

## Food Matters – What's in Your Milk???

Written by Joan Russow  
Saturday, 06 October 2012 20:15 -

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Posted on [March 28, 2012](#) by [Don Genova](#)



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The production of milk and cheese is the backbone of the dairy industry in Canada, an industry that is strictly regulated and commoditized

in Canada through quota systems and the Canadian Food Inspection Agency. But when milk gets processed, what else goes into the final product?

I had a couple of emails from listeners concerning what goes into our milk and cheese, fears that there may be things like pus or blood

or even estrogen...these are the kinds of things that are side effects of dairy cows being treated with bovine growth hormone, otherwise

known as rBST or rGBH.

The hormone increases milk production in cows. But the [side effects](#) of the growth hormone include udder

infections, pus in the milk and higher levels of a hormone called 'insulin-like growth factor' in milk. In turn, IGF-1 in high levels in some people

is blamed for causing certain types of cancers of the breast, prostate and colon. The good news is that the use of bovine growth hormone is banned

in Canada, as it is in many industrialized countries. And we don't allow imported milk or cream

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to be sold in Canada. Chocolate milk is the

exception to that rule for some reason I haven't determined yet.

The bad news is that BGH is legal to use in many states of the USA. And the milk from those growth hormone fed cows

could be used to make Modified Milk Ingredients, which ARE allowed to be used in Canada up to certain quantities in dairy products

produced here, so you could end up ingesting some of that milk produced using BGH.

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pre-1996



2008



2009

With this information, you can start to build the milk structure you'll be amazed how well it works, and you'll be able to tell the difference between the two.