



Homogenization

Homogenization is a more recently invented process and it has been called "the worst thing that dairymen did to milk." When milk is homogenized, it is pushed through a fine filter at pressures of 4,000 pounds per square inch. In this process, the fat globules are made smaller by a factor of ten times or more. These fat molecules then become evenly dispersed throughout the milk giving milk, peanut butter and other foods a creamy consistency. Fat subjected to high heat and pressure oxidizes becomes rancid. Reduced fat milks are thickened by the addition of powdered milk. Powdered milk is also oxidized fat.

Milk is a hormonal delivery system. When homogenized, milk becomes very powerful and efficient at bypassing normal digestive processes and delivering steroid and protein hormones to the human body (both your hormones and the cow's natural hormones and the ones they may have been injected with to produce more milk).

Homogenization makes fat molecules in milk smaller and they become "capsules" for substances that are able to bypass digestion. Proteins that would normally be digested in the stomach are not broken down and instead they are absorbed into the bloodstream.

The homogenization process breaks up an enzyme in milk which in its smaller state can then enter the bloodstream and react against arterial walls. This causes the body to protect the area with a layer of cholesterol. If this only happened once in a while it wouldn't be of big concern, but if it happens regularly there are long term risks.

Proteins were created to be easily broken down by digestive processes. Homogenization disrupts this and insures their survival so that they enter the bloodstream. Many times the body reacts to foreign proteins by producing histamines, and then mucus. Sometimes homogenized milk proteins resemble a human protein and can become triggers for autoimmune diseases such as diabetes, multiple sclerosis, cancer and heart disease.

When we eat or drink foods that have been pasteurized and homogenized, the increase in unusable proteins forces the body to quickly use up many enzymes and other vital nutrients to process it. Pasteurized milk can lead to nutritional deficiencies. Protein, fat and sugar particles in denatured milk easily pass through the intestinal lining and cause inflammation and allergic reactions.

Every day, more foods are pasteurized to make up for unsanitary conditions, destroying the natural bacteria and enzymes that would normally counteract the growth of pathogens.

Why Does Pasteurized and Homogenised Milk Cause Osteoporosis and Bone Fractures?

The dairy industry has been hard at work the last 50 years convincing people that pasteurized dairy products such as milk or cheese increases bioavailable calcium levels. This is totally false. The pasteurization process only creates calcium carbonate, which has absolutely no way of entering the cells without a chelating agent. So what the body does is pull the calcium from the bones and other tissues in order to buffer the calcium carbonate in the blood. This process actually causes osteoporosis. Pasteurized dairy contains too little magnesium needed at the proper ratio to absorb the calcium. Most would agree that a minimum amount of Cal. to Mag Ratio is 2 to 1 and preferably 1 to 1. So milk, at a Cal/Mag ratio of 10 to 1, has a problem.

*Farming Secrets says: **Food Is Best Eaten In As Near To Natural State As Possible***

Ref: <http://mmsinfo.org>