

## SUPPORT ANIMAL AID

- ☐ Please send me a FREE dairy-free recipe pack
- ☐ I enclose a donation of £ .....
- ☐ I also wish to join Animal Aid

## YOUR DETAILS

Name .....

Address .....

Post code .....

Email .....

Tel No ..... Age (if 16 or under) .....

## WHAT IT COSTS (annually) (please tick appropriate box)

- ☐ £9 (unwaged) ☐ £14 (waged)
- ☐ £18 (overseas) ☐ £6 (16 or under)
- ☐ £20 joint membership ☐ Life membership: £240

Total £ .....

## HOW TO PAY

(please tick preferred method of payment and complete relevant section)

- ☐ Cheque or PO (payable to Animal Aid)
- ☐ Debit/Credit card Mastercard/Visa/Switch (delete as applicable)

Card No: .....

Name of cardholder: .....

Signature: .....

Expiry date: ..... Issue No (Switch only): .....

We may arrange for you to receive information from other like-minded ethical organisations. Please tick here ☐ if you would prefer NOT to receive this information.



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## Natural?

"...research has shown that children fed on formula (dairy) milk are more likely to become obese than breastfed children. What's more, formula-fed children are at greater risk from respiratory disease, diabetes, allergies, diarrhoea and gastroenteritis."

*National Childbirth Trust.*

## Healthy?

"Cows' milk protein may be the single most significant chemical carcinogen to which humans are exposed."

*T Colin Campbell, Professor of Nutritional Biochemistry, Cornell University.*

## Cruelty free?

"The removal of the calf is the most potentially distressing incident in the life of the dairy cow."

*Professor John Webster, dairy cow husbandry expert, Bristol University.*



A young calf at market cries for his mother



Cows and calves are victims of the dairy industry. Behind milk's wholesome image, lie some very dirty secrets...



*This emaciated dairy cow is on her way to slaughter*

## Cruelty guaranteed!

Just like women, dairy cows produce milk only after giving birth. To keep up the supply, they are subjected to a constant cycle of pregnancies. Shortly after birth, each baby is taken away so that the milk meant for them can be bottled up for people. Separation of mother and calf is incredibly distressing for both. Cows will bellow for days and have been known to escape and travel miles in search of their young. The fate of the calves is one of the dairy industry's dirty secrets. Some end up in processed products such as pies and pet and baby food. Many of the females go on to replace worn-out cows in the dairy herd. Males, however, are often considered

worthless by-products, because they cannot produce milk, and demand is limited for the 'low quality' beef for which some are reared. 'Surplus' calves are simply shot.

Cows could naturally live up to 25 years, but many from dairy herds are



*'Surplus' baby calf on sale at market*

slaughtered by the age of five, because they are no longer profitable milk machines. Often they will be emaciated and infertile. Some are in an advanced stage of pregnancy when killed. Due to relentless milking, every year 30-60% of British cows suffer from mastitis, an acutely painful infection causing swollen, weeping udders. Traces of pus from infected teats seep into the milk. Current regulations permit millions of pus cells per litre!

You may see cows grazing in the fields during the summer months but in winter they are packed into sheds that are often dirty, crowded and damp. The hard, concrete floors, to which their hooves are not suited, are a major cause of lameness. Another cause is their swollen udders, which prevent them from standing and walking properly. Many also suffer from laminitis, an agonising inflammation of the feet. The pain has been equated by one expert to crushing your fingers in a door and then having to stand on your fingertips. Around 20% of UK dairy cows are lame at any one time.



*Leaking milk and blood from her infected udders*

## Unhealthy?

Human beings are the only species to drink milk into adulthood - in nature no other animals consume it past infancy.

Furthermore, other animals do not drink the milk of different species. Would you drink milk from a dog? Probably not - so why then do we drink milk from cows?!

Cows' milk is designed for baby calves, and contains hormones to help them grow rapidly into stocky cattle. One growth hormone in particular, IGF-I, is reported to accelerate malignant cell growth and be a cause of prostate cancer.

Dairy products have also been linked to ovarian and breast cancer and a raft of other human health problems, including allergies, juvenile-onset diabetes and Irritable Bowel

Syndrome. Many people are actually unable to digest milk sugar properly (lactose intolerance). This can result in severe digestive problems. But because milk is touted as 'good for you', sufferers routinely overlook dairy products as the cause of their ills.



*This dairy cow is so weak and exhausted she has collapsed*

## Dumping dairy is easy!

There are no nutrients in milk - calcium included - that cannot be obtained from other sources. By eating a healthy, balanced veggie diet, you will get all the vitamins and minerals that you need. Non-dairy milk, margarine and 'cheese' are widely available, along with animal-free ice cream, custard, biscuits and cakes. Investigate your local health food shop and supermarket 'free from' sections.