

Sensational Discovery Shows UHT Milk Causes Brain Disease

A variety of factors can cause brain disease such as the accumulation of heavy metals in the brain, faulty genes, alcoholism, malnutrition, and just growing old. But a sensational new discovery shows that UHT milk (also known as Long Life milk) is one of the biggest dietary causes of brain disease.

The food we eat and drink is responsible for most brain disease. Genes and smoking are also responsible for brain disease, but to a lesser extent.

Here we are referring to serious neurodegenerative diseases such as Huntington's, Alzheimer's, Parkinson's, and Lou Gehrig's Disease. All these diseases are mainly caused by damaged proteins.

When you consume food containing damaged proteins they cannot be used by the body and instead accumulate in the brain; over time they cause brain disease. This is supported by just about all the scientific research into this subject plus the many published studies that support this view.

So what about UHT milk? Few people realize that UHT milk is high in damaged proteins (this is not something the milk industry wants to publicize!). But the shocking truth is that UHT milk is one of the biggest dietary causes of brain disease.

This hasn't come to light before because it can take a long time for brain disease to develop, and the rapid growth in UHT milk consumption is a relatively recent development.

UHT milk is not the same as regular pasteurized milk. It has a different molecular structure. UHT milk is pasteurized at twice the temperature of regular milk (and about 57 percent higher the homogenization pressure). This drastically changes the fundamental nature of milk, making it very high in damaged proteins.

In the USA and Canada about 10 percent of all milk sold is UHT, but the market for UHT is growing rapidly. About 80 percent of all organic milk sold in the USA and Canada is UHT. In many other countries such as Belgium, France and Spain virtually all types of milk are UHT.

About the Author

For more information about how UHT milk causes brain disease and the supporting evidence see [Organic Milk Myth](#), a sensational new book that is an absolute 'must have'.

Source: <http://www.howidefeated.com>