

Why And How To Wean From Cow

Stop drinking milk for a year. Then have a quart of milk daily for a week. On the first day you will suffer from nausea and for the first week from diarrhea. What is your body trying to tell you? To answer this question, we first must ask, "What is milk?"

It is not animal, but not vegetable either. Nutritionally, its effect is similar to both flesh and plants. Would you eat a hamburger made half of flesh just because the other half was extended with soy beans? What comes from an animal certainly comes closer to being an animal than what comes from a plant.

Vegetarians who mix everything "au lait" consume more milk than carnivores do both flesh and milk. But milk is essentially white blood modified by a mother's mammary glands. Milk-drinking vegetarians imitate the very thing they wish to avoid.

Secreted by the mama mammal for her infant, human milk is specifically adapted for humans, bat milk for bats, rat milk for rats, mouse milk for mice—and cow milk for cows. Cows make milk so that baby cows can grow into big cows. If you are not a small cow, why try to become a big one?

Cows develop first their bones and bodies, humans first their brains and heads. Thus, baby cows need much calcium, and baby humans much phosphorous. Thus cow milk contains three times more calcium and far less phosphorous than does human milk. All that cow calcium, however, comes with lots of bovine protein. Osteoporosis, loss of bone mass, hardly exists in most of Asia and Africa where humans never drink cow

milk. The malady is linked not just to calcium intake, but also to calcium loss. People piss away calcium by sitting on their asses and by eating too much protein. The more excess protein we eat, the more bound-with-calcium protein we excrete. Our best low protein sources of calcium are green leafy veggies—what cows eat.

Cows drugged with the new genetically-engineered Bovine Growth Hormone (BGH) produce 25% more milk, but suffer 33% more udder infections, and so are drugged with still more antibiotics than they already were getting. The hormone and antibiotics from the drug-dealer farmers, and the bacteria and pus from the drug-resistant infections, all end up in the milk.

If you were fortunate enough to have been breast-fed, you were weaned from the human mother after one or two years of age. Have you yet been weaned from the cow mother? Only humans drink milk past puberty. Along with the majority of the non-Caucasian adult world which cannot digest—and therefore does not drink—milk, you, too, will outgrow it if you withdraw all milk and milk products from your diet for one year.

The thought of bending down on your knees to suck at the breast of a zebra or a donkey, or lifting up to your mouth the breast of a beaver or a monkey, should solicit either laughter or revulsion. Why any different with a cow, or a goat, or a sheep?

Vegetarianism is a dialectic of diet and ethic. Those foods which contribute to the greatest health in ourselves in turn cause the least suffering to others. Dairy farming induces extreme harm to cows. And veal farming provokes unmentionable torture to calves. Bovine domestication today compares to human slavery not long enough ago. In place of animal predators have evolved human creditors, milking cows dry.



Humans are slaves to cow milk, and milk cows are slaves to humans. Cows are perhaps the sickest-looking creatures on earth. Just as chickens can hardly fly, cows can hardly walk. Humans have bred them to that.

The days are gone when Elsie the Cow was tenderly cared for by Timmy and Lassie. Instead, Borden now manufactures a Model-T cow, and family farms are being replaced by farm factories where moos sound like cries of pain.

How to wean from cow? Try drinking less milk. And less. Instead of milk, nut drink. Or dilute milk with water. Or with cow tears. □

Nut or Seed Milk from Mark

1 cup of sesame seeds, or almonds
1 quart water
Maple syrup or honey (to taste)

Soak seeds or nuts in water for several hours. Dump soak water and blenderize seeds or nuts in a fresh quart of water, in batches if necessary. Press mixture through cheese cloth, a sprout bag, or tofu bag, saving the milk-like substance, leaving the dry pulp in the cloth. The whole process can be repeated, using another quart of water and the left-over pulp, although the mixture won't be as rich. Sweeten to taste with maple syrup or honey. Will keep in refrigerator for up to two days.

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