

~~Moo~~ ~~Hay~~ Hi! 

We'd like to remind you that **MilkIsForBabyCows.org**
No other animal drinks milk after infancy, and
the world's largest organization of nutrition pros
now agrees that humans never need cow's milk.

You may have already heard that milk is bad, but
actually **ItsDairyBad.org**. It wastes more water,
uses more land, and produces more greenhouse gas
emissions than ANY plant-milk. And if you're a
person that loves animals, then FYI: for females
DairyIsScary.org (worst nightmare ever scary!)
You're gonna be impregnated every year to produce
milk. And every year, your baby will be kidnapped.
And if your baby's a boy, then **MilkIsMurder.org**
because he can't produce milk so he's worthless to
the dairy industry. Same when you dry up.

By the way, do you ever go to Starbucks? Instead,
you should go to **StarbucksSucks.org** to see how
they support all this stuff. Please, this is very
important to us. And to the planet.

ThankMoo.org

Got milk? Milk's got:

- **Cholesterol** (a major cause of heart disease)
- **Female sex hormones** (milk requires pregnancy)
- **Addictive compounds** • **Pus** (yes, pus)

And connections to:

- **Cancer** (especially hormone-sensitive cancers like prostate cancer and breast cancer)
- **Acne** • **Asthma** • **Gas** • **Parkinson's**

And complicity in:

- **Needless animal cruelty + environmental harm**
- **Deceiving children** • **Unfair competition** • **GMO**

However:

- Cow's milk isn't right for you + You don't need it
*** There's something much better ***


This link is clickable at: **DitchTheDairy.org**