



Why choose to drink goat's milk in deference to cow's milk?

Top 10 Reasons to Consume Goat's Milk and Cheese

1. Goat's milk contains every vitamin and mineral that the human body needs to live – it is one of nature's perfect foods, providing the full spectrum of light and fatty acids for hormone production.
2. Goats and humans have similar properties in their digestion processes, making goat's milk proteins 100% usable in the human digestive system.
3. Goat's milk provides all the usable calcium, phosphorus, potassium, and magnesium in the proper proportions that humans need and effectively use to build bones, teeth, hair, and nails.
4. Next to human milk, goat milk is the easiest milk protein to digest, making it perfect for infants, and will NOT cause allergies, excess mucous formation, acidity, fermentation or putrefication.
5. Consuming milk from goats provides the human body with a higher ability to convert ultra-violet rays of the sun into vitamin D, the immune system vitamin.
6. Goats do not accept or tolerate cruelty, abuse, anti-biotics, or growth hormones; they would rather die than submit.
7. Goat kids raised on their mother's milk produces lean, active, and intelligent offspring. Human kids raised on goat's milk products will be lean, balanced, productive, and intelligent.
8. Pasteurized goat milk is very tolerable and usable by the human body.
9. Compatible hormones in goat's milk will boost all hormone producing glands in humans effectively improving immunity and reducing aging.
10. Goats infuse their milk with life supporting factors missing from cow's milk, making it a perfect food, meaning you could live on it alone. It's capable of boosting all 7 hormone producing glands in the human body.

When first changing from cow's milk to goat's milk, use half cow/half goat milk and slowly use less cow/more goat milk until full goat milk has been assimilated. This will adjust and gently ease the digestive enzyme production into balance.

If lactose intolerant, supplement with lactase powder, liquid or capsules and introduce goat's milk little by little until the goat's milk helps the body to form its own lactase for lactose digestion.

Top 10 Reasons to Avoid Bovine Cow's Milk and Cheese

1. Cow's milk is NOT the same as human milk; humans do not produce the proper enzymes, protease, or lactase and its proteins CANNOT be digested, instead it putrefies in the colon, producing allergens and histamines.
2. Cow's milk is intended to support the growth and development of up to a two ton animal, not an average less than 200 pound human, which adds unhealthy pounds to the human body.
3. The phosphorus in cow's milk inhibits calcium from being absorbed and utilized in humans.
4. Since cow's milk contains more phosphorus than calcium, the human body will take calcium from its own bones to try and achieve the proper phosphorus/calcium ratio in an effort to digest it.
5. Pasteurized cow's milk is acid-forming causing the body to deplete its reserves of B-12 stored in both the liver and pancreas as well as depleting its reserves of sodium, potassium, and calcium in its effort to neutralize the excess acid milk causes, resulting in vitamin, mineral, and enzyme deficiency.
6. Cow's milk causes heavy mucous production and congestion in humans, and is the largest cause of babies' runny noses and drooling. Most children raised on cow's milk end up on antibiotics because this milk is so debilitating to the human immune systems causing many childhood diseases, allergies, and susceptibility to frequent colds and flues.
7. 50% of Americans tested for allergies reacted to cow dairy products due to the lack of lactase, the enzyme that it takes to digest milk (lactose).
8. When cow's milk is pasteurized it becomes a slow poison for human bodies and for calves. Calves fed on pasteurized cow's milk, even if it is from its own mother, will die in four to six months.
9. Drinking and eating cow's milk products perpetuates cruelty to dairy animals.
10. Cow milk protein is structured to be digested by a ruminating, cud chewing animal with a four chambered stomach that produces rennet, and is therefore not digestible by a human with a single, non-rennet producing stomach, thereby causing indigestion, acid reflux, IBS, yeast infections, constipation or diarrhea, bloating, allergies, and immune deficiencies.