

The Statesman

KOLKATA | NEW DELHI | SILIGURI | BHUBANESWAR LC 14+4 Rs 3

Not so white

Traditionally held as a wonder drink, milk can be a silent killer, says a new book, writes karan nihalani

MILK is an age-old tradition and a food habit that is not easy to shatter. Prescribed by doctors world over as an important source of calcium, and forced by mothers as a nutrient diet, milk forms part and parcel of our daily lives and plays a huge role in the country's economy. Yet, several people, including doctors, are now contesting the benefits of milk and point to the ill-effects caused by its consumption. Taking this argument forward, Dr N K Sharma seeks to shatter what he calls myths associated with milk, through his newly launched book *Milk: A Silent Killer*.

"On one hand, we ourselves create factors which damage the human body and affect all human civilizations, and on the other hand, we spend millions of dollars on research and hospitals to improve the condition we have created," Sharma said after the launch of his book on 16 February. "Instead of solving the root cause, we are simply treating the symptoms. This will continue until you pledge to take

matters into your own hands and stop falling prey to the tactics of the government and the businessman. People have to get enlightened and prevent themselves from damage."

The book mainly deals with the harms caused by the regular consumption of milk, diseases it can cause, and its replacements. Sharma said it was a scientifically proven fact that the low content of magnesium in milk does not allow the calcium to be absorbed in the blood. On the contrary, it gets deposited in the body, thereby causing several problems. As a replacement, fruits and nuts, essentially non-toxic products, have everything that can sustain and maintain the human body, he added.

"There is a definite and a sure road to health and regeneration provided we return to basics and go back to natural, uncooked, unprocessed food, packed and designed for human consumption," Dr Sharma said when asked how to meet the body's need for calcium.

