



Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk

Alissa Hamilton

Download now

[Click here](#) if your download doesn't start automatically

Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk

Alissa Hamilton

Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk Alissa Hamilton

Refuting the milk industry's overwhelmingly popular campaign—"Got Milk?"—which has convinced us that milk is essential, this scientifically based expose proves why we don't need dairy in our daily diets, how our dependence on it is actually making many people sick, and what we can do to change it.

Bolstered by the dairy industry and its successful "Got Milk?" advertising campaign launched in California to help declining milk sales, as well as the government's recommended dietary guidelines, many Americans view cow's milk as an essential part of a daily diet, unequaled in providing calcium, protein, and other nutrients and vitamins. Cow's milk has been promoted as a food without substitute, as being necessary and not interchangeable with foods outside the dairy food group. But as food processing and marketing expert Alissa Hamilton reveals, cow's milk is far from essential for good health, and for many, including the majority of American adults who can't properly digest it, milk can actually be harmful.

In *Got Milked*, Hamilton turns a critical eye on the Dairy Food Group and the promotional programs it supports to dispel misconceptions about milk and its crucial role in our health. Interweaving cutting-edge science in a lively narrative, *Got Milked* opens our eyes to the many ways in which dairy can actually be harmful to our bodies. In addition, the book offers simple and tasty food and drink swaps that deliver the same nutrients found in milk products, without all the sugar, saturated fat and negative side effects.

Complete with delicious dairy-free recipes and full meal plans for "Making it Without Milk," *Got Milked* is a unique, substantive, and important look into an industry that has hugely impacted our diets and our lives.



[Download Got Milked?: The Great Dairy Deception and Why You ...pdf](#)



[Read Online Got Milked?: The Great Dairy Deception and Why Y ...pdf](#)

Download and Read Free Online Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk Alissa Hamilton

From reader reviews:

Valerie Israel:

The book Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk gives you the sense of being enjoy for your spare time. You need to use to make your capable far more increase. Book can to become your best friend when you getting anxiety or having big problem using your subject. If you can make examining a book Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk to be your habit, you can get more advantages, like add your current capable, increase your knowledge about several or all subjects. You could know everything if you like open up and read a guide Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk. Kinds of book are a lot of. It means that, science e-book or encyclopedia or other folks. So , how do you think about this publication?

James Stover:

What do you think about book? It is just for students since they are still students or the idea for all people in the world, exactly what the best subject for that? Merely you can be answered for that concern above. Every person has different personality and hobby per other. Don't to be obligated someone or something that they don't need do that. You must know how great in addition to important the book Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk. All type of book can you see on many sources. You can look for the internet resources or other social media.

Edward Bastian:

Is it anyone who having spare time then spend it whole day through watching television programs or just lying on the bed? Do you need something new? This Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk can be the answer, oh how comes? It's a book you know. You are and so out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these publications have than the others?

Sheila Davis:

What is your hobby? Have you heard in which question when you got college students? We believe that that question was given by teacher with their students. Many kinds of hobby, Everybody has different hobby. And you know that little person including reading or as examining become their hobby. You need to know that reading is very important as well as book as to be the factor. Book is important thing to increase you knowledge, except your personal teacher or lecturer. You will find good news or update in relation to something by book. Numerous books that can you go onto be your object. One of them are these claims Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk.

Download and Read Online Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk Alissa Hamilton #8KGVBLIYOTN

Read Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk by Alissa Hamilton for online ebook

Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk by Alissa Hamilton Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk by Alissa Hamilton books to read online.

Online Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk by Alissa Hamilton ebook PDF download

Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk by Alissa Hamilton Doc

Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk by Alissa Hamilton MobiPocket

Got Milked?: The Great Dairy Deception and Why You'll Thrive Without Milk by Alissa Hamilton EPub