chimpanzees, gorillas, ... regularly eat large amounts of animal protein and vitamin B<sub>12</sub>.

A Gorilla's natural diet can contain about 2% to 3% insects, such as termites and ants, which are high in animal protein, and often high in vitamin B<sub>12</sub>.

I have calculated that gorillas, on their natural diet, can easily eat 100 grams grams of animal protein per day. And, 10 µg [micrograms], and more, of animal vitamin B<sub>12</sub> per day.

Both are more than most animal-eating humans.

And, I would have to drink 3 litres of Cows' milk per day to get that.

Or, 1.2 litres per day, on a per kilogram body-weight basis.

Chimpanzees hunt and eat other species of monkeys as well as eating insects.

If I did not drink milk then I would have to eat eggs or animals to be healthy.

I know, I have permanently damaged teeth, from my Vegan years, to prove it.

As a mostly cooked-food animal-eater, and then as a Vegetarian with a high fruit diet, I had beautiful teeth – teeth that I wrecked on a Vegan diet.

Also, when I returned to drinking milk my athletic times improved 10% in 6 weeks.

My recovery, and consistency, even more so.

Cuts and scratches healed much faster.

I feel so much better and healthier.

People who say they have been Vegans, for 2 months to 5 years, tell me that I should have done this or that.

I say I did.

Tell them why that did not work.

And, to come back in another 15 years and tell me.

*[Chances are that they will not be Vegans by then anyway.]*

Even most Vegetarians, in my experience, go back to animal-eating within a few months.

Often, due to nutritional deficiencies.

It would be far better, for the animals, to teach people to be healthy Vegetarians.

As I do.

Than to set people up to failure as Vegans.

## **Vegans Say You Can Replace Cow's Milk With Plant-Based 'Milks'.**

These 'milks' are just very processed, very expensive, more environmentally damaging, ways of buying soy beans, almonds, oats and rice, with added water and packaging.

Why not eat almonds the natural way – cheaper and unprocessed.

Oats and rice contain starch that needs to be digested in your mouth.

Not, drunk down without you chewing and insalivating.

Drinking starch foods, without digesting the starch in your mouth, can lead to abdominal pain, bloating, flatulence, nausea, and diarrhoea.

So why not eat dry rolled-oats, and chew, insalivate and properly digest the starch, instead of drinking the more processed and more expensive oat 'milk'?

Also, by eating processed foods, you cannot tell the freshness or quality of the ingredients.

The almonds could be very old, very stale and very poor quality.

If they were raw you could tell – but, not after they have been processed.

## **Vegans Say That Consuming Dairy Products Does Not Guarantee Healthy Bones.**

No food guarantees healthy bones.

You need to do weight-bearing exercise to have strong bones.

As, the astronauts in weightlessness soon found out.

If drinking milk causes bones to lose calcium [osteoporosis], then how do the young of all mammals and marsupials – calves, lambs, foals, pups, elephants, gorillas, ... grow strong bones on a diet that is 100% milk?

How did I grow 6' tall with strong bones, and beautiful teeth, on a pasteurised milk-based diet?

And, wreck my teeth on a Vegan diet?

Milk is very high in calcium.

So, milk-drinkers excrete a lot of calcium simply because they are absorbing a lot of calcium.

## **Vegan Anti-Milk Propagandists Say That Casein, A Milk Protein, Causes Cancer.**

Even though human breast-milk contains 5% casein. And, in this meta-analyses of 1,063,471 women, the women who consumed the most dairy, got 15% less breast cancer:

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to try to somehow 'prove' casein causes cancer.

# EVOLUTION AND THE BIBLE

*According to Evolutionists, people have always been omnivores.  
According to Creationists, people started out as Vegans, but are now omnivores.*

## EVOLUTION

Evolutionists, of course, say that people are natural omnivores.

That people have always eaten animals.

*[Although, one can replace meat with milk, yoghurt, cheese, or eggs.]*

And, that no simian is a natural Vegan.

All simians eat substantial amounts of insects.

Gorillas typically eat more animal protein and vitamin B<sub>12</sub> from eating insects, such as ants and termites, than if they drank more than a litre of Cows' milk per day.

While, our closest evolutionary genetic relatives, chimpanzees, even hunt and eat other monkeys as well as gazelles.

## THE BIBLE

According to Genesis 1:29-30, all people, and all animals, started out as Vegans.

And, according to a prophecy, in Isaiah 65 and 66, there will be no more killing of animals.  
And so all people, and all animals, will go back to being Vegetarians or Vegans.

But, in between, Noah was told, that he could drink milk.

Abraham gave his adult guests milk to drink.

*[Genesis 18:8]*

Indeed, Abraham was promised, a land “*flowing with milk*”.

The Law of Moses allows milk-drinking, and the eating of some, but not all, species of animals.

Jesus very definitely abolished animal sacrifice.

And, while there is some debate, as to whether Jesus himself, was a Vegetarian or a Fish-Eater.  
Jesus, nonetheless, said it was good to give your children bread, fish, and eggs, to eat.

*“Or which one of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a serpent?”*

Matthew 7:9-10

*“What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion?”*

Luke 11:11-12

# **HUMANE COMMERCIAL DAIRY FARMS**

## **Producing Animal Products Humanely And Sustainably Milk, Yoghurt, And Cheese**

*You do not need to get Cows pregnant for Cows to lactate.  
And, you can breed 90% female Calves, using current technology.*

Humane milk is produced by dairy-cattle who are treated as pets.

As pet Cows.

No-one gets killed.

No-one gets abused.

Calves stay with their mothers.

Everyone is genuinely free-range.

Cows live happily until they die of old age.

### **HORMONALLY INDUCED LACTATION**

Lactation can be induced, by a 7 day course of 17 $\beta$ -estradiol and progesterone.

Milking can begin 2 to 3 weeks later.

*[7 days, once per year – compared to almost every day, for 20 years, on the contraceptive pill for women.]*

Hormonally induced lactation is a proven, cost-effective technology,.

Hormonally induced lactation reduces costs, and culling, by even inducing barren Cows into lactation.

And, reduces the number of Calves bred, to Calves needed for replacement, or for herd expansion.

### **90% FEMALE CALVES BY USING SEX-SORTED SEMEN**

90% Female Calves, from using sex-sorted semen, means you will not have a lot of unproductive males to look after.

### **ROBOTIC MILKING**

Robotic milking enables Cows to come into the dairy, to be milked, whenever, and as often, as they like.

Some Cows, enjoy it so much, that they come in up 11 times per day.

But, you can program it to bypass Cows, who come back too soon.

And, because the Cows can be cost-effectively milked, more than twice per day, robotic milking can increase milk production, by about 10%.

Milking, more than twice per day, also reduces mastitis, and physical injuries, due to overfull udders.

## WATER EFFICIENT MILK

On average, it takes 1020 litres of water, to produce 1 litre [about 1 kg] of milk.

962 litres for 1 kg of fruit;  
1020 litres for 1 litre of milk;  
1644 for 1 kg of cereals [grains];  
4055 for pulses [peas and beans];  
9063 for nuts.

For grey-water, used to dilute pollutants, to acceptable levels.

72 litres per litre of milk.  
89 litres for 1 kg of fruit;  
184 for cereals [grains];  
734 for pulses [peas and beans];  
680 for nuts.

Table 6, page 29, UNESCO-IHE [Institute for Water Education] Report 48, “The Green, Blue And Grey Water Footprint Of Farm Animals And Animal Products”, Volume 1: Main Report; December 2010.

## METHANE EFFICIENT MILK

*Rice alone, produces far more methane than dairy-cattle.*

Rice, alone, produces about half as much methane, as all animal-agriculture, combined.

Rice produces 15-20% of the annual methane.

See: Methane emissions from rice paddies: a process summary July 1997, 49: 119-127,  
doi:10.1023/A:1009702223478

All animal agriculture combined produces 35-40%.

See: <ftp://ftp.fao.org/docrep/fao/010/a0701e/A0701E.pdf>. [Livestock's Long Shadow.]

Anaerobic bacteria in manure lagoons, connected to factory-farms, produce methane.

But, dung-beetles bury the dung of pastured Dairy-Cows.  
And, so sequester carbon in the soil.

While, aerobic bacteria in the soil, digest methane.

# HUMANE COMMERCIAL EGG PRODUCTION

## SEX-SORTING EGGS BEFORE INCUBATION

The sex of a bird is determined by the egg – not the sperm.  
So sex-sorted semen cannot be used to prevent male chicks.

## INFRA-RED IMAGING OF EGGS

Fertilised eggs can be sex-sorted, before incubation, by using infra-red imaging of the eggs.  
And, so reduce the hatching of male chickens.

This has been done experimentally.

Currently, it is still too expensive for commercial use.

But, it soon could be.

The few males, who did hatch, could be left to free-range in orchards, where they could turn weeds, fallen fruit and insects into manure, for the 10 years or so, chickens live.

Eggs could be produced humanely by poultry in orchards.

With all poultry living a happy life, free-ranging all day in orchards, producing high-quality eggs, until they die of old age.

They would only be locked in sheds, with plenty of natural air and natural light, *at night*, for protection from foxes and feral dogs.

*[Hens do not mind this as they sleep at night.]*

For more information, on Poultry, please see my Free eBook, “Poultry As Pets Hens, Ducks, Bantams, Muscovies, Free-Ranging In Your Garden”, at:  
<https://www.smashwords.com/books/view/527131>



## NO-KILL, HUMANE DAIRY, IN THE US AND UK

You do not have to kill Calves to get milk.

You do not have to get cows' pregnant to produce milk.

Lactation can be induced, by a 7 day course of  $17\beta$ -estradiol and progesterone.

Milking can begin 2 to 3 weeks later.

*[7 days, once per year – compared to almost every day, for 20 years, on the contraceptive pill for women.]*

And, there are commercial No-Kill, Humane Dairy Farms, in the US and UK.

For more information, on No-Kill, Humane Dairy, please see my Blog:

<http://lacto-ovo-vegan.blogspot.com>

Humane Dairy in the US:

[http://lacto-ovo-vegan.blogspot.com.au/p/blog-page\\_28.html](http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_28.html)

Humane Dairy in the UK:

[http://lacto-ovo-vegan.blogspot.com.au/p/blog-page\\_55.html](http://lacto-ovo-vegan.blogspot.com.au/p/blog-page_55.html)

*One could also grow Veganic-Food, (humanely produced Organic-Food), from the humanely produced manure.*

# WHAT IS VEGANISM?

## MEMORANDUM OF ASSOCIATION OF THE VEGAN SOCIETY

[The original Vegan Society, founded in November 1944, by Donald Watson.]

*“In this Memorandum the word "veganism" denotes a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals and the environment.”*

*“In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.”*

## KEEPING THE SPIRIT OF VEGANISM

Vegan Diets are not natural Diets for humans.

And, very few people can be healthy, long-term, on a Vegan Diet.

After 18 years as a Vegan, I found that to be a Lacto-Vegan is, *“as far as is possible and practicable”*, for me to be healthy.

## WHAT IS VEGETARIANISM

The word “Vegetarian” was defined in England, in 1842, as: *“one who abstains from the use as food of flesh, fish and fowl, with or without the addition of eggs and dairy produce”*.

Later on the word “Vegan”, pronounced “Vee-gan”, was used to distinguish Vegetarians who did not use any animal products, “Vegans”, from those who merely did not eat the animals' bodies, “Vegetarians”.

Vegans who eat only fruits, nuts and vegetables sometimes call themselves “Fruitarians”.

Some “Fruitarians” eat all of their food raw.

While others include milk and eggs as fruits.

And, these days, some people eat fish, yet call themselves Vegetarians.

Perhaps, it is more humane to eat Sharks than to eat eggs and dairy products from factory farms. Certainly, the Dolphins would agree!

However, with some kinds of fishing, dolphins get caught in and drown in the fishing nets.

That is, *Vegetarians do not eat animals, but might eat animal products such as milk or eggs, and might use animal products, such as wool.*

Whereas, *Vegans do not eat or use animals or animal products.*

At least, that is the theory.

In practice, people who claim to be Vegans, often eat Organic-Food, which has been fertilised with blood and bone and sprayed with fish-emulsion, and so are not real Vegans.

# **VEGANISM IS BASED ON TWO FALSE ASSUMPTIONS**

## **VEGANISM IS BASED ON 2 FALSE ASSUMPTIONS**

False Assumption 1: *You Cannot Produce Animal Products, Such As Milk And Eggs, Humanely.*

False Assumption 2: *Everyone, At All Stages Of Their Lives, Including Pregnant Women And Babies, Can Be Healthy On A Vegan Diet.*

Vegans, by their own actions, prove their own assumptions, to be false.

## **VEGANS PRODUCE ANIMAL PRODUCTS HUMANELY AT FARM ANIMAL SANCTUARIES**

Vegans, found, run, and volunteer at, Farm Animal Sanctuaries.

Hens, at Farm Animal Sanctuaries, lay eggs.

Sheep, at Farm Animal Sanctuaries, grow wool.

So.

Vegans prove, eggs and wool, can be produced humanely, by, Vegans producing, eggs and wool humanely.

## **SICK AND FAILED VEGANS PROVE NOT EVERYONE CAN BE A HEALTHY VEGAN**

Physical and mental ill-health due to Vegan Diets, and cravings due to deficiencies, are major reasons, why most Vegans become Ex-Vegans.

Tragically, brain-damaged, and dead, Vegan babies, confirm it.

Vegan Propagandists dismiss Vegan ill-health, as “*not doing it right*”, and cravings, as “*food addiction*”.

## **FAMOUS VEGANS WHO DID NOT DO IT RIGHT**

Leslie Cross – the man who defined the word “Veganism” – died at 65.

Frey Ellis – Nutritional Adviser and President of the UK Vegan Society – died at 59.

Jay Dinshah – founded the American Vegan Society – died at 66.

# How To Win An Argument With An Organic-Vegan

Just ask them if they eat Organic-Food.

If they say, “Yes”, then you have got them.

## ORGANIC-VEGANS EXPLOIT FAR MORE ANIMALS THAN MILK-DRINKERS

A milk-drinker can get 5500 to 8000 litres of milk from just 1 Dairy-Cow in just 1 year.  
Enough milk, to drink 2 litres of milk per week, for 55 to 80 years.

Organic-Vegans exploit and kill, far more than 1 animal for 1 year, for all that:

- 1: *blood and bone;*
- 2: *fish emulsion;*
- 3: *chicken dung;*
- 4: *cattle manure;*
- 5: *dairy waste;*

they use as Organic-Fertiliser.

## Now – Lay A Guilt-Trip On A Vegan – Just Like, They So Much Like, To Do, To You

### How Many Animals Do Organic-Vegans Exploit And Kill In A Life-Time

If an Organic-Vegan ate 2 kilograms of Organic-Food per day for 80 years, then they would have eaten 730 kg/year by 80 years, of Organic-Food. That is, 58400 kg, or 58.4 tonnes.

Ask the Organic-Vegans:

- 1: *how many Bobby Calves did they murder [use their word for it] to provide the blood and bone to fertilise 58.4 tonnes of Organic-Food;*
- 2: *how many tonnes of chicken-dung, and how many chickens would have had a short miserable life on a factory-farm, to produce all that chicken-dung, Organic-Vegans use as Organic-Fertiliser;*
- 3: *how many tonnes of blood and bone, and, how many animals would have had a short life on a factory-farm, or cattle feed-lot, before they were slaughtered, and their blood and bone used for all the Organic-Fertiliser that Organic-Vegans use;*
- 4: *how many fish were emulsified to produce all that fish-emulsion to be sprayed on the plants that Organic-Vegans eat;*

to produce 58.4 tonnes of Organic-Food?

And, if the Organic-Vegans do not know, then ask the Organic-Vegans:

*“Is the reason, that you do not know, that you do not care about animals?”*

## **A Lacto-Vegan Saves 99.9% As Many Animals As A Vegan**

If you drank 2 litres of milk per week for 55 years, then you would have drunk 5500 litres of milk, and kept 1 average Australian Dairy-Cow in a Dairy, for 1 year.

If you drank 4 litres of milk per week for 80 years, then you would have drunk 16000 litres of milk, and kept 1 average Australian Dairy-Cow in a Dairy, for 3 years.

You are not exploiting countless animals as, Vegan Anti-Milk Propagandists, claim.

The average Australian eats more than 1000 animals in a lifetime.

So by becoming a Lacto-Vegan you save more than 1000 animals.  
By becoming a Vegan you only save 1 more.

And, then only if you succeed as a Vegan.

*And, do not cheat as a “Vegan”, by eating Organic-Food, that has been fertilised with blood and bone, and sprayed with fish-emulsion.*

But, most Vegans become Ex-Vegans.

And, when they do, partly because Organic-Vegans have taught them that milk-drinking is as bad as, even worse than, animal-eating – most Ex-Vegans go back to eating more than 1000 animals – instead of drinking milk from just 1.

### **What If Everyone Did That?**

If everyone, became a Lacto-Vegan,  
or a milk-drinking Vegetarian,  
then it would be the end of every meat-producing industry:

- 1: *the end of the fishing industry;*
- 2: *the end of the pig industry;*
- 3: *the end of the beef-cattle industry;*
- 4: *the end of the meat-poultry industry;*
- 5: *the end of the egg-poultry industry.*

Removing beef-cattle, could reduce cattle in Australia, by 90%.

But, the number of dairy-cattle could double or triple, so the overall reduction could be 70% to 80%.

## ORGANIC-VEGANS EXPLOIT AND KILL MORE ANIMALS THAN LACTO-VEGANS

Organic-Food is fertilised with:

- 1: *blood and bone from abattoirs;*
- 2: *chicken dung from factory farms;*
- 3: *macerated [ground up alive] day old male chicks;*
- 4: *cattle manure from feed-lots;*
- 5: *dairy waste;*
- 6: *sprayed with fish emulsion.*

Organic-Food is not Vegan.

And, anyone who buys Organic-Food, is definitely not a Vegan.

Indeed, anyone, who buys Organic-Food, is financially supporting, aiding and abetting:

- 1: *abattoirs;*
- 2: *factory farms;*
- 3: *cattle feed lots;*
- 4: *the dairy industry;*
- 5: *the fishing industry.*

By buying Organic-Food, these so-called “Vegans”, are turning the cost of disposing of factory-farm chicken dung and macerated day-old chicks, into another source of revenue for factory-farms.

Worse still, by buying Organic-Food, these so-called “Vegans”, are preferentially financing factory-farming over free-range farming.

## Health Hazards Of Vegan Diets – Including The Hallelujah Diet

According to Genesis 1:29 and 1:30, all people, and all animals, started out as Vegans.

And, according to Isaiah 65 and 66, all people, and all animals, will go back to being Vegans.

But, in between, Noah was told that he could drink milk.

Abraham, who gave his adult guests milk to drink in Genesis 18:8, was promised a land *“flowing with milk”*.

And, Moses was given Dietary Laws which included milk.

Many Christians, and other people such as the original Natural Hygienists, who have tried to live on the Vegan Diet, of vegetables, fruits, nuts and seeds, of Genesis 1:29-30, raw or cooked, have become seriously ill.

Both physically and mentally.

And, so have many other people, who have tried to live on any other Vegan Diet.

*Due to nutritional deficiencies that supplements often do not fix.*

Ill-health, and irresistible cravings, due to intrinsic deficiencies in Vegan Diets, *casually dismissed as “you did not do it right” and “food addiction”*, by Vegan Propagandists, are major reasons why there are more Ex-Vegans than Vegans.

Including, Mahatma Gandhi who became bedridden in a few months on a Vegan Diet.

Mahatma Gandhi, then restored his health, by drinking milk.

## ***FROM DETOX TO DEFICIENCY***

Vegan, especially Raw-Vegan Diets, can be very good, healing Detox-Diets, in the short-term. Even for several years.

And, some people have had '*miraculous*' cures of '*incurable*' diseases, sometimes including cancers, by going on a Raw-Vegan Diet.

This is because Raw-Vegan Diets can be very good Detox-Diets.

And, so the cures.

But, most people cannot be healthy, long-term, on a Vegan Diet.

Because, Vegan Diets are intrinsically deficient Diets.

And, so most long-term Vegans, get serious nerve damage and other deficiency diseases.

This is because Raw-Vegan Diets can be very good Detox-Diets.

And, so the cures.

But, Vegan Diets are intrinsically deficient Diets.

And, so long-term, Vegan Diets cause other diseases due to deficiencies.

Which is why most Vegans use supplements.

Or, keep breaking out onto eating animal foods, because of cravings.

Long-term, Vegan Diets often cause serious deficiency diseases.

Painful bleeding gums are often the first signs.

And, if people do not go back to milk, other dairy-foods, or free-range eggs, then eventually their teeth will decay.

Or, just become loose and fall out due to gum disease.

Vegans also have very high rates of depression, anxiety and panic-attacks, due to deficiencies.

And, eventually most Vegans will get a tingling numbness in their finger tips, and ringing in their ears, due to serious nerve damage.

## ***Fasting***

Fasting, on water only, for short periods of 2 to 3 days, can cure a lot of '*incurable*' illnesses.

Just as Raw-Vegan Diets can.

By detoxifying your body.

I fast, on water only, at least once every month, for at least 2 days. And, my body is now so pure, that I have not bathed or washed under my arms, for more than 9 years [*since 11<sup>th</sup> April 2007*].

But, if you continued on water alone, or fasted too often, you would eventually damage yourself.

And, eventually, you would die.

From deficiencies.

Similarly, but more slowly, with Vegan Diets.



## PLANT-BASED DIETS

So.

While I do think that a Diet, based on raw fruits, nuts and vegetables, is the best Diet.

Based is the key word.

Because if you do not eat some animal product – such as milk, yoghurt, cheese – eventually you will almost certainly get deficiency diseases.

Including damaged teeth and gums, loss of teeth, anaemia and nerve damage.

This nerve damage can also lead to depression, anxiety and panic-attacks.

*[Have you noticed how fragile, or overly aggressive, so many Vegans are?]*

And, eventually to memory loss and dementia.

I think that very few people can be healthy on Vegan Diets, long-term, without the addition of milk, yoghurt or cheese.

Or, eggs.

And, probably without the addition of sublingual vitamin B<sub>12</sub> supplements as well.

Maybe about 0.3%, or less, of people are Vegans at any one time.

And.

If you look at the number of people, who try to be Vegans, compared to the number who are Vegans.

You can see that there is a high turnover.

Most fail due to ill-health.

Or, because of cravings.

And, then the Vegan Propagandists, who had told them how easy and healthy it is to be a Vegan, callously victim-blame them, for “*not trying hard enough*” and “*not doing it right*”.

## ***A Healthy Plant-Based Diet***

*“Here are all the herbs, the Elohim told them, that seed on earth, and all the trees, that carry in them the seeds of their own life, to be your food; food for all the beasts on the earth, all that flies in the air, all that creeps along the ground; here all that lives shall find its nourishment.”*  
Genesis 1:29-30.

For a healthy plant-based diet eat food from 6 groups:

- 1: *fresh, raw fruit;*
- 2: *fresh, raw or lightly cooked, in water, vegetables – including some green leafy vegetables;*
- 3: *raw nuts, peanuts, other seeds, potatoes and other concentrated foods;*
- 4: *seaweed for trace elements that are hard to get in land plants;*
- 5: *some wild foods, such as apricot kernels and herbs like dandelion and milk thistle, that still have nutrients that have been bred out of domesticated plants;*
- 6: *some animal product such as skim or low-fat milk, non-fat or low-fat yoghurt, cheese.*

If you are lactose-intolerant, you can probably still digest some yoghurt, or the older, harder matured cheeses.

And, if you cannot digest grain-fed Cows' Milk, then you might be able to digest grass-fed Cows' Milk.

Which most of Australia's Cows' Milk is.

Or, you might be able to digest A2 Cows' Milk.

Or, Goats' Milk.

## DAMAGED VEGAN BABIES

It is especially tragic, if a woman has damaged her baby on a Vegan Diet, and then is victim-blamed by the “Vegans”, who had told her that it would be all so easy and healthy.

Only to find out, that most of these “Vegan” Propagandists, were short-term Vegans. Who knew little of the long-term dangers.

Were adults, who might never have had babies or children themselves.  
*[Including men, who have never been pregnant themselves!]*

Or, who were like Herbert Shelton, the founder of the Natural Hygiene Raw-Vegan Lifestyle – drinking milk themselves – while cynically writing articles and books on Vegan Diets for babies and children.

And, then for the grieving woman to find out, that if she was eating Organic-Food, fertilised with blood and bone and sprayed with fish-emulsion, then she was not saving any animals, anyway.

For the dangers of Vegan Diets for pregnancy, babies and children:  
<http://naturalhygienesociety.org/diet-veganbaby.html>

For the long-term dangers of Vegan Diets for adults:  
<http://naturalhygienesociety.org/diet3.html>

## HERBERT SHELTON'S COVER-UP

Natural Hygiene is a Raw-Vegan Lifestyle founded by Herbert Shelton.

Herbert Shelton had a monthly magazine, and wrote many books, advocating a Raw-Vegan Diet, as the ideal diet for everyone, including for babies and children.

Herbert Shelton criticised milk-drinking even though he was a milk-drinker himself.

When Herbert Shelton was told about all the damage his Raw-Vegan Diet was doing, to babies and children, including some deaths, he covered it up.

While Herbert Shelton, himself, continued to drink milk.

For more on Herbert Shelton's cover-up, of the damage his Natural Hygiene Raw-Vegan Diet, was doing to babies and children, please Download and Read my PDF, at:  
<https://sites.google.com/site/vegetarianinformationcenter>

# THE LONG-TERM DANGERS OF VEGAN DIETS

Vegan Movement Propagandists, tend to ignore, minimise, trivialise, or cover-up, the dangers of Vegan Diets.

And, then to victim-blame, anyone who becomes unhealthy on a Vegan Diet, for “*not doing it right*”.

For more information, on the dangers of Vegan Diets:

for babies and children;  
during pregnancy;  
and the long-term dangers of Vegan Diets for adults;

and cover-ups, in the Vegan Movement, written by Vegans and Ex-Vegans.

For the dangers of Vegan Diets, for all ages, and Cover-Ups please Download and Read my PDFs, at:

<https://sites.google.com/site/vegetarianinformationcenter>

For the dangers of Vegan Diets for pregnancy, babies and children:

<http://naturalhygienesociety.org/diet-veganbaby.html>

For the long-term dangers of Vegan Diets for adults:

<http://naturalhygienesociety.org/diet3.html>

## ABOUT THE AUTHOR

I became a Vegetarian about 45 years ago, because I like animals, and did not want to eat animals any more.

And, I was a genuine Vegan for 18 of those years.  
I never cheated once.  
I never even wanted to.  
I never got cravings.

And, I never bought, or knowingly ate, Organic-Food.

I then returned to drinking Cows' milk.  
Because of damage to my teeth.

Something that is very common on Vegan Diets.

I am now a Lacto-Vegan.

Because that way I need the fewest animals to get animal products.

I only need 1 Cow to supply me with more than a lifetime on milk.

*The average Australian Dairy-Cow produces 5500 litres of milk per year.  
Enough for me to drink 2 litres of milk per week for 55 years.*

While the average UK and US, and Australian Holstein, Dairy-Cows, produce 8000 litres of milk per year.

And, I want to refute the Vegan Anti-Milk Propagandists, who are harming people and animals.

Because most people, who try to become Vegans, become Ex-Vegans.  
Often due to ill-health caused by their Vegan Diets.

And, then, because Vegan Anti-Milk Propagandists, have taught them that Dairy is as bad as, even worse than, Animal-Eating, most Ex-Vegans become Animal-Eaters again.

And, so most Ex-Vegans, because of what Organic-Vegans have done to them, lose their ideals completely, and go back to eating more than 1000 animals.

As well as eating Organic-Food, that has been fertilised with blood and bone, chicken-dung from factory-farms, and sprayed with fish emulsion.

Instead of becoming Lacto-Vegans.  
And, drinking milk from just 1 Cow.

## BY THE SAME AUTHOR

For more of my eBooks,  
please see my Smashwords Profile at:  
<https://www.smashwords.com/profile/view/LactoVegan>

*If you are a professional publisher,  
who would like to publish any of my eBooks,  
please email me:  
[gregdinneen@yahoo.com](mailto:gregdinneen@yahoo.com)*

You can also Download PDFs, of some my pamphlets, from:  
<https://sites.google.com/site/vegetarianinformationcenter>

My Blog:  
<http://www.lacto-ovo-vegan.blogspot.com>

## **Some More Books By The Same Author [With Clickable Links]**

### **[The Lazy Person's Guide To Flower, Herb, Fruit, Nut And Vegetable Gardening \[2<sup>nd</sup> Edition\]](#)**

Price: Free! Words: 3,720.

Includes: Exotics Without Watering; Choosing Plants; Easy Flower Gardening; Flowers You Can Eat; Easy Food Growing; Fruit, Herbs, Edible Weeds; Weed And Feed; Breeding Plants; Indoor Gardening; Pest-Proof Plants; Preventing Diseases; Indoor Plants That Do Not Need Watering And Feeding While On Holidays.

### **[Diet And Exercise For Women Who Want To Look Good And Feel Good](#)**

Price: Free! Words: 5,260.

Look at an extremely fit and healthy woman.

Bright eyes, clear eyes; shiny hair, luxuriant hair; clear skin; strong shoulders, abdominals; rippling leg muscles; the carriage and confidence of her body.

Exuding health and fitness.

Radiating energy and beauty.

And, with 20 minutes of exercise 3 times per week, and a diet based on Raw Fruit and Dairy Products, so might you.

### **[Poultry As Pets Hens, Ducks, Bantams, Muscovies, Free-Ranging In Your Garden](#)**

Price: Free! Words: 3,130.

If you want birds for pets. You could let 2 hens or bantams loose in your back garden. Rather than lock some poor canary or budgerigar up in a little cage. I have had hens, bantams, ducks, Muscovies. Free-ranging in my back garden. They were never in coops or cages. I no longer have pet poultry. But, I have several birdbaths. So, I have lots of visiting wildlife birds.

### **[A Vegan Easter Celebrate The End Of Animal Sacrifice The Way Jesus Meant It To Be](#)**

Price: Free! Words: 4,830.

Christians commemorate the Last Supper, Crucifixion and Resurrection of Jesus at Easter – the time when Jesus abolished animal sacrifice and replaced it with bread and wine.

So.

If ever there was a time to celebrate the abolition of animal sacrifice.

Easter is it.

This book also includes "Should Christians Be Vegetarians".

### **[Forming Friendships With Horses Teaching Your Horses With Kindness](#)**

Price: Free! Words: 3,390.

IF YOU WOULD LEAD OTHERS FIRST LEAD YOURSELF

Young women are usually the best at looking after horses.

Because they really like horses.

And, these young women are true leaders – supportive and considerate.

They relax frightened horses with soothing words and back rubs.

True leaders do not subjugate or even try to be leaders.

### **Must Love Dogs How To Form Friendships With Dogs And Teach Your Dogs With Kindness**

Price: Free! Words: 13,610.

I have had four generations of Beagles. My last was the great-granddaughter of my first.  
This eBook is about love of dogs. Enjoying dogs. Playing with dogs ... Whether you have a dog.  
Or, not. And. About, teaching dogs with kindness. As one friend to another.  
This eBook is not about dominating dogs.  
And, my kindness approach works. Because dogs do like to please those who are kind to them.

### **Gambling The High Price Of Hope**

Price: Free! Words: 5,650.

#### **WINNING GAMBLERS**

To be a winning gambler you need to know 4 things

- 1: When you are being deceived or cheated.
- 2: When the odds are in your favour.
- 3: Money management.
- 4: Yourself.

Or, alternatively, only gamble against people who you do win against – people worse than you.

### **How Jesus Healed People And How You Can Too A Scientific Explanation**

Price: Free! Words: 7,990.

Jesus healed a lot of people, of physical and psychological illnesses, by using scientifically valid methods. Such as, the faith [placebo] effect; the healing touch; therapeutic massage; simple remedies like poultices; prayer and fasting.  
And, Jesus wanted everyone, not just Christians, to use his healing methods.

### **A Merry Raw-Vegan Christmas Complete With Wine The Way Jesus Meant It To Be**

Price: Free! Words: 3,820.

How to have and simply prepare a Raw-Vegan Christmas Dinner, including raw bread, using fruit, nuts, grains, herbs and vegetables, that were available in the Middle East at the time of Jesus.  
Including bread and wine, which Jesus said to eat and drink, "in memory of me".  
Also, includes the Definition Of Veganism, what is and what is not Vegan Food, and the Health Hazards of Long-Term Vegan Diets.