

Download China Study Milk Osteoporosis

Milk contains virtually none. The Cornell-Oxford-China Nutrition project, conducted in mainland China and Taiwan, is a massive survey of over 10,000 families designed to study diet, lifestyle, and disease across the far reaches of rural China. Osteoporosis; Quick Summary. The China Study was the largest nutritional research project ever undertaken. Scientifically, what this means is that the results of the study are likely to reflect an important truth about diet and disease. ... Dairy milk is replaced with milk derived from plants (soy milk, coconut milk, almond milk, and rice milk ... Despite the dairy industry-funded ads featuring famous people wearing milk moustaches and implying that milk will protect you from bone fractures, it's long been known that countries with the highest rates of osteoporosis, such as the United States, England, and Sweden -- consume the most milk. China and Japan, where people eat less animal protein and little or no dairy food -- have low rates of osteoporosis. The China Study authors state that: osteoporosis is linked to the consumption of animal protein because animal protein, unlike plant protein, increases the acidity of blood and tissues. They add that to neutralize this acid, calcium (a very effective base) is pulled from the bones, ..., China Study Milk Osteoporosis.

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