

THE **SPICE** OF LIFE

Milk!



Spice Williams-Crosby is an accomplished actress, stuntwoman, bodybuilder, and professional writer. Before pursuing a career in show business, she learned about the medical and biochemical world from her father, the first bioanalyst in the State of California. During her college years, Spice worked as a treatment nurse and medical transcriber for UCLA's medical center. Her insatiable thirst for nutritional knowledge has been, and always will be, what she terms as a "truth seeking journey."

A Recipe For Cancer

If I offered to whip you up a little brew that contained the following ingredients, would you be interested?

- Pituitary hormones (PRL, GH, TSH, FSH, LH, ACTH, Oxytocin)
- Steroid hormones (Estradiol, Estriol, Progesterone, Testosterone, 17-Ketosteroids, Corticosterone, Vitamine D)
- Hypothalamic hormones (TRH, LHRH, Somatostatin, PRL-inhibiting factor, PRL-releasing factor, GnRH, GRH)
 - Thyroid and Parathyroid hormones (T3, T4, rT3, Calcitonin, Parathormone, PTH peptide)
 - gastrointestinal peptides (Vasoactive intestinal peptide, Bombesin, Cholecystokinin, Gastrin, Gastrin inhibitory peptide, Pancreatic peptide, Y peptide, Substance P and Neurotensin)
- Growth Factors (IGF's (I and II), IGF binding proteins, Nerve growth factor, Epidermal growth factor and TGF alpha, TGF beta, Growth Inhibitors MDGI and MAF, and Platelet derived growth factor)
 - Others... (PGE, PGF2 alpha, cAMP, cGMP, Delta sleep inducing peptide, Transferrin, Lactoferrin, Casomorphin and Erythropoietin...

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I don't think so! And I don't care what anybody says, growth hormones, fat, cholesterol, allergenic proteins, blood, pus, antibiotics, bacteria, and viruses do not "do a body good!" Then why does such a large portion of America continue to buy dairy products when they go shopping? Corporate brainwashing and propaganda, that's why! Obviously words like "pus" would turn most educated consumers off, so the mega dairy industry continues to spend billions of dollars each and every year to glamorize the drinking of milk and convince us that it's the only worthwhile source of calcium, and that without it, our bones are going to become brittle and crumble like the great walls of Jericho. This is a huge lie! And we're talking about some of the same companies that tried to convince us that Agent Orange and PCB's weren't going to be harmful to us either. Take my advice, you want a good source of calcium, go eat a bowl of organic broccoli!

Notwithstanding that dairy products are bad for us to begin with, let's consider that in late 1993, the US Food and Drug Administration (FDA) made things even worse by giving permission for Monsanto Corporation to market rBGH (recombinant bovine growth hormone), a genetically engineered hormone that is injected into dairy cows to increase their production of milk. We're talking about a substance that is finally being linked to major breast, colon and prostate problems, and one that no other country in the world will allow within its borders, though Monsanto has sought approval in Australia, New Zealand, the European Union and Canada.

The FDA based their "safe" opinion of rBGH partially off an unpublished Monsanto study of rats fed rBGH in high doses for 90 days. They concluded that, "No oral activity was found when rBGH was administered to rats at exaggerated doses, yet a recent Canadian government report indicates that the findings of Monsanto's study were misreported by the FDA. The Canadian report says that 20% to 30% of the rats fed rBGH in high doses developed primary antibody responses, indicating that this hormone was absorbed into the rats' blood. Furthermore, cysts reportedly developed on the thyroids of the male rats and some increased infiltration of the prostate gland occurred. If these kinds of reactions are turning up after only 90 days of use on rodents, what do you think is happening to people who have been drinking rBGH produced milk for the last six years? No wonder other countries are leery of what we have to say.

What's really scary is that tens of thousands of US dairy cows are injected with rBGH each week, and virtually the entire American population is exposed to milk from rBGH-treated cows when they buy milk, cream, cheese, yogurt, frozen yogurt, buttermilk, cream cheese, ice cream, iced milk, and baked goods.

And just why has BGH (bovine growth hormone) become so important to the American dairy industry, anyway? There's certainly no health-related need for it. The farmers don't need it, the cows don't need it, and human beings are dying from it. It's trade name is POSI-



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LAC, and in cows, it has been associated with increases in cystic ovaries, disorders of the uterus, digestive problems, enlarged hocks and lesions of the knee, not to mention mastitis (pus clusters found in the tits of the cows). This, of course, increases the cows' need for additional antibiotics. Yuck!

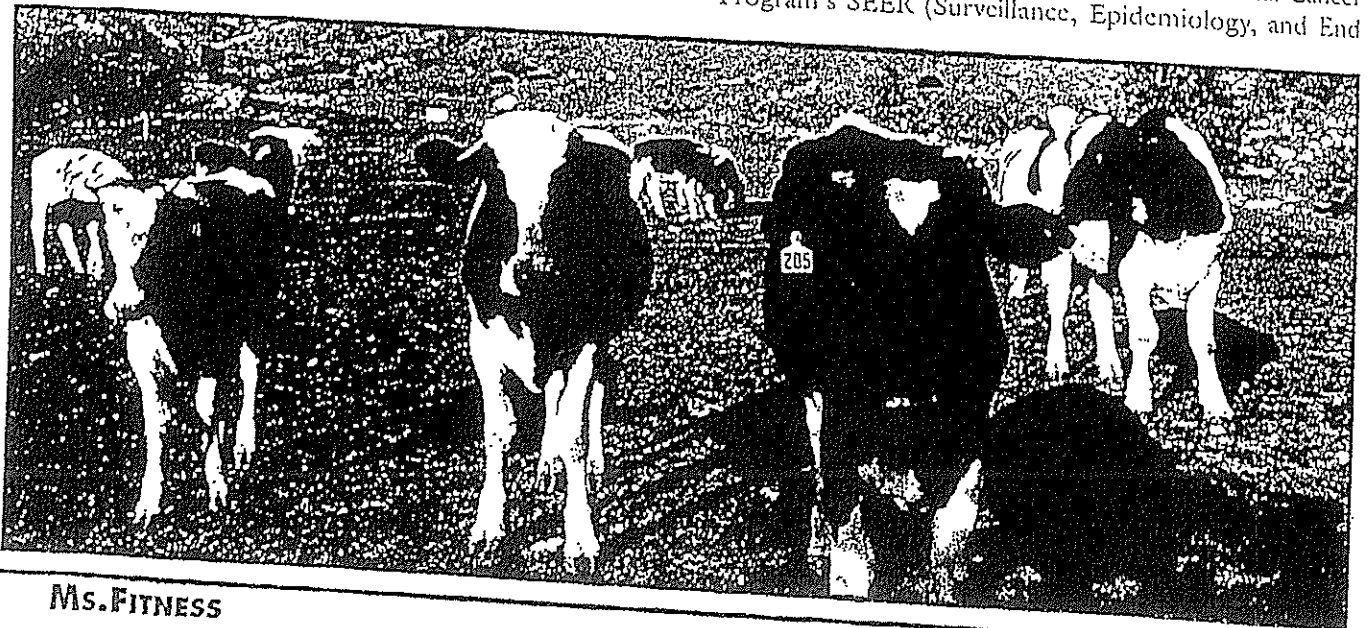
Believe me, the last thing in the world you want to do is put antibiotics into your body unnecessarily. In fact, the Centers for Disease Control (CDC) now tells us that antibiotic resistance in this country is at an all-time high and is now a "major public health crisis." My God, when is man going to learn that when he tries to mess with Mother Nature only for economic gain, the end result always has and always will be suffering and disease? And what is our great need to produce more milk in the first place when we already have a dairy surplus of over a quarter million tons of milk each year and the government uses a billion of our annual tax dollars to sop it up? Are we talking gross waste here, or what?

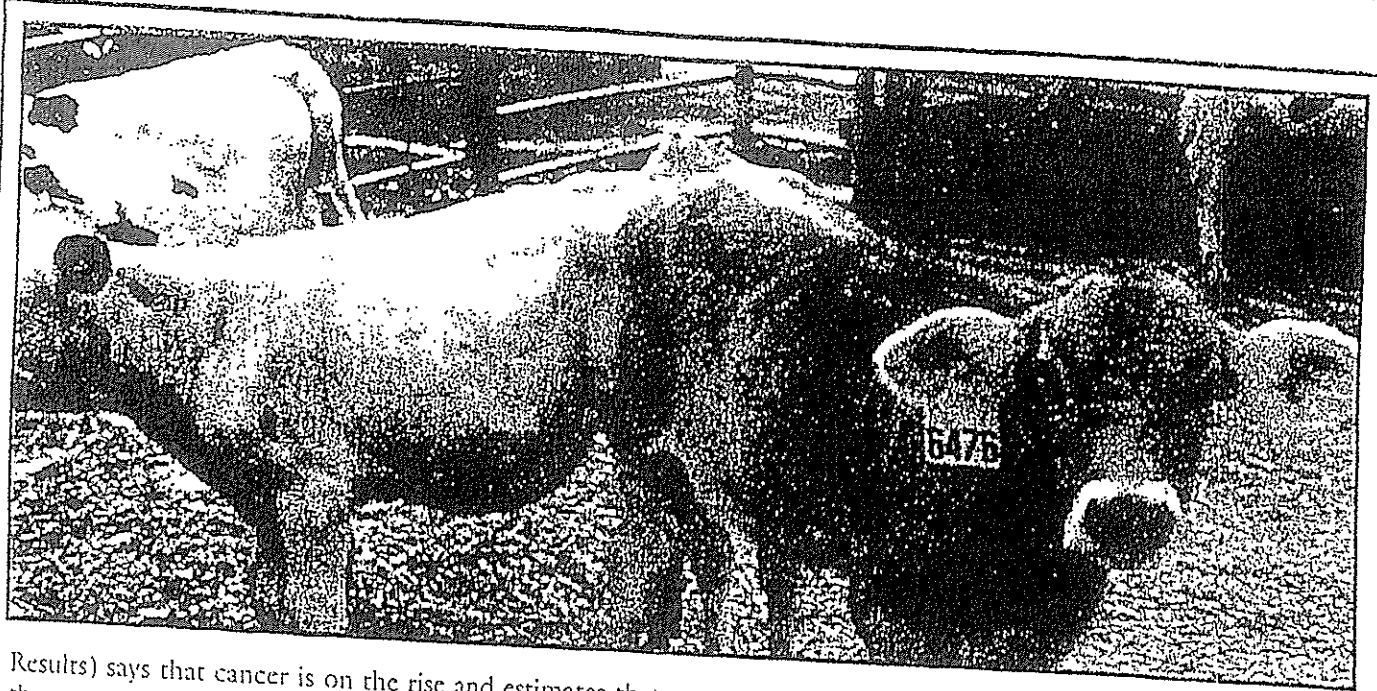
For those of you that don't know, POSILAC increases milk production by releasing a chemical called IGF-1 (insulin-like growth factor #1), which McGill University and the Harvard School of Public Health have recently found is a strong predictor of prostate cancer risk. Published in Science and funded, in part, by the Canadian Breast Cancer Research Initiative, these findings have shown a four-fold increased risk of developing prostate cancer among men who have high levels of IGF-1. In fact, Dr. Michael Pollak, professor of medicine and oncology at McGill University says, "Until now, researchers interested in prostate cancer risk factors have focused on male hormones such as testosterone, but these [IGF-1] results open up a whole new direction of research. This is the same order of magnitude as the relationship between cholesterol levels and the risk of getting heart disease." For the past decade, Dr. Pollak has worked extensively in the laboratory with IGF-1 and he explains that it may very well trigger a higher rate of cell division and proliferation, thereby making it more likely

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for a cellular genetic accident to occur, leading to cancer.

Although there have been no long term studies of rBGH's effects on humans, elevated IGF-1 is now being linked to breast cancer, prostate cancer, colon cancer, acromegaly, hypertension, diabetes, and gynecomastia (growth of breasts in men). Even the congressional General Accounting Office has been warning us about drinking too much milk lately. There is also concern that the widespread use of rBGH will increase the amount of rendered animal protein that dairy cattle — of whom we eat 2.6 billion pounds annually — consume. In the US, a minimum of 14% of the remains of rendered cattle is fed to other cows, now increasing the risk of spreading bovine spongiform encephalopathy, known as Mad Cow Disease. So now, if you eat meat, if you don't die from cancer, there's a good chance you might go mad instead! The latest studies and statistics from the National Cancer Program's SEER (Surveillance, Epidemiology, and End





Results) says that cancer is on the rise and estimates that there were over 131,000 deaths caused by breast, colon and prostate cancer in 1998 alone.

The bottom line here is that the American public better wake up and realize that things aren't always what they seem, and just because a government agency or a mega corporation tells you something, it doesn't necessarily mean it's so. A good example of this is the case of where the FDA stated that pasteurizing milk would effectively kill the *Mycobacterium paratuberculosis* that's found in cow's milk. Well, it not true, and the British medical journal, LANCET, recently revealed a direct link between this bacteria and Crohn's disease in humans. Cows get a disease called Johne's (pronounced: yo-nees) and pass on this bacteria to humans in milk and dairy products. We're talking about another nightmare here, and a diagnosis of Crohn's disease usually results after many years of irritable bowel syndrome, a condition shared by more than six million Americans, most of them women, manifesting itself in a shared symptom with cows of persistent diarrhea. According to a USDA study on this subject conducted by scientist Judy Stabel, Ph.D, "The bacteria were not totally inactivated until after 15 minutes of incubation (pasteurization) at 72 degrees centigrade." This isn't very reassuring when you consider that normal pasteurization at this temperature calls for a 15 second treatment, not 15 minutes!

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What does it tell you when Steve Wilson and Jane Acre (the former husband and wife investigative team for the FOX TV affiliate WTVT in Tampa, Florida) were fired for refusing to back off their series on the harmful effects of rBGH used in the production of American milk and dairy products? They're now in the middle of a two million dollar lawsuit against New World Communications and Fox TV.

In investigating the use of rBGH in cows in Southern Florida, Wilson and Acre found that Florida grocers had made promises to consumers that they wouldn't buy milk from rBGH-treated cows. But when the couple traveled to the farms where local milk was being produced, they managed to film cows being injected with rBGH, and discovered that the grocers had reneged on their promise. They also reported how levels of IGF-1 were increased in rBGH produced milk, and further, how increased IGF-1 levels were now being linked to increased breast cancer rates. Their initial four-part series was to have aired on February 24, 1997. WTVT had, in fact, already begun to advertise the upcoming series, but after heavy pressure from Monsanto's lawyers, including threats of "dire consequences" if the story ran, WTVT canceled the series. When the reporters protested, they were told by the general manager, "We paid three billion dollars for these television stations and we'll tell you what the news is." According to Wilson and Acre, they were eventually offered a payment of \$200,000 for their silence on this issue, but when they refused, they were fired from WTVT on December 2, 1997.

Wilson and Acre were also told to say that rBGH was endorsed by the AMA. The AMA does not officially endorse products, reported Wilson, although it did accept money from Monsanto to produce a pro-rBGH video, which does seem to qualify as an endorsement by any reasonable standard. Well, if you're interested in receiving a video copy of their censored rBGH story, you

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can get in touch with the GREEN ACRE NEWS, 4222 Harmony Lane SE, Iowa City, IA 52240-9385. Steve Wilson says that since the video is now Exhibit K at their pending trial, it's public information and can be freely distributed. Send them a blank video tape and they will be glad to make a copy for you. Tell them Spice referred you, then sit back and watch. You won't believe your eyes!

This whole fiasco reminds me of some weird X-file, only this stuff is really happening and the victims are real consumers. Take a stand by saying no to dairy! The moment you stop buying dairy products, you will take an active hand in helping to stop the unethical treatment of cows, cancer in humans, and millions of our dollars being directed into the wrong hands.



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SEER: Surveillance, Epidemiology, and End Results Program

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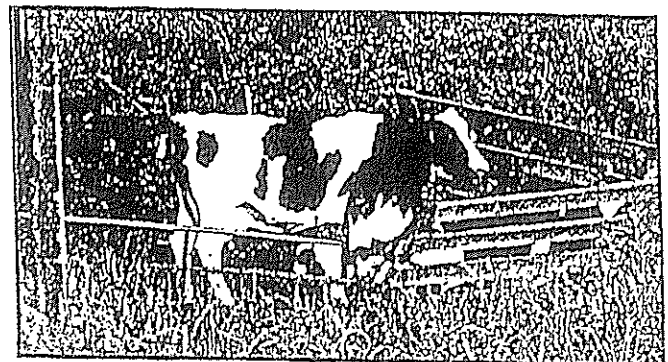
General Accounting Office (GAO)

US Federal Office of Management and Budget

Veterinary Medicine Advisory Committee of the FDA

McGill University: R. Michael Pollak

Harvard School of Public Health



If you have any questions and/or would like a revised, autographed edition of Spice's booklet entitled "Diet For A New Age," you may correspond and/or send \$14.95 (which includes postage and handling) along with your address to: Spice Williams, 15445 Ventura Blvd., Suite 115, Sherman Oaks, CA 91403. Her Web Site Address is spice-of-life.com.