

milk a silent killer pdf

Milk is a Silent Killer. 26. Babies Food Of all humans, babies need the most calcium because their bones are still weak and need to be calcified much more. And mothers milk does, of course, contain all the calcium babies need in their first two years. Babies fed on mother's milk are perfectly able to increase bone-mineral density (BMD).

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Milk: A Silent Killer. Dairy consumption leads to diseases such as mumps, colds, pneumonia, bronchitis, heart attacks, renal stones, arthritis, tumors and even cancer. This book dispels some of the basic milk-related myths prevalent since centuries. Your child drinks milk glass after glass, and you wonder why he is always ill,...

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MILK THE SILENT KILLER. Examples of these are watercress, Chinese cabbage and collard greens. Why the first dairy product is number 45 on the list. • Tofu, soy beans, almonds, broccoli, figs, fortified orange juice and sea vegetables are also good sources for calcium. What actually causes osteoporosis is the consumption of too much protein,...

MILK THE SILENT KILLER | New News Update

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MILK - a Silent Killer : a book by Dr. N. K. Sharma

Life Positive Publications Presents "Milk A Silent Killer" Book Launch Sat 13 Nov 2013 India Habitat Centre New Delhi, India Moderator Ms. Gouran Dhawan Lal Chief Panel Speaker and Book Author Dr ...

2013 11 16 : Milk A Silent Killer by Life Positive with 'Paul' Pornthep SriNarula as Panel Speaker,

Milk - a silent killer March 31, 2015 - The dark side of milk consumption remains unknown to the general public, despite the availability of research data by many medical scientists the world over.

Milk - a silent killer - Home | Facebook

Milk - A Silent Killer. The best part of milk, of course, is ghee, which even Ayurveda praises as a good food. Many studies in the past have given conflicting evidence in this arena but a large multi-centric study published in the prestigious New England Journal of Medicine in 2010, puts all those doubts to rest.

Milk - A Silent Killer - Exotic India

High Blood Pressure: The Silent Killer. Stay healthy: Check your blood pressure. One in three adults worldwide has high blood pressure. The proportion increases with age. Normal adult blood pressure is defined as a systolic blood pressure of 120 mmHg and a diastolic blood pressure of 80 mmHg.

High Blood Pressure: The Silent Killer - WPRO

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