



Nutrition and Chronic Disease

Autoimmune Disorders and
Other Diseases of Western
Civilization

Does Every Body Need Milk?



Cow's Milk and Type 1 Diabetes

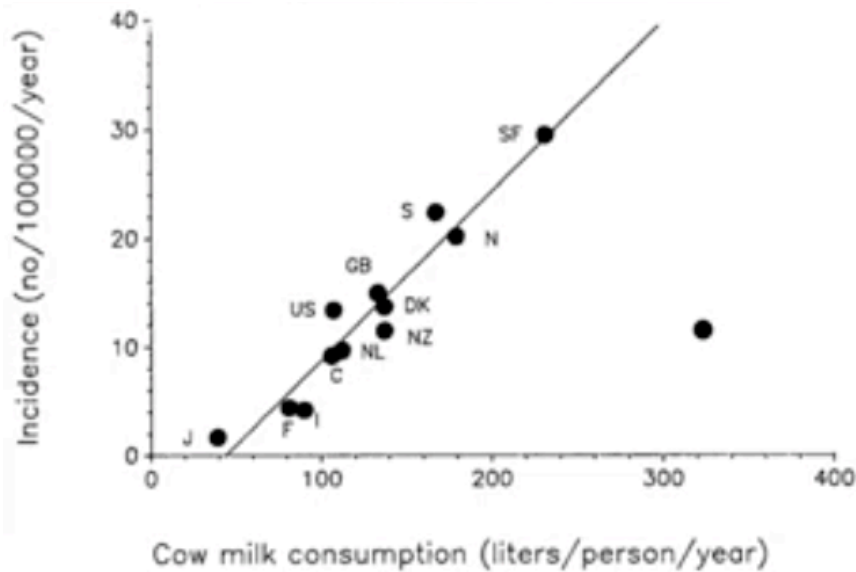


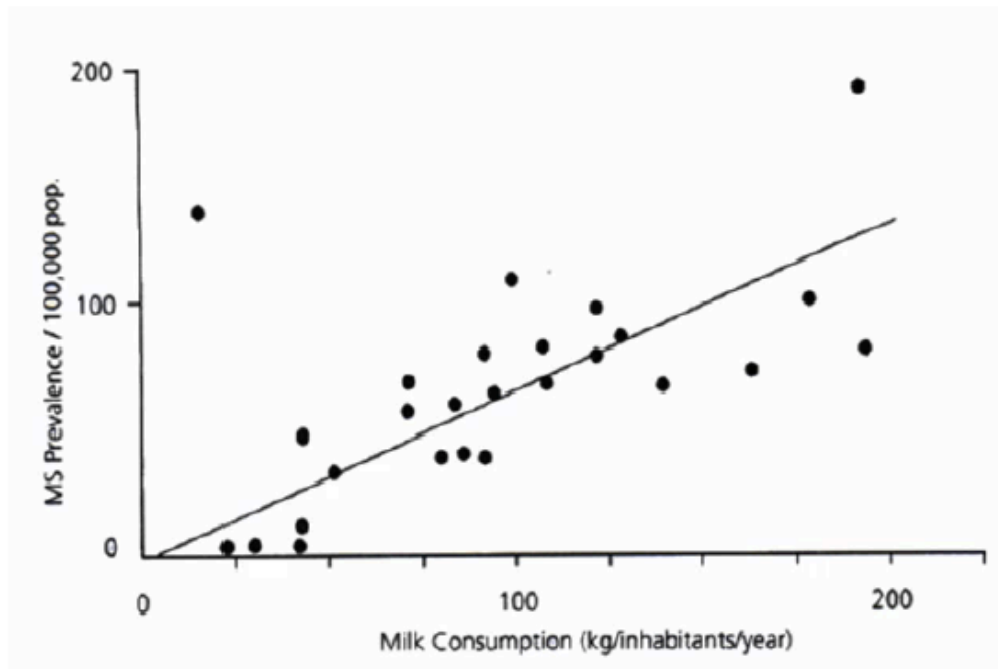
FIG. 1. Mean yearly incidence of insulin-dependent diabetes mellitus in children 0–14 yr of age by average fluid cows' milk consumption per person per yr in different countries. J, Japan; F, France; I, Israel; C, Canada; US, United States; NL, Netherlands; NZ, New Zealand; GB, Great Britain; DK, Denmark; N, Norway, S, Sweden; and SF, Finland.



The higher the cow's milk consumption, the higher the rate of Type 1 Diabetes

MS and Dairy Consumption

HIGHER MILK CONSUMPTION, HIGHER MS



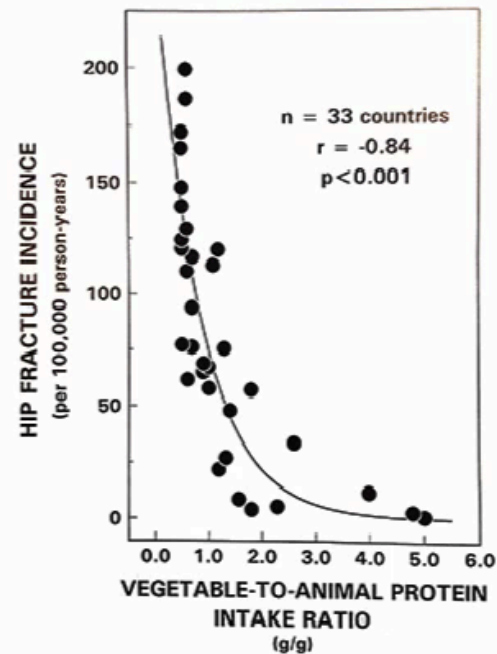
- ▶ Strong positive association between cow's milk and MS
- ▶ Pattern is similar to type 1 diabetes and other autoimmune diseases
- ▶ Similar underlying biochemistry

Distinctive differentiation between the effects

Osteoporosis



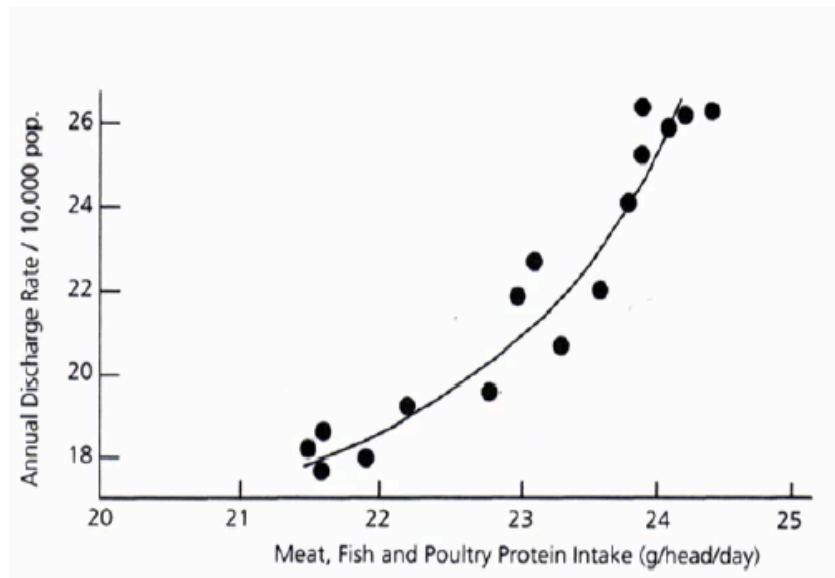
- ▶ 87 surveys in 33 countries show: bone fracture rates *decrease* as ratio of vegetable to animal protein *increases*
- ▶ **Vegetable to animal food balance** might be involved, not just protein



Kidney Stones



ANIMAL PROTEIN AND KIDNEY STONE FORMATION



- ▶ Animal protein intake > 20 g/person/day increases risk
- ▶ In the US and UK, men consume 100-110 g protein/day, about 70% in the form of animal protein

Macular Degeneration



Dementia & Alzheimer's

