

## No Whey!!

(Addressing Whey, Soy, Rice and All “Protein Powders”)

by Chris Dillon

[nuhealthstrategies@gmail.com](mailto:nuhealthstrategies@gmail.com)

- Both animals and human beings consumed milk as a whole food, not processed or fractionated in any way.
- Milk derivatives such as butter, cream, ice cream, yogurt, kefir, buttermilk and many types of cheese have been made primarily from sheep, goats and cows to supplement the human diet. Most recently whey, a byproduct of cheese making, has resulted in the production of whey protein powders and bars.
- Whey was considered a waste product by the dairy industry, and dairy farmers usually fed it to their pigs. It was only after having dumped millions of gallons of whey into rivers and even on roads that the cheese industry investigated making whey protein from the waste product.
- The albumin in the whey is similar to the pro-inflammatory proteins in meat. So consuming lots of whey protein powder can cause inflammation.
- Whey is unhealthy because it has an excess of tryptophan, which (through its conversion into serotonin, mostly) is associated with heart failure, since its antithyroid. Whey would just reduce the value of good proteins such as eggs, milk, cheese and meat. Protein starvation shifts the body's balance toward serotonin dominance, and unless people ate a lot of gelatin, whey would tend to create some of the problems that occur in protein deficiency, such as hypothyroidism, memory and mood problems, increased blood viscosity and clotting, and inflammatory conditions. Tryptophan/serotonin stimulates cell division, causing thickening of the lining of blood vessels and cancer growth, so many of the problems of aging are the same as serotonin dominance. And the dehydration process creates oxidized/toxic compounds.

- Whey products usually come from sick cows!
  - Cows are given recombinant bovine growth hormone (rBGH) which extends the cow's milking cycle: stress!
  - Prolisac (engineered hormone) injected into commercial cows that causes mastitis and increases infections by 80%.
  - Milk producers have begun research trials adding cardboard, newspaper, sawdust, industrial sewage and oils into feed to reduce cost and fatten animals more quickly to cattle feed programs to reduce costs. Cement dust may become a particularly attractive feed supplement in the future, according to the US Department of Agriculture, because it produces a 30% faster weight gain than cattle on regular feed.
  
- Milk pasteurization involves heating milk for 30 seconds at 63° C (~145° F), for 15 seconds at 72° C (~162° F) or for one second at 89° C (192° F). Milk is declared pasteurized when the chemist finds no enzymes present in the milk!
  - Pasteurization kills enzymes. Enzymes are complex proteins; therefore, the pasteurization process can and does kill and damage proteins! Keep in mind that the more dead something is when you consume it, the more energy it takes your body to enliven it or make it transmutable to human tissue!
  - Raw milk contains lactic-acid producing bacteria that protect against pathogens, and pasteurization kills these helpful organisms.
  - Heat alters amino acids in milk (lysine and tyrosine), making the whole complex of proteins less available.
  - It promotes rancidity of unsaturated fatty acids which are inflammatory.
  
- Protein powders and diet drinks are filled with processed sugars or artificial sweeteners and may contain synthetic vitamins and minerals.
  
- Fibro-proteins result when the whey in milk is exposed to the heat of pasteurization or any processing methods that denature the whey proteins. Fibro-proteins are typically very hard to digest and can produce the same digestive discomfort that eating high-fiber foods do.
  
- Soy protein powder is probably the unhealthiest of all the protein powders. For excellent articles and documented research on the many adverse health effects of soy go to <http://www.westonaprice.org/search/search?q=soy>.

- Nutritional supplements contain large amounts of oxidized cholesterol from dairy powders like whey protein concentrate, people who take them may unknowingly be doing themselves much more harm than good. Like hydrogenated oil, whey concentrate is a cheaper and more harmful ingredient which merely serves to improve the profits of the company selling it.

- Protein powders leads to Gastrointestinal inflammation and food intolerance. ( first signs show up in the orifices– mostly with phlegm in the nose and throat.

- Whey protein is inherently fragile and must be processed at low temperatures or its qualities as a protein are destroyed.

- Food intolerance triggers breathing and respiration problems. This creates an overuse of accessory muscles for breathing ( neck and shoulders ). When there is a food intolerance and the diaphragm and lungs are involved, the central tendon is inhibited, thus creating abdominal wall dysfunctions. This in turn makes the lumbar spine less stable.

- Gut inflammation ( The colon, stomach, spleen, and small intestine ) refer viscerosomatic reflexes to the transverse abdominis. With no transverse abdominis activation, you begin to compensate for this weakness and that is one way one can have shoulder pain. The liver actually has viscerosensory reflex patterns to the right shoulder and right popliteal fossa.

- Powdered whey powders are all oxidized. Dairy-derived whey protein powders are of particular concern when it comes to oxidized cholesterol.

- Their oils go directly into your arteries regardless of how many antioxidants you take. Any oxidized cholesterol (or oxidized polyunsaturated fat) in the body is attracted to arterial plaque like a magnet and contributes to the clogging of the arteries.

- Artificial sweeteners, flavors, and colors, toxic additives like carrageenan; low quality proteins like soy, caseinates, and whey concentrate; rancid fats; hydrogenated fats (including mono and diglycerides), rancid (oxidized) cholesterol; and huge amounts of refined sugars and processed carbohydrates are VERY commonly found in the protein powders, energy bars, diet drinks, meal replacement powders, and “Ready-to-Drink” meal replacements sold as “dietary supplements. The sad irony is that these whey-protein-containing products are sold in the name of health – but, in reality, the oxidized

cholesterol these products contain is one of the most harmful components of our food supply.

- Gelatin from Great Lakes Gelatin

<http://www.greatlakesgelatin.com/consumer/index.php>

- The best source of protein and protein powder alternative. Collagen made by Gelatin is the most common fibrous protein found in the organic and physical structure of the vertebrates; that is, birds, reptiles, fish and mammals, including humans. Collagen is the basic structure of all the skin, tendon, bone, membrane and connective tissue in our bodies and in the bodies of those creatures. Gelatin increases calcium in the circulating blood, which in turn was shown to stimulate bone building.

- Gelatin contains thyroid-protective amino acids which can help balance the anti-thyroid (thyroid-suppressing) amino acids prevalent in muscle meats (beef, lamb, poultry and fish), mainly cysteine and tryptophan. In addition, the anti-thyroid amino acids are released in large quantities during stress and hypothyroidism itself increases the catabolism (tearing down) of protein even though general metabolism is slowed down.

**Resources:**

1) <http://raypeat.com/articles/articles/gelatin.shtml>

2) "Raw milk cures many diseases." J.E. Crewe, MD, The Mayo Foundation, January, 1929

3) The Value-Added Whey – Whey is the lemon of cheese production. Cabot Creamery leveraged modern technology to turn it into lemonade." Magazine Issue Date:

02/01/2002. Source: [http://www.foodengineeringmag.com/CDA/ArticleInformation/features/BNP\\_\\_Features\\_\\_Item/0,6330,96910,00.html](http://www.foodengineeringmag.com/CDA/ArticleInformation/features/BNP__Features__Item/0,6330,96910,00.html)

- 4) Pottenger's Cats—Francis M. Pottenger, Jr
- 5) <http://raypeat.com/articles/articles/milk.shtml>
- 6) The Untold Story of Milk: Ron Shmidt
- 7) Natural Health & Nutrition Newsletter (Nov. 2007)  
**Rancid Fats and Oxidative Stress** Strategies to Reverse Aging