

# Whitewash



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North Americans are some of the least healthy people on Earth. Despite advanced medical care and one of the highest standards of living in the world, one in three Americans will be diagnosed with cancer in their lifetime and 50 per cent of US children are overweight. This crisis in personal health is largely the result of chronically poor dietary and lifestyle choices. In "Whitewash", nutritionist Dr Joseph Keon unveils how North Americans unwittingly sabotage their health everyday by drinking milk, and shows that our obsession with calcium is unwarranted. Citing scientific literature, the

book builds an unassailable case that not only is milk unnecessary for human health; its inclusion in the diet may increase the risk of serious diseases including: prostate, breast, and ovarian cancers; osteoporosis; diabetes; vascular disease; and, Crohn's disease. Many of America's dairy herds contain sick and immunocompromised animals whose tainted milk regularly makes it to market. Cow's milk is also a sink for environmental contaminants, and has been found to contain traces of pesticides, dioxins, PCBs, rocket fuel, and even radioactive isotopes. The book offers a completely fresh, candid and comprehensively documented look behind dairy's deceptively green pastures, and gives readers a hopeful picture of life after milk.

作者介绍:

目录:

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## 标签

美国

牛奶

## 评论

对不起，我就是靠牛奶过活的… 酸碱理论???!…

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强推！牛奶害人。奶制品与高蛋白才是骨质疏松的罪魁祸首。奶牛的正常寿命为20至25，而奶牛工厂的奶牛很少能活过6岁的。如此早衰的动物的奶能有多少营养就可以想见了。另，自然界的哺乳动物没有骨质疏松的。

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