

M.M. Van Benschoten, O.M.D, CA, Inc.

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Twenty Reasons for Zero Dairy

**The consumption of milk, cheese, butter, ice cream, etc.
may increase your risk of the diseases listed below according to the resources listed.**

1. Heart Attacks and Strokes
2. Breast, Colon, Lung, Ovarian and Prostate Cancer
3. Childhood Diabetes
4. Infantile Autism
5. Osteoporosis and Hip Fracture
6. Allergies, Asthma, Sinus and Ear Infections
7. Multiple Sclerosis
8. Amyotrophic Lateral Sclerosis
9. Leukemia Viruses
10. Antibiotic Residues
11. Hormone Residues
12. Pesticide Residues
13. Salmonella, Listeria and E. Coli O157:H7
14. Dioxins and PCBs
15. Crohn's Disease and Irritable Bowel Syndrome
16. Chronic Constipation
17. Rheumatoid Arthritis
18. Acne
19. Migraine Headaches
20. Cataracts

Further information and additional scientific references can be found at www.notmilk.com.

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