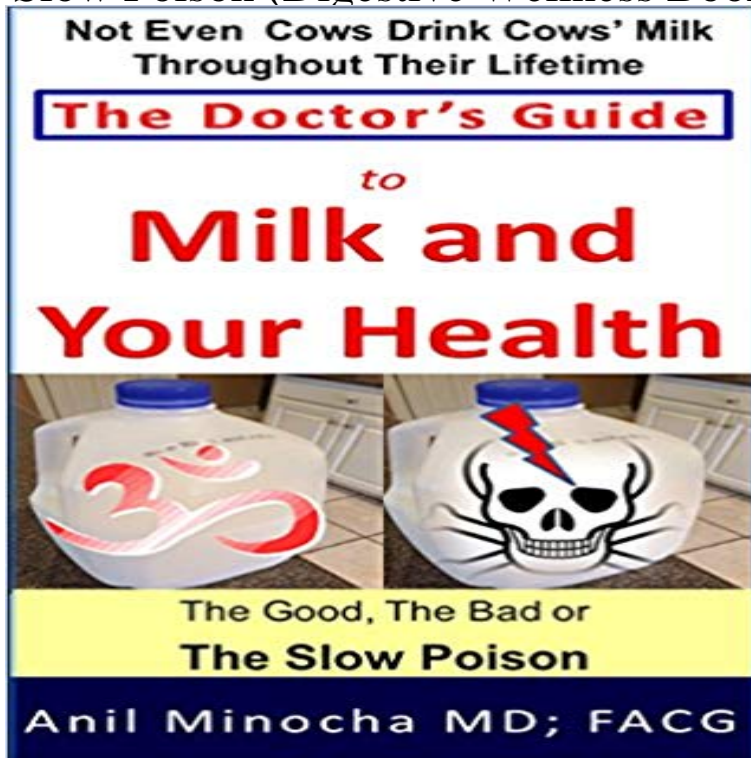


The Doctors Guide to Milk and Your Health: The Good, The Bad or The Slow Poison (Digestive Wellness Book 3)



Feeling sick with low energy all the time? Worried about your child's brain health? It is time to take guess-work out of milk. Read pros and cons of milk and help your body and brain. Would you play Russian roulette with your child's health? High IQ may not just be a coincidence. The Doctors Guide to Milk and Your Health provides answers to these vexing questions and many more. 1. Does source of milk matter? 2. Is milk in the US and Western Europe derived from a variety of cows or just one breed? 3. Is goat milk less allergenic than cows milk? What about donkey or camel milk? Written by an eminent gastroenterologist and nutritionist, this book allows the reader to better understand the controversies surrounding the consumption of milk and be a better-informed consumer. If you want to read the book for your health, do it for the ones you love.

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