

Cow's Milk

Kale, broccoli, and other greens are excellent sources of calcium. Nations with highest consumption of fat have highest rates of prostate and breast cancer. Cow's milk seems to be linked to osteoporosis. Drinking whole milk can increase risk of cancer. We have quit drinking cow's milk. Goat's milk is good for you.

The fat and cream in cow's milk is what hurts you the most. If fatness runs in your family, you'll probably crave it. I don't put cow's milk in my maté. I don't drink it.

There's a temptation to be a glutton and drink a lot of the milk we get from our cow. If you want to get fat, you can get fat quickly from cream, butter, half and half. It's not good for you. It's better if we make yogurt and soft cheese out of our milk. In certain cases it might be alright to use skim milk. I did not give the license here to start gulping cow's milk. It's okay to eat ice cream sometimes, but we don't eat it all the time.

Dairy products are some of the worst things you can have in terms of getting colon and breast cancers. Just because we have a cow doesn't mean we're going to start drinking cow's milk.

I am not saying a little bit of cow's milk in your maté is going to kill you, but if you drink ten cups of maté a day, you will end up drinking a lot of cow's milk. It all comes down to knowing who you are. If you think you belong to Mt 24:34, then you won't take advantage of having cow's milk. You are just not a part of that generation if you are not eating healthy.

Have nothing to do with people who don't go by the traditions of what Paul passed on to the people. We said at one point that it was okay to drink coffee once in a while, if you really need it for some reason, if you are traveling and need it to help you stay alert. But then some people might manufacture trips so that they can drink some coffee. That is silly, but that is what happens. They take the things they hear like they want do. That is what people do with the Bible as well; take it like they want it.

I would drink maté straight or with honey, but if from time to time you want to drink it with milk, that is fine. It is just according to who you think you are. I drink a lot of maté and I used to drink it with milk, and I began to notice that I was drinking a lot of milk. We used to eat chocolate, and now that we have stopped doing that, I hardly eat any ice cream.

I know when I look in the Popsicle freezer that everything in it has chocolate. All that is in there is fat, corruption. I have lost maybe fifteen pounds, also, in those four years since I have stopped eating commercial dairy products and chocolate. It is stored there in your cells. You may get it away with it now, but it will catch up with you later.

The book, *Moove Over Milk – the Udder Side of the Story*, just supports what we are saying. Drinking milk and eating lots of dairy products can cause diabetes, heart disease, cancer, etc. I am sure butter can be good, but a lot of butter is bad. You can drink Coca Cola if you want to, and your body is strong enough to combat it – the ten spoonfuls of sugar in each can, but if you drink a lot of it, your body will lose the battle. It doesn't mean you can never drink it, for instance if you are at someone's house and it is served. Your body will win the battle if you are wise, if not, the sugar will.

Just watch, it will get out now that you can drink Coke, for some people hear everything wrong.

Everyone has lied, but not all men are liars. All men lie, but that doesn't mean they are liars. A liar is one who continues to lie. Let's just go on in the Spirit. I don't want to make an iron-clad law, that you can't have milk or butter once in a while. If you are there, trying to get as much butter as possible and also lots of milk in your maté, then you know you are doing wrong. The people who do that, don't speak to them anymore (2 Ths 3:14; 2:15; 3:5).

We don't want our people to be fat. People crave fat and lose self-control. Lack of self-control is a lack of the fruit of the Spirit. Let's just be wise. Is your body the Temple of the Holy Spirit? Is it? We have to be careful that we don't eat too many bad things. We try to have a good diet here. We want to have organic food, and you can get calcium there, if you don't have a calcium deficiency. Some people have deficiencies, and they can't get enough in the foods, so they may need supplements. But most of us should get what we need from the food we eat. If you have a calcium deficiency, you know it, your legs cramp and you

are really, really tired.

Certainly, homogenized, pasteurized milk is bad, but we are talking also about the fat content in raw organic milk.

ha-êmeq – We were so thankful that we got the cows and milk. The name of our entry in the May *Intertribal News* is “Good Milk.” I know that before Bessie had arrived here Yoneq made it so clear, “We are *not* going to drink Bessie’s milk. We are going to make cheese and yogurt.”

We haven’t been able to get the cream enough to make butter. We can’t seem to get the cream; it seems to be slipping off into the maté. We have hope of doing it, though. And by then we will have enough goat’s milk. It should be that all the little children would hear us saying, “Goat’s milk is good for us” and see us enjoying it. Instead, they hear comments from carnal people about goat’s milk, and pretty soon you hear the same thing from our five-year-old children. When you do, you know it was something they heard, because they had no such opinion until they heard it. If we could do a scientific test to tell you it is not true – that flavor you think is in goat’s milk — you would believe it, but I am telling you that it is not true. We don’t have a buck around, which gives you a certain flavor. We know what we are talking about.

Maté with honey is really good.

Butter supports the growth of salmonella. Refrigerating or freezing butter does not destroy salmonella.

Keli – I think sometimes, because we don’t normally have butter, when it is on the table we put it on an inch thick. We won’t want to ever have it if that is how we are behaving. It is not just that it is bad for us; it gives a bad impression to others of our character.

ha-êmeq – Guests have come and seen us pour out the whole cream pitcher into our maté. It is improper training that causes us to do that. A small creamer should be enough milk for the whole group of people drinking maté together.

I am not saying that we will never have cow’s milk in certain situations.

Mevaser – We can hear these things and embrace wisdom, or we can find ourselves thirty years down the road with cancer or heart disease, with regret for how we didn’t listen to the voice of our teachers (Pr 5:11-13). We live in our Father’s house and He continually speaks wisdom to us, to those of us who can hear it.