



THE TRUTH ABOUT MILK

Addendum

By Dr. Donna F. Smith

Dr. Ellis' interview titled, "The Truth About Milk," provides important information everyone needs to know in order to restore and maintain health, as well as prevent disease.

However, being a medical doctor and not educated in Clinical Nutrition, there are three points of reference in this article that needs to be corrected.

1. The reference to avoiding salt, is in reference to Sodium Chloride, i.e., Table Salt like Morton's. It is not referring to sea salt.
2. In reference to milk causing heart problems - the sentence that refers to "Folic Acid (a B-Vitamin) and Ascorbic Acid (Vitamin C)" combating the action of XO - If this study was accurate then it had to be whole food Vitamin C complex, not Ascorbic Acid. Ascorbic Acid is marketed as Vitamin C but it is not. It is actually only the outer coating of the Vitamin C Complex, as nature made it.
 - a. So, if they used Ascorbic Acid then it would act like a drug and manipulate the biochemistry, i.e., it would not be providing a whole food Vitamin C complex which is what is required to actually heal the heart in combination with Folic Acid, in this study.
 - b. If you want to understand this better, read my article on "Taking Vitamins or Nutritional Drugs!" This is located on the Articles by Dr. Smith webpage, under Villager Publications.
3. The reference for "Nutritionists" should read "Dietitians" - A Clinical Nutritionist would never say Milk is a perfect food, nor would any other type of Nutritionist if they are truly trained in "nutrition." Many people use the term Nutrition or Nutritionist instead of Dietetics or Dietician because they do not know the difference and this includes medical doctors and dieticians.

To understand the difference, read my article, titled "Are you Confused About Nutrition Today" also posted on the "Villager Publications" webpage. It will help clear up the difference between dietitians and clinical nutritionists (and dietary research and nutritional research).

These corrections are under the scientific field of Clinical Nutrition, not medicine or dietetics, which is why Dr. Ellis was not accurate regarding the above three points - though for everything else Dr. Ellis said in this article was correct.

Now you are better informed on the subject of Milk than your peers, many medical doctors, and dieticians.