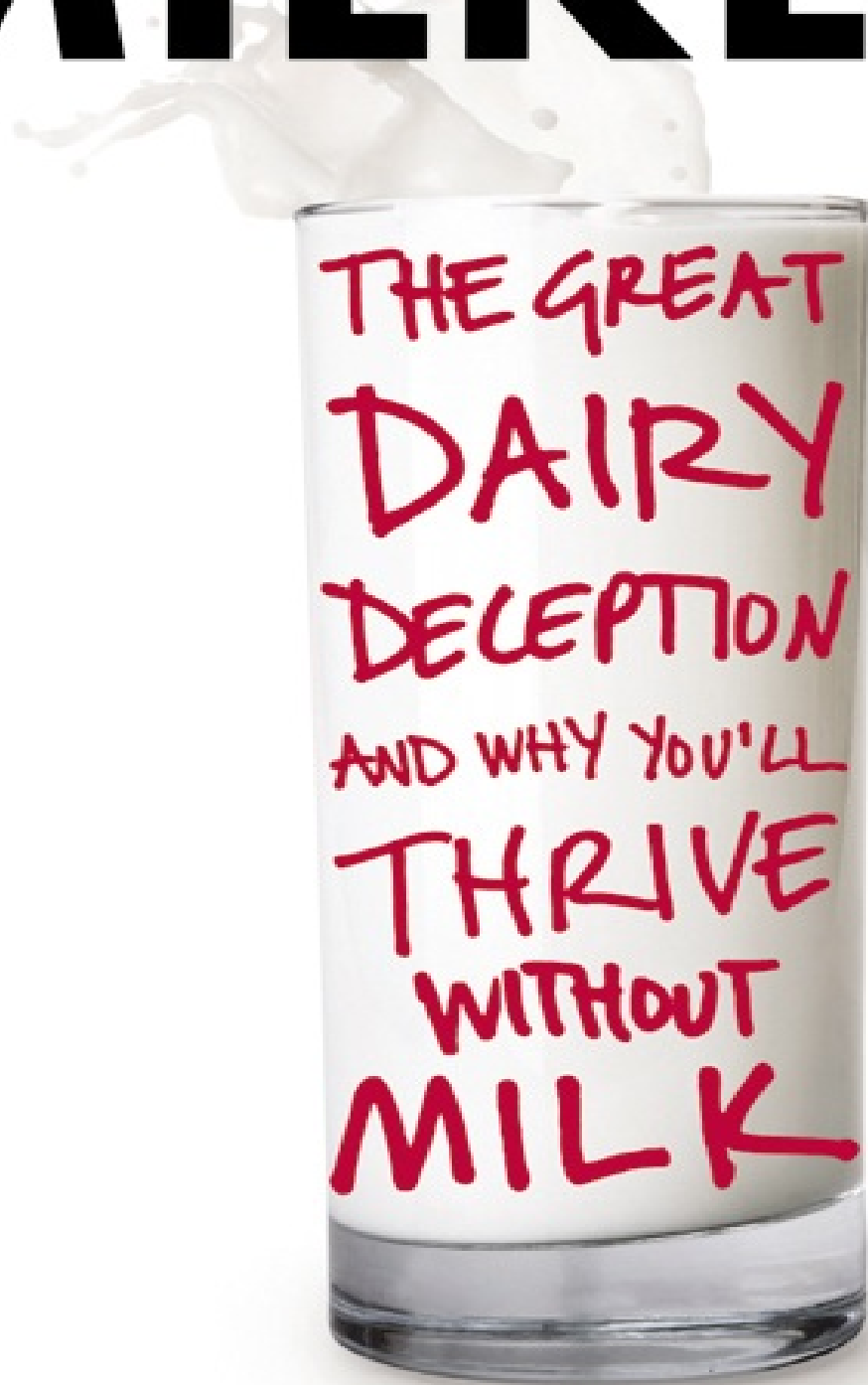


GOT MILKED?



ALISSA HAMILTON

GOT MILKED?

The Great Dairy Deception and
Why You'll Thrive Without Milk

Alissa Hamilton




WILLIAM MORROW
An Imprint of HarperCollins Publishers

DEDICATION

For Oscar, keep piling your plate high with broccoli and maybe one day you'll be a world-class athlete just like your grandfather

DISCLAIMER

Got Milked? is based on the research, observations, and opinions of the author, who is not a health professional. This book is not, and should by no means be considered, a substitute for the advice of a qualified medical professional, who should always be consulted before beginning any diet or other health program.

This book has been carefully researched, and all efforts have been made to ensure factual accuracy as of the date published. The author and the publisher expressly disclaim responsibility for any adverse effects arising from the use or application of material in this book.

CONTENTS

DEDICATION

DISCLAIMER

INTRODUCTION

Milk Matters: Me, Maxine, and America's First Fast Food, Milk

1 The Dairy Landscape

Mapping the Major Players Promoting Dairy in America

2 Ironed Out

Milk Is Making Our Young Sick and Tired

3 A Date With MyPlate

A Taste of the USDA's Three-a-Day Dairy Recommendation

4 Science Fact or Science Fiction?

Making Sense of the Conflicting Claims about Milk

5 Know Your Weights and Measures

Decoding the Riddle of the Daily Value

6 Overrated

Tall Tales about Milk's Short List of Essential Nutrients

7 The Seeds of Strong Bones

Breaking Up with Milk Is Easier Than You Think

8 Milking Calcium

The Dark Side of Our Excessively High Calcium Recommendations

9 "D" Is Not for Dairy

Think Daylight and Dried Herbs

10 A-Not-Okay

Mad Cow-Engineering to Make Milk for All and All for Milk

11 A History of Intolerance

Milk's Journey from Fermented Food to Unsavory Symbol of Power

12 The Big Mistake

The Fitness of Lactase Impersistence

13 Whole Truth
The Facts About Cutting Milkfat

14 Making It Without Milk
Colorful Recipes That Leave Dairy out of the Picture

CONCLUSION

Unholy Holstein Cow: Caution Killer Yields

Epilogue

Eat to Love

ACKNOWLEDGMENTS

REFERENCES

INDEX

ABOUT THE AUTHOR

CREDITS

COPYRIGHT

ABOUT THE PUBLISHER

INTRODUCTION

Milk Matters: Me, Maxine, and America's First Fast Food, Milk

“I haven't given Oscar milk. He's two now. What do I do???”

That was Maxine's burning question when she, her mother Tina, her firstborn, Oscar, and her soon-to-be-second-born, Tobias, paid me a visit in August 2012.

Maxine was my best friend growing up. But it had been a while. After high school she followed Tina back to Amsterdam, where Tina was born. The August visit was a kind of reunion. The three and three-quarters of them, and my big sister, Kara, came over to my place for dinner, where Maxine's quandary started the memories rolling.

When I was little, “drink your milk” was a common refrain in most of my friends' homes. I was always turning down glasses of milk when I went over to play with the kids down the street. But Maxine's house was different. Her mother, Tina, who lived on tulip bulbs as a child in Amsterdam during World War II, had grown plenty strong without milk. Maybe that's why she didn't treat milk the same way that the parents of my other friends did: as an essential part of breakfast, lunch, dinner, and every “kid snack” in between. And yet here was Maxine wondering “Milk?” and Tina, curious, “Not cow's milk, then what?”

Substitute any nutritious, calcium-packed food for milk and Maxine's question sounds silly:

“I haven't given Oscar kale. He's two now. What do I do???”

You and I both know that Oscar will survive without kale, or salmon, or even broccoli, for that matter. Maybe he'll learn to like kale later. If he doesn't, all is not lost. There are plenty of other nutrient-dense vegetables to choose from.

As it turns out, Oscar was already loving broccoli when I met him. Broccoli is pretty much all he had for dinner. Maybe his body instinctively knew what many parents don't: broccoli is calcium rich. Maybe his bones were telling him: “I want calcium, give me broccoli.” Or maybe he just liked the familiar, slightly sweet taste and super green color. For whatever reason, he wanted seconds, and the thirds. I'm pretty sure if Maxine had conditioned him to drink milk with his dinner, he wouldn't have had room for all the greens he playfully fingered before devouring.

While we all know that Oscar will be just fine if, by the age of two, he hasn't had tofu, the same is not true if we know he hasn't had an ounce of cow's milk, or the products made from it. Cow's milk has been promoted as a food without substitute, as being necessary and not interchangeable with food outside the dairy group. Many of us sense that all is right when we pour milk on our cereal for breakfast. When I got to talking with Michelle, my college friend from Minnesota, about milk, she mentioned straight off that her grandmother thinks a meal without milk is incomplete. So do I and Michelle. Years of nudging from our elders, combined with government dairy recommendations and

dairy-industry advertisements have implanted in our minds a way of thinking about milk that is hard to supplant. Milk is on our minds and tables.

Upon closer examination, the North American preoccupation with milk as vital betrays something more worrisome than a mere buy-in to dairy industry advertising. It signals a nationwide surrendering to fuzzy logic. The erroneous reasoning that has (mis)guided North Americans for decades runs as follows: calcium is essential for growing strong bones; milk is high in calcium; therefore, if we don't drink milk, our bones will lack the calcium they need to be strong, and we will suffer the broken health consequences. Spelled out this way, the leap in logic that every prospective law student tries to avoid when taking the standardized Law School Admissions Test (LSAT) is unmistakable: while milk is high in calcium, milk is not the only source of calcium; therefore, just because milk is high in calcium and calcium is essential for strong bones and good health does *not* mean *milk* is essential for strong bones and good health.

Descriptions by the National Dairy Council and other dairy promoters of milk's "unique nutrient package" as comprising "nine essential nutrients" have only reinforced the popular misconception that milk is an essential part of a healthy lifestyle. To harried parents who are half-listening and chasing after toddlers or juggling tween routines, multitasking means eliminating the unnecessary and sometimes, mistakenly, the essence: milk has "nine essential nutrients" gets clipped to "milk is essential." The USDA defines an "essential nutrient" as "a dietary substance required for healthy body functioning." Milk, which many healthy, functioning bodies live without, doesn't meet the fundamental definition of an "essential nutrient."

Milk's status as the ultimate health food is too embedded in the national psyche for logic and cautious reading to budge conventional thinking. Not even the research and resulting recommendations of Harvard physicians have been enough to move the North American minds outside of the milk box. For years Dr. David S. Ludwig, professor of pediatrics at the Harvard Medical School (HMS) and professor of nutrition at the Harvard School of Public Health (HSPH), and his colleague, Dr. Walter C. Willett, chair of the Department of Nutrition at HSPH and a professor of medicine at HMS, have been challenging the U.S. Department of Agriculture's (USDA) dietary recommendations regarding milk, which have remained relatively consistent since World War II when the USDA started getting serious about telling Americans how to eat.

These recommendations can be found at ChooseMyPlate.gov, an interactive government website designed to illuminate its MyPlate icon, which the USDA introduced in 2011 to replace its less intuitive Food Guide Pyramid. The icon illustrates five food groups: Fruits; Vegetables; Grains; Protein; and Dairy. Depicted as a blue circle just touching the plate where you'd find a glass, the Dairy category reads visually, if not literally, as "milk." Whether you conflate the two or not, Dairy is the only food group that is made up entirely of one food, milk. If the USDA has its way, you will obtain a substantial portion of your daily calories from this single food and the products made from it. Click on "Dairy," and then on "How Much is Needed" and you'll find that the answer is a lot. According to the guidelines at the time of this book's publication, children two to three years old should be consuming two cups of dairy per day; children four to eight, two and a half cups per day; and everyone else, three cups per day.

Doing the math shows that's not just a lot of milk; it's also a lot of sugar and, depending on how you take your milk, a lot of fat. You might want to have a pencil and paper, or at least a calculator handy here. I'm going to assume that you are older than eight and among the majority who, according to the USDA, should be consuming three cups of dairy every day. Now let's say you choose to meet your daily dairy quota with a low-calorie product such as skim milk. You're still allocating a hefty

240 calories every day to one food, which is more than 10 percent of the daily calories of an average diet. And that's the conservative scenario. The reality is that not too many people enjoy skim milk. you and your family are like most, you probably can't bear the watery stuff without added sugar and flavor. Moving to the more likely case, we'll start with you and consider the kids later.

Despite the dairy industry's repeated attempts to convince us that milk isn't only a kid's drink-witness, for one example, the GetEnough campaign created by the Dairy Farmers of Canada association with the Colorectal Cancer Association of Canada that features a calf-eyed girl in pigtails beckoning her mom to drink the large glass of milk she offers up with a smile while the facing page brings home the core message that milk "contains 16 essential nutrients" and "*two out of three adults just don't get enough milk products every day*" [emphasis not added]—I don't know many adults who fill their milk prescription by chugging it straight up. So while the book centers on milk, it's impossible to talk about milk without talking about dairy, the group of milk products high in calcium that the USDA has gathered together under one umbrella. Maybe you, like so many, compensate for your aversion to drinking a plain glass of milk by replacing it with a low-fat fruit yogurt for lunch. Sounds healthy, until you read the Nutrition Facts on the back. As it turns out, your average 6-ounce serving of flavored yogurt contains 170 calories and 26 grams of sugar. That's the equivalent of 6 teaspoons of sugar, which is a fair amount considering that the American Heart Association recommends no more than 6 teaspoons per day for women and no more than 9 for men. Whether you make the small container the center of your meal, or add it to your sandwich and chips because you feel neglectful for not setting a glass of milk beside your lunch, even yogurt, which Governor Cuomo has made the official snack of New York State through legislation he signed in October, 2014, ought to be approached with eyes wide open to what the nutrition label says.

Now for the children nine years and older, let's say they choose low-fat chocolate milk to fill the USDA's definition of their daily dairy needs. Three glasses of this ubiquitous milk product will provide them with 480 calories, or almost a quarter of their daily caloric needs. Since almost all the calories in low-fat flavored milk come from sugar, that's like apportioning a quarter of your child's daily calories to sugar. Looking at the numbers, there are almost 75 grams, or 18 teaspoons of sugar in one daily dose of dairy in the form of low-fat flavored milk. That approaches the 78 grams of sugar in three 8-ounce glasses of Coca-Cola. Yet while the USDA works to ban sugary foods, and specifically soft drinks, from school cafeterias, it stands by flavored milk as a healthy addition to your child's diet and school lunch programs. It doesn't take a Harvard doctor to see that there's something wrong with this picture.

I have already acknowledged that logic will not suffice to change our deeply rooted patterns of thinking about milk. Calcium is essential. Milk is high in calcium. It does *not* follow that milk is essential. No matter how many times I repeat that, you will probably still get an "I'm doing my best" kick when you pour milk over your cereal in the morning. Not even the research, reports, and advice handed down to us from the most haloed institutions and reputable individuals have managed to reverse the three glasses of milk per day hang-up that decades of messaging has made dietary dogma in North America. You can't have apple pie without milk without feeling guilty about it.

The stand that Dr. Ludwig and others have taken that milk is not essential for health and well-being is indisputable. The best response that a spokesperson for the American Dairy Association and the National Dairy Council has offered to Doctors Ludwig's and Willett's position is that "it is difficult to get recommended levels of calcium by consuming non-dairy sources." In its defense, the dairy industry highlights the one attribute that milk has going for it: it's a convenient source of calcium, as well as "eight other essential nutrients in the diet including vitamins A, D, B₁₂ and protein."

True, milk is convenient. It's everywhere. You won't find bushels of kale or broccoli at the corner Stop n' Go. You are guaranteed to find cartons of milk, from nonfat to full fat, from strawberry to chocolate flavored, from single-serve chugs to gallon-size jugs. True, milk is high in calcium. But it's also high in sugar, cholesterol, calories, and saturated fat. Just because milk is readily available, just because you can get it anywhere, doesn't mean you should. What we don't hear so much about is that milk is one of the most allergenic foods; the majority of American adults can't digest it; animal studies have shown that the major type of protein in milk, casein, also promotes cancer; and lactose, the sugar in milk, breaks down during digestion into the highly inflammatory sugar, D-galactose, which has been proven to promote aging and disease in mice. Even milk's high calcium content, seeming incontrovertible good, may not in fact be doing our bodies good. We are told to drink milk for strong bones. However, comparative studies show that countries that don't habitually consume milk tend to have lower bone-fracture rates than those that do. These are just a few of the hazards of milk that you will read about in the following chapters.

We weren't always so milk obsessed. As Ron Schmid explains in the introduction to his book *The Untold Story of Milk*, up until the mid-1800s Americans mostly consumed milk, if at all, either in its natural or fermented form—whether as yogurt, buttermilk (also known as “clabbered milk,” or cheese)—or churned into butter. Even then such products would have been a luxury for nineteenth-century city dwellers. It wasn't until the mid-nineteenth century, when Americans began to move en masse to cities, that fluid cow's milk grew in popularity. At the outset it was primarily used as a substitute for the breast milk of mothers who were now working long hours in factories away from their sucklings. That was the beginning. Then came pasteurization, the heat treatment that destroys pathogenic bacterial species such as tuberculosis that can and, prior to the widespread use of pasteurization technology, did creep into fresh milk, a medium that without proper handling is an ideal breeding ground for deadly microorganisms.

Pasteurization made the industrial scale production and distribution of fresh milk from farm to city possible. As you will read in the chapters to come, twentieth-century wartime exigencies more than civilian health needs made it desirable. But there's another twist to the story. In her history *Nature's Perfect Food: How Milk Became America's Drink*, Melanie Dupuis, PhD, fills in one more piece of the puzzle of how fresh milk rapidly rose to become, by the 1940s, a North American staple. Dupuis tracks how patent medicine companies began developing infant formulas based on cow's milk in the nineteenth century. By the 1880s these companies were advertising such milk products in women's magazines alongside promotions for their patent medicines. The link between milk and medicine was thus forged right out of the gate, helping to transform cow's milk from America's first fast food into a mainstay.

One of the earliest foods to be the subject of mass advertising, milk was primed for what Dupuis calls the “consumerist ideology” that overtook America in the 1950s. She observes that during the golden age of food advertising, the focus shifted from agrarian images of production to urban scenes of consumption. For milk, ads that once depicted milkmaids at the teats of cows now featured happy, healthy infants. The idea of milk as an elixir carrying the secret to a robust future took hold. The discomfort that mothers like Maxine feel when they allow their toddlers to go without milk is proof that milk's grip on our thoughts about health and well-being is as strong as ever. Even skeptics such as Maxine can't escape the fact that when it comes down to it, she is stuck on milk.

In *Got Milk?*, I take Maxine's question about her son Oscar, which resonates with so many parents, and the dairy industry's defense of dairy as convenient, as a summons to change our relationship with milk in North America. Why? Because our relationship with milk, which is based on

false notions of its goodness, is not a healthy one. Milk is far from perfect, which begs the question: ~~why does milk continue to occupy such a privileged place in the North American diet?~~

My hope in writing this book is that it will provide you with not only some answers but also the tools to get by easily, deliciously, and healthfully without milk and milk products. Read on and you may find your and your family's meals becoming more colorful, with green especially plentiful. Read on and you may find yourself slimming down and your children growing tall and strong *without* cajoling them to down a glass of milk at every meal. Read on—you only have pounds to lose and much, including soundness and vigor of body and mind, to gain.

CHAPTER 1

The Dairy Landscape: Mapping the Major Players Promoting Dairy in America

The cow's milk in the refrigerators and lining the shelves of big-box supermarkets today is not the milk your grandmother got. Nor is it anything most of us fully comprehend even if we get it. Recalling the days when orange juice was orange juice, Don, a consumer fraud lawyer who is a friend of mine, contrasted twenty-first-century commercial orange juice to milk. He knows that most of what is sold in cartons today is so far from the tree that flavor engineers rather than the oranges squeezed give the juice its familiar taste. But thank goodness "milk is milk," he stated, before retreating with a sheepish "isn't it?" Don believed that no matter where you are, no matter what supermarket you go to, you can count on milk being milk. I apologized for having to burst his bubble. Milk is no longer one clear and straightforward thing.

MODERN MASS-PRODUCED MILK

The incessant marketing of milk as essential has transformed it from a product with a single identity to one with many enigmatic personalities. There are the variations on the same theme—skim, with a fat content ranging between 0 and 0.5 percent and averaging 0.1 percent; low fat, with a fat content of 1 percent; the popular semi-skim, with a fat content of about 1.7 percent; reduced fat, with a fat content of 2 percent; standardized whole milk, with a fat content of 3.5 percent; natural whole milk with a fat content of 4 percent; and flavored—that are less familiar than they might first seem. 3 percent "whole milk," for instance, is a misnomer. Although it started "whole," by the time it gets to you in the store it has had its fat removed and added back to make it "full" fat.

There are almost as many ways of processing milk as there are choices of fat levels and flavors. To be called "milk," the Federal Food and Drug Administration (FDA) requires that it be pasteurized. This is usually the first step milk undergoes once it leaves the farm. However, pasteurization is no longer one procedure. There are three major methods: the high-temperature–short-time (HTST) method; the batch-holding method; and the ultra-high-temperature (UHT) method. The first heats milk to just over 160 degrees Fahrenheit, or 72 degrees Celsius, for at least sixteen seconds. In the batch-holding method the temperature is lower, just over 143 degrees Fahrenheit, or 62 degrees Celsius, but the time is longer, thirty minutes. Finally UHT pasteurization is what it says: milk is subjected to super high temperatures, from 280.4 to 316.4 degrees Fahrenheit, or 138 to 158 degrees Celsius, for a couple of seconds.

Once milk has been pasteurized, most of the time it is homogenized, though the label on the milk carton doesn't have to say so. This means the milk is agitated and then passed through small filters

under high pressure so that the fat globules break down in size. Dairy processors like the technology for a couple of reasons: it makes it easy to mix large batches of milk from different farms and still end up with a uniform product, in consistency and in fat content; and it prolongs the shelf life. Some researchers, such as the late Mary Enig, PhD, of the Weston A. Price Foundation's Campaign for Real Milk, also believe that the process has negative impacts. The two major criticisms are that it makes the milk more prone to oxidation and, due to the tendency of the fat globules to pick up fragments of milk protein once broken down, allergic reactions. Although others, such as editorial board member of the UC Berkeley *Wellness Letter* Dr. John Swartzberg, say these theories are unfounded, the issue of whether homogenized milk is unhealthy remains live and an ongoing area of investigation.

Sure you can buy naturally whole, unhomogenized, unpasteurized milk, but not everywhere. In some states and all of Canada, the commercial sale of unpasteurized milk is illegal. This book is not about such contraband, which is a whole different story. It's about the milk that the USDA and the dairy industry are urging you to set down alongside your plate. The fact that modern processing technologies have made the link between milk and nature's medicine more tenuous has not stopped these milk advocates from continuing to use the health hook to convince us that milk is a fundamental food.

THE ROOTS AND SHOOTS OF MILK MARKETING

The USDA's nutrition guidelines are only one of many hurdles to weaning the world of America and beyond off of milk. The web of dairy institutions that spans the globe is anything but threadbare. In the United States alone the dairy network is vast and strong, with the National Dairy Council (NDC) at its center. Born in 1915 to, according to one dairy-industry history, "protect the public's good image of dairy in light of a foot-and-mouth disease outbreak," the NDC led the way in the early days of supporting dairy ad and education campaigns and research into the goodness of milk and dairy. At the same time, it cultivated close ties with the USDA, the federal agency that President Lincoln organized in 1862 to promote the production and consumption of US agricultural commodities. The strategy worked superbly, ensuring the government's endorsement of milk for every occasion. MyPlate illustrates the singular partnership between dairy and the USDA well. Dairy is the only agricultural commodity to receive its own color and undivided representation. Yes, there's a slice of green for vegetables, but who's gone on a broccoli run? Who hasn't gone on a milk run?

Other national organizations that have contributed to milk's "must-have" status include the National Fluid Milk Processor Promotion Board and the National Dairy Promotion and Research Board. The first oversees the National Fluid Milk Processor Promotion Program. The Fluid Milk Promotion Act of 1990 authorizes the program, which fluid milk processors fund through an assessment charged on all commercially processed and marketed fluid milk. The Fluid Milk Processor Promotion Board uses the assessments to finance generic advertising to expand the market for fluid milk products in the United States. The second, the National Dairy Promotion and Research Board, is responsible for administering the dairy-farmer-funded Dairy Promotion Program. The Dairy Production Stabilization Act of 1983 authorizes this program, the purpose of which is to increase milk and dairy consumption and decrease surpluses through product promotion, research, and education.

The spate of national dairy promotion statutes and organizations doesn't end there. Add to the roster Dairy Management Inc. (DMI), which is affiliated with the National Milk Producers Federation (NMPF). DMI, which incorporated in 1995, manages the National Dairy Council and the American

Dairy Association, and founded the Innovation Center for U.S. Dairy. Funded by dairy importers, and check-off fees collected from America's almost 49,000 dairy farmers through the check-off program administered by the National Dairy Promotion and Research Board, DMI describes its purpose: "Created to help increase sales and demand for dairy products, DMI and its related organizations work to increase demand for dairy through research, education and innovation, and to maintain confidence in dairy foods, farms and businesses."

The Commodity, Promotion, Research, and Information Act of 1996 authorizes the USDA to oversee check-off organizations for various agricultural commodities, such as DMI for dairy. DMI consists of members of the National Dairy Promotion and Research Board and the United Dairy Industry Association, a self-described "federation of state and regional dairy producer-funded promotion organizations that provides marketing programs that are developed and implemented in coordination with its members."

Besides these national-level organizations, various state dairy councils and boards have contributed more than their share of time and money to shaping milk into a perceived perfect and essential food. California, which produces more milk than any other state, has been at the forefront of efforts to keep dairy a complete circle on MyPlate and milk in the refrigerators of North America. You've seen the billboards featuring Bill Clinton before he became a vegan, Harrison Ford, Martha Stewart, the Williams all-star tennis sisters, Glenn Close, Jennifer Hudson, all in TV's *Modern Family*, and recent inductee Miranda Lambert sporting milk mustaches. The California Milk Processors Board (CMPB), which the California Department of Food and Agriculture established in 1993, is the magician behind it all. Funded by California dairy processors, the CMPB attempted to reverse declining milk sales in 1993 by asking "Got Milk?" In 1994 milk sales in California increased for the first time in over a decade. With a 90 percent recognition rate, the curious, in-your-face campaign, the brainchild of the advertising agency Goodby, Silverstein & Partners, is considered by some to be one of the most successful in history. "Got Milk?" was registered as a federal trademark in 1995 and has since been co-opted by dairy boards across the United States. It knows no borders. Even Canadians get "Got Milk?"

In addition to the outward-reaching CMPB, there's the inward-looking Dairy Council of California. Established in 1919, its original priority was to ensure that the state's children were receiving adequate amounts of milk. The Mobile Dairy Classroom that first rolled out in the 1930s is still roaming the state teaching schoolchildren about the who, what, where, and how behind dairy production. The council's programs, funded by California's dairy producers and processors, have served to secure milk in California's classrooms and California as the nation's most prolific milk producer.

The list of agricultural commodities that have benefited from USDA authorized check-off organizations is long: almonds, beef, eggs, honey, lamb, mushrooms, peanuts, potatoes, pork, and soybeans, to name a few. There is even a Popcorn Board and a Highbush Blueberry Council. You may be familiar with "Beef: It's What's for Dinner," or "Pork. The Other White Meat." They are the chorus lines sung by the check-off organizations for beef and pork, respectively. No promotion, however, has proven as appealing or eye-catching as "Got Milk?" with its pantheon of mustache celebrities. If making it into the league of chicken is the best that pork can say for itself, it isn't saying much. If beef is what's for dinner, forget it. The slogan is prosaic, didactic, and makes the free-spirited want something different. "Got Milk?" on the other hand is engaging. The question, which has been linked to Girl Scouts selling their cookies, is at once waggish and lighthearted. Or it was for a long run. The fun and games are over. With everyone from the military to Michelle Obama to the

National Institutes of Health (NIH) urging Americans to slim down, milk and cookies is no longer an easy sell. The CMPB is heeding the signs that milk has to be more than face paint and dessert drink to earn its stay. New videos depict break-dancing, basketball-playing, fast-swimming youth literally bursting with milk's energy. A glass of milk has 8 grams of protein, and the CMPB wants to show it. "What 8 grams of protein looks like when you unleash your inner rock star" is the caption that follows a woman playing the electric guitar. "Milk Life" is the new header.

While the CMPB, and with it the entire dairy establishment, are intent on emphasizing the punch that milk brings to the table, you don't have to take the blow sitting down.

CHAPTER 2

Ironed Out: Milk Is Making Our Young Sick and Tired

The fact that my friend Maxine had never given her two-year-old son Oscar cow's milk haunted her. Her plea "what should I do?" surprised me at first. I had thought that when she moved from Toronto to Amsterdam after high school, she would shed the trappings of her North American upbringing. She did, for the most part, except for her continued devotion to the Harvey's hamburger (Harvey's is the fast-food chain in Canada that Maxine has long maintained outdoes its competitors when it comes to burgers), McDonald's French fries, and, as I learned when she came to Toronto and introduced me to Oscar, that central tenet of North American food culture: milk is essential. On second thought, maybe none of these are exceptions. Maybe the latter has become as universal as the meat and potatoes of fast-food chains. The notion certainly isn't foreign to countries on the other side of the world. When milk prices soared in November 2014 in New Zealand, making milk unaffordable for many families, a representative of the Child Poverty Action Group warned about the consequences for children of milk becoming inaccessible: "Their bones won't grow so well, and their bodies won't grow so well, and they can end up being a bit undernourished and get infections." There, as here, milk is considered a "basic necessity."

Whether Maxine's question was a hangover from her Canadian upbringing or not, it sent me on a quest to provide her a proper response. I needed to get to the bottom of it, to unpack the premise, and that would require more time than we had for our brief visit.

WHO KNOWS?

Sensing the uncharacteristic urgency of Maxine's ask, I got moving, only to hit a brick wall almost instantly. I brought up the cow's milk issue with Michelle, my friend from college who is now a family doctor, during our biennial reunion. Curious about what she tells her patients, I didn't expect her to say "nothing." Michelle explained that since she has no training in nutrition, she doesn't tell parents what to feed their children.

My first thought was that's crazy. As primary care providers, family doctors are ideally positioned to educate moms and dads about diet and health.

My second thought was good for Michelle. She only gives advice about what she is expert in. Since most medical schools don't provide more than one, if that, course in nutrition, food as medicine, disease prevention, and health promotion is not her area, nor that of most MDs unless it's an interest they pursue on their own. Some physicians' offices post charts and diagrams detailing model dietary practices. Luckily they're laminated to last a lifetime because they never change: eat more whole grains, low-fat dairy, fruits, and vegetables; limit saturated fats, sodium, and added sugars. Sa

gynecologist took it upon herself to go one further. Every visit she'd ask whether I drink tea, coffee, alcohol. She was always happy when I said no. If I didn't know better, I might have believed that the key to leading a healthy life was simply avoiding caffeine and alcohol.

My third thought was, if not her doctor, then who will be there to help Maxine figure out whether she needs to give her children cow's milk? Certainly not the Internet. Ask Google whether parents should give their children cow's milk, and you'll find any answer you want, which is unhelpful if you know and more so if you don't. As with all issues significant or not, the Internet is a black hole of opinions that requires X-ray vision to sort out.

If neither her doctor nor her iPhone has the answer, who, I wondered, is Maxine going to call? Not a nutritionist. They are too expensive, both in terms of time and money, for the majority of parents teeter-tottering between day job and domestic life. Besides, most nutritionists are trained to spew the same tame stuff that you can read for free in the healthy-eating pamphlets that doctors' offices receive from government and interested parties, including the dairy industry. One nutrition student, Andrew Bellatti, who was studying for his exams, blogged about his frustration with the field he was preparing to enter. This is what the Internet is great for, individual stories that shed light on some small bite of life. After identifying some of the threats to the integrity of his chosen profession that he'd written about in the past—big-brand advertising budgets, deceptive packaging, agricultural policies that effectively subsidize unhealthy foods, and the politics of the government-approval process for new food substances—Bellatti announces it's time to look inward. Rather than write about the external forces tearing up the field of nutrition, he decides to examine the precepts that he has to digest and regurgitate to become a registered dietitian. In his July 18, 2011, post he singles out five “unquestioned concepts” that he finds problematic. Number three, “Healthy Eater = Red Flag,” is especially relevant. It explains the guilt in Maxine's voice when she told me, as if admitting to a parental crime, that she hadn't given then-two-year-old Oscar cow's milk. Her confession is made up of the same ingredients as the nutrition-school-preaching that Bellatti paraphrases: “‘meat = protein and iron’ and ‘milk = calcium and vitamin D,’ and if you don't eat either of those two things, well, you've got your work cut out for you.” One overarching idea reverberates in the institutions of high health and nutrition education: “vegans must plan their diets adequately or else!” This is the battle cry that Bellatti and his fellow students are conditioned to repeat upon graduation to us, their connected worldwide web audience.

As an art curator Maxine is an expert in tracking down, capturing, and showcasing the shape of a shifting dialogue between truth and beauty. If she applied her cutting vision and overall discerning perception to the slogans that beckon her surrender, she would discover that many emanate from misbegotten places that have remained impenetrable to modern-day light. Bellatti's blog helps to lift the fog by displaying the contents of the nutrition books he is obliged to study in great detail. If you don't drink milk “you've got your work cut out for you” is one of many dated lessons that are requisite learning for the aspiring nutritionist. Reviewing his notes and previous registered dietitian (RD) entrance exams, Bellatti bemoans the fact that he has to know how to make a cake that isn't spongy; how much ground meat he would need to make 300 3-ounce hamburger patties given a 20 percent shrinkage rate; and that to get the answer right to a question about how best to lower sodium intake, he should say “use low sodium instead of regular margarine.” What he doesn't need to know is equally troubling to him. There is nothing on the exam about the implications of diets low in omega-3 fatty acids. Nor is there anything about the health benefits of, and differences among, super foods such as chia, hemp, and flaxseeds.

The picture is looking bleak. No doctor to guide Maxine, no way to trust the Internet to inform her

no nonconformist nutritionist to count on. The more I see and read, the more motivated I become figure out the answer to the question that nags Maxine and so many new parents: what to do about cow's milk.

If physicians generally leave diet for other professionals to deliberate over, there is one situation when the expertise of MD and RD dovetail: when what we eat makes us sick with a diagnosable disease. On the one hand, most heart surgeons wouldn't be able to tell you the first thing about the nutrients in turnip tops. No need for a heart surgeon to know this, so the specialist school of thinking goes, because nobody's going to develop heart disease from eating too many leafy greens. On the other hand, almost any heart surgeon can tell you that cheese is high in cholesterol and cholesterol-producing saturated fat. Cholesterol and saturated fat have been linked to heart disease, so foods that are full of them are at the top of the heart surgeon's mind. Similarly, every emergency physician knows that dairy products contain proteins that are highly allergic and can cause anaphylactic reactions among a chunk of their inpatients. Knowledge about these potentially deadly nutrients about dairy is a necessary part of their job to keep their patients breathing. Then there's what an endocrinologist knows: even plain milk contains too much sugar for a diabetic to swallow.

What's new is that pediatricians are beginning to recognize that milk is making kids, even those who are not allergic, intolerant, or diabetic, sick. In answering the question "Is too much milk bad for my kid?" for the "Ask a Health Expert" column of one of Canada's national newspapers, the *Globe and Mail*, Dr. Michael Dickinson writes: "In fact, drinking too much milk is the most common nutritional problem that I encounter in my clinic." When I read this, I felt vindicated. You see, over the years my family has "diagnosed" countless classmates, people on the street, and even movie stars with what I will call "Got Milk Syndrome," although we didn't have a name for it then.

THE MILK COMPLEXION

My kindergarten classmate, whom I'll call June, looked as if she drank too much milk. So did a boy whose name I'll say is Dean. In our house, the milk complexion meant something different than that of the robust, rosy-cheeked farm girl or star athlete that the California Milk Processor Board represents in its "Got Milk?" ad campaigns. In June's case it meant a frail, thin-boned five-year-old with sunken cheeks. In Dean's it meant greenish skin and raccoon eyes. Brothers Sam and Noah, more real people with made-up names, also looked as if they drank too much milk. They always seemed to have yellowish ooze running down their noses or encrusted on their upper lips when the river ran dry.

Although for the most part my family's picture of a milkoholic wasn't pretty, it could be traced to Merchant Ivory built an empire trading in the majestic wan faces and corseted bodies of the nineteenth-century British aristocracy. There are modern examples, too. Although my dad wasn't a big fan of romantic comedies, unfortunately for him he lived with three girls. Fortunately for all of us there was Uma Thurman. He was game to see anything she was in. She was a good actor, yes. But that was only part of the attraction. He liked her gangly, ashen looks.

If genes determine what our eye beholds as beauty, I didn't inherit them from my dad. While our family was at our neighbors' for dinner one evening, their daughter Gabby, who is almost ten years my senior, was talking excitedly about seeing *Titanic*. Not usually one to run to see the latest Hollywood extravaganza, she was smitten with the star actor. Imagine, serious lawyer, partner in a large firm, gushing over Leonardo DiCaprio. On our way home, puzzled, I said to my sister, Kara: "He looks like he drinks too much milk."

I don't know who was the first in the family to coin this way of describing people with complexion that we—my mum, Kara, and I, if not always my dad—thought sickly. Whoever it was, stuck, becoming part of our inside vocabulary. Back then, people knew what it meant to look like smoker, or an alcoholic, but not a heavy milk drinker. Only recently are parents learning, and pediatricians recognizing, that kids can, and many do, drink too much milk.

Enter little Miss Martin, whose anecdotal story made the news one December day in 2011. According to her mom, Nancy, this young girl liked milk so much she would drink six child-size glasses every day. Nancy let her, as most moms would, because milk, she was taught, is all good. The one day Nancy took her daughter in for a checkup, and the doctor noticed something was off: Miss Martin was pale. Based on looks alone, he suspected she was drinking too much milk. The doctor followed his visual examination with a question for Nancy: “She’s quite pale and you’re saying she’s drinking a lot of milk, she’s a picky eater. Does she sleep a lot?” Nancy nodded her head, yes. The doctor concluded without so much as a blood test: “Oh, it sounds like she could be anemic.” No need for needles or fancy procedures. When someone is suffering from milk-induced anemia, you can see it. Look around. Even I, at the age of five, could tell who were the heavy users.

If Nancy had known sooner that milk could be hazardous in high volumes, she would have answered the seminal parenting question, what to do about cow’s milk, differently. Had she been properly informed, she wouldn’t have enabled her toddler’s six-glasses-per-day habit. It wouldn’t have taken much for Nancy to prevent her daughter from spiraling into pallid lethargy and fussy food fits. Had her health-care providers told her from day one about the milk-anemia connection, she could have taken the proper dietary precautions to keep her child rosy-cheeked, bright-eyed, and energized through her terrible twos and beyond.

Instead, when Nancy gave birth, there was one predominant opinion regarding cow’s milk: all low-fat milk products are healthy for children two years old and up. You have likely read or heard some version of the following: “Just one 8-ounce serving of milk is a good or excellent source of calcium, vitamin D, protein, and other key nutrients.” Whether voiced by the dairy industry, a registered dietitian, or a government official, the general word on milk is consistent: milk is filled with essential nutrients. The warning from Miss Martin’s pediatrician is one among a million more exaltations of cow’s milk as only beneficial for those who have graduated from their first food and are not allergic.

THE SENSELESS HUNT: THE ORIGINS OF THE USDA’S DAIRY RECOMMENDATIONS

Although regrettable, it is not surprising that Nancy didn’t receive better advice when her daughter arrived. In the United States, the Department of Agriculture (USDA) has been on a milk kick for at least a century. If old habits die hard, imagine how difficult it will be to put the centenarian milk habit to rest. Caroline Hunt, a nutritionist for the USDA, helped make milk a national hero with her 1937 guide *Food for Young Children*. The nutrition handbook begins judiciously: “Food for children between three and six years of age should be chosen with reference to their bodily needs, as described in the following pages.” It does not continue that way. It proceeds with a hymn to milk that begins “Milk is such an important food for children that it is desirable to speak of it by itself.” Next: “Milk is the natural food of babies and the most important food for young children.” The crescendo: “A quart of milk a day [emphasis added] is a good allowance for a child.”

A quart is the equivalent of thirty-two ounces, or four eight-ounce glasses. It’s hard to fathom even

in today's dairy-devout culture how Hunt, after considering the "bodily needs" of three- to six-year-olds, could come up with a recommended 500 calories per day of milk for children as young as three. The USDA and its nutritionists have since revised the amount downward, both in terms of quantity and, with the growing number of low-fat milk options, calories. However, the formative idea that milk should be the centerpiece of a child's meal has endured. The USDA, together with dietitians and the dairy industry, has effectively turned Hunt's ruling that "milk is the most important food for young children" into household doctrine.

Further along, the guide reiterates the importance of milk for "young children" in an ode that adds bread and cereal to the mix: "Well-baked bread and thoroughly cooked breakfast cereals are both good for children and with milk should make up a large part of the diet." Herein lies a clue to the mystery of that chicken and egg question, which came first, cereal or milk? Until now I assumed Kellogg's was responsible for the cereal and milk diet that so many children and bachelors live on today. Now I'm not so sure. According to one dairy industry estimate, almost one-fifth of milk is used for cereal. On its website, Kellogg's answers the question "Why cereal?" by referencing a scientific study that summarizes: "Cereal helps incorporate milk into the diet. About 95 percent of ready-to-eat cereal in developed markets is eaten with milk, thereby providing calcium and protein for consumers." Clearly what's good for cereal is good for milk. No wonder Hunt and her predecessors at the USDA have been so keen on cereal. Whether cooked or not, the dried flakes that quickly transform into a meal serve as chauffeur to celebrity milk.

TOO MUCH

And yet for the past few years it seems as if opinions on milk may be changing. At least some parents are finally asking, "Is too much milk bad for my kid?" The *Globe and Mail* thought the question sufficiently prevalent and relevant to its Canadian readership to solicit the likes of Dr. Dickinson to address it. Having read that more than two glasses per day of milk can be bad for children, and "even lower the iron in their bodies," a parent of a four-year-old wrote in to the paper's "Ask a Health Expert" wondering whether it was safe to continue giving milk to the child. Dr. Dickinson unequivocally responds "certainly," milk is safe for the tot to drink. However, at the same time he concedes, "You are correct that milk is a poor source of iron and that ingesting too much cow's milk can lead to iron deficiency." Then follows the eye-opener that I quoted earlier: "In fact, drinking too much milk is the most common nutritional problem that I encounter in my clinic in toddlers between twelve months and three years of age." To Dr. Dickinson, "too much" is more than 24 ounces, or three glasses of milk per day. Although his advice is therefore not inconsistent with the two-cup-per-day government recommendation for toddlers that Health Canada and the USDA endorse, it does conflict with how parents are interpreting the guideline, which, gauging by Dr. Dickinson's patients, is as a baseline. Many still find it hard to believe that an abundance of milk could be anything but good for their child.

Given the way in which state, provincial, and federal governments in North America continue to talk about milk and dairy more generally, it's natural that pediatricians such as Dr. Dickinson are seeing so many toddlers suffering from what, for want of a medical term, I will continue to call "Gomiled syndrome." The USDA's ChooseMyPlate.gov site contains a plethora of information about the Dairy category. Clicking on Dairy brings up instructions on "how much is needed," its "health benefits and nutrients," and "tips for making wise choices." Although the site advises against consuming too

many high-fat dairy products because of the calories and saturated fat, it has nothing negative to say about milk products on the low-fat side of the scale. There is certainly no warning that exceeding the recommended daily intakes for dairy could run down your iron stores. Visitors therefore can't be blamed if they leave the dairy site with the impression that more is better. But that's not what the doctors, even those who are staunch supporters of including milk in children's diets, are saying. Dr. Dickinson thinks milk is good to a point. But if you surpass that limit, your child runs the risk of becoming iron deficient.

EXACTLY HOW MUCH IS TOO MUCH?

Dr. Dickinson isn't the only pediatrician counseling moderation when it comes to kids and milk consumption. An article in the journal *Pediatrics* entitled, "The Relationship between Cow's Milk and Stores of Vitamin D and Iron in Early Childhood," received a lot of publicity for presenting the results of a December 2012 study funded by the Canadian Institutes of Health Research and St. Michael's Hospital Foundation. Dr. Jonathon Maguire, a pediatrician at St. Michael's Hospital and the Hospital for Sick Children in Toronto, led the study with one goal in mind. He and his team set out to answer the question that is throwing parents into a tailspin: "How much milk should I be giving my children?"

In an interview for the University of Toronto, where he is also a professor in the Department of Pediatrics, Dr. Maguire elaborates on the why behind the study: "We started to research the question because professional recommendations around milk intake were unclear and doctors and parents were seeking answers." The results, which suggest children should be drinking less milk than health experts in the United States and Canada have been advising, are turning heads. While the USDA says four- to eight-year-olds should consume two and a half cups per day of milk or dairy, and Dr. Dickinson recommends two to three cups per day for the four-year-old subject of his column, Dr. Maguire's research reveals that children who drink more than two cups per day experience benefits, but also risks.

Dr. Maguire and his team discovered two diverging trends. On the one hand, for the 1,311 two- to five-year-olds whose blood samples and milk consumption were tracked over two years, each cup of milk, on average, increased vitamin D levels by 6.5 percent. Vitamin D, which is essential for calcium absorption and healthy bones, is added to milk in the United States and Canada. The fact that children who drank more milk had higher blood levels of the vitamin therefore makes sense. Score one for milk.

On the other hand, each cup of milk decreased the children's iron stores by an average of 3.6 percent. This strike against milk made the study noteworthy. While a 3.6 percent drop in iron may seem small, Dr. Maguire underscores that, especially for children who are susceptible to iron deficiency, "that little bit is actually very important." Pediatricians don't take iron deficiency and its big sister anemia, the fatigued state of being that is most often triggered by low iron stores and that ultimately results from insufficient levels of red blood cells to transport oxygen through the body, lightly. Iron is critical to brain development. The lack of it has been linked to delayed motor function among infants.

Although the precise reason for the drop in iron that the researchers observed remains to be determined, one fact is certain: milk is low in iron. The researchers speculate that the children were substituting milk for more iron-rich foods. Another theory, based on evidence that milk inhibits iron

absorption, is that the milk the children drank actively blocked iron uptake from the iron-rich food they were eating. To illustrate, say you're making breakfast for your daughter. On Monday you give her half a glass of milk with a scrambled egg. On Tuesday she has soccer so you give her a full glass of milk with the egg. On both days she's consuming just over one milligram of iron from the egg. However, it's possible that on Tuesday, when she needs the egg's iron even more for her game, she absorbs less of it due to the half glass more of milk she drinks with it. More research is needed to know for sure, but this seems to be a plausible theory.

In the meantime, Dr. Maguire has arrived at an answer to the "How much milk should I be giving my children?" inspiration of his research. He concludes that *no more than* two cups per day of milk is the right amount for young children in order for them to maintain adequate vitamin D and iron levels. I don't think it would be wise to interpret this advisory as meaning two cups of milk *in addition* to yogurt for breakfast, cheese and crackers for lunch, and ice cream for dessert. Considering that not only milk but also milk products are low in iron, it is reasonable to read the upper limit as meaning two servings of dairy, period, whether that be measured as 1.5 ounces of hard cheese—which counts as one serving, or the equivalent of one cup of milk, according to the USDA—and one cup of yogurt; or as a third of a cup of shredded cheese atop a piece of lasagna stuffed with half a cup of ricotta cheese; or as simply two 8-ounce glasses of milk.

Although Dr. Maguire acknowledges that children who do not spend a lot of time in the sun or who have darker skin color may need more than the 200 international units (IU) of vitamin D that two glasses of vitamin D–fortified milk provides for these children, more milk is not the solution. Rather, he suggests that parents consider a vitamin D supplement. Since milk is fortified with vitamin D, taking it in milk is much the same as taking it separately anyway. There are plenty of kid-friendly sources of vitamin D on the market, from naturally flavored fish oils that contain essential fatty acids that are critical to brain development, to inoffensive, inexpensive drops, flavored or not. Milk is one way, but by no means the only, way for children and adults to obtain vitamin D.

Now that Dr. Maguire has an evidence-based answer to his research question, the next challenge is to figure out how to communicate it to the parents who are asking. The USDA's dietary guidelines still say that children between the ages of four and eight should be drinking two and a half cups per day, or 25 percent more than Dr. Maguire's suggested two cups per day *maximum*. That's a significant difference, especially for small stomachs. The gap is more worrisome, and the need to reach parents is more pressing, in light of a study published in September 2014 in the *New Zealand Medical Journal* that found that even pregnant women who drink a lot of milk risk giving birth to babies who are iron deficient. Of the 131 baby subjects examined in the study, those whose mothers consumed three or more servings of milk per day during pregnancy had lower iron stores than those whose mothers consumed less milk.

All this evidence linking high milk intakes of infants and mothers to widespread iron deficiency among the young makes the presentation of any recommendations regarding milk critical. Dr. Maguire's two-cup-per-day limit for milk is just that, an upper limit. However, against the backdrop of both the USDA's enthusiasm over the benefits of low-fat milk products and its ChooseMyPlate.gov website that is bereft of signals to steer parents away from thinking that more must be better and toward the understanding that high doses of milk will run children down, the USDA's two-and-a-half-cups per day recommendation reads as a minimum.

DON'T GET MILKED

Freshly weaned from her mother's milk, Miss Martin got cow's milk and got milked. Fortunately Nancy's pediatrician pointed out her daughter's unhealthy love of milk in time for Nancy to help her toddler recover with an iron-rich diet consisting of plenty of legumes. The government's dairy cheerleading is partly to blame for Nancy's ignorance that milk could sap her child of vitality and make her sick and grumpy. Dr. Dickinson can attest to the fact that Nancy isn't alone. She is one of many mothers who has struggled, thanks to confusing milk messaging, to return her child to normal. Both Dr. Maguire and Dr. Dickinson recognize that milk is a staple of the Western diet and have no desire to change that. They simply want to prevent children from getting sick on it.

Government agencies in the United States and Canada tell us everything about what milk has to offer and nothing about what it takes away. Until they act on peer-reviewed research demonstrating the existence of a negative correlation between milk consumption and iron levels in young children, stories such as that of the Martins will continue to proliferate.

CHAPTER 3

A Date with MyPlate: A Taste of the USDA's 3-a-Day Dairy Recommendation

If you ever wondered what the USDA's MyPlate looks like for real, it isn't as colorful as the icon appears. When Joe Satran, food writer and self-described twenty-something New Yorker, put MyPlate to the test by sampling its contents for a week, he discovered MyPlate is in fact mostly brown and white. I tailed Satran one frosty February week as he wrote about his experiment for the *Huffington Post*. He couldn't have picked a more appropriate time of year. In February much of the United States is blanketed in snow. That February was no exception. White was here, there, and everywhere. Fitting that it should also cover Satran's plate. Regrettably too. I don't know about you but during the deep, dark depths of February I long for color more than ever. The red, green, orange, purple, and blue that represent the five food groups on the USDA's MyPlate are a welcome reminder of the virtues of a diverse, rainbow-colored diet. This picture of the perfect plate signals the warmth and radiance that a well-balanced meal can deliver. Too bad MyPlate's looks are deceiving.

BREAKFAST AS BROUGHT TO YOU BY THE USDA

I don't think Satran realized what he was getting into when he committed to follow the USDA's eating orders cup for cup and ounce for ounce for a week. I commend him for his courage. As much as I want to know what's behind the USDA's glossy image of the model diet, I crave color too much when it's cold and icy outside to do what Satran did for a day, let alone seven snow-white ones. So while I scrolled through the photos of Satran's toneless USDA-approved meals, I continued, you might say heartlessly, to prepare resplendent dinners of pink (lentils), purple (dried juniper berries), green (broccoli), yellow, orange, red, and black (pepper). Indulgent as charged. In my defense, this routine is my primary winter source of light. If I were to sacrifice it for the dim mess that MyPlate was serving up to Satran, my sanity would go with it.

If Satran were as much of a lover of plants and their natural-born pigmentation as I am, my habit of gorging on the color spectrum while viewing his posts would have bordered on sadistic. But I admitted up front that he thought the hardest part about helping himself to MyPlate would be finishing all the fruits and vegetables on it. Like so many New York bachelors, he was used to working long hours, going to the gym, and then ordering in. And like most takeout, his was not heavy on fruits and vegetables. Breakfast and lunch tended to be no greener than his late-night dinners. He launches his weeklong blog about MyPlate by describing a typical day in the life: Greek yogurt and jam for breakfast, a smoked meat sandwich for lunch, beer at happy hour, topped by what sounds, from his account, like the meat-sandwich equivalent of Elaine's "big salad" on *Seinfeld*. Evidently he was

- [My Spiritual Journey.pdf](#)
- **[Destined for an Early Grave \(Night Huntress, Book 4\) here](#)**
- [read Bread Baking: An Artisan's Perspective book](#)
- [Family Fortunes: How to Build Family Wealth and Hold on to It for 100 Years here](#)
- [A Bull in China: Investing Profitably in the World's Greatest Market.pdf](#)
- [click Smoothies for Better Health: 100 Nutrient-Packed Drinks to Boost Your Energy and Supercharge Your Immune System](#)

- <http://korplast.gr/lib/The-Eternal-Champion--Eternal-Champion-Series--Book-1-.pdf>
- <http://weddingcellist.com/lib/Not-Quite-The-Classics.pdf>
- <http://cambridgebrass.com/?freebooks/Churchill-and-the-Mad-Mullah-of-Somaliland.pdf>
- <http://patrickvincitore.com/?ebooks/The-Ferguson-Affair.pdf>
- <http://dadhoc.com/lib/Algorithms-in-a-Nutshell.pdf>
- <http://cambridgebrass.com/?freebooks/Veils--Nudity--and-Tattoos--The-New-Feminine-Aesthetics.pdf>