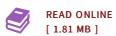




## Natures Perfect Food

By E. Melanie Dupuis

NYU Press. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.9in. x 5.9in. x 0.9in.For over a century, Americas nutrition authorities have heralded milk as natures perfect food, as indispensable and the most complete food. These milk boosters have ranged from consumer activists, to government nutritionists, to the American Dairy Council and its ubiquitous milk moustache ads. The image of milk as wholesome and body-building has a long history, but is it accurate Recently, within the newest social movements around food, milk has lost favor. Vegan anti-milk rhetoric portrays the dairy industry as cruel to animals and milk as bad for humans. Recently, books with titles like, Milk: The Deadly Poison, and Dont Drink Your Milk have portrayed milk as toxic and unhealthy. Controversies over genetically-engineered cows and questions about antibiotic residue have also prompted consumers to question whether the milk they drink each day is truly good for them. In Natures Perfect Food Melanie Dupuis illuminates these questions by telling the story of how Americans came to drink milk. We learn how cows milk, which was associated with bacteria and disease became a staple of the American diet. Along the way we encounter 19th century evangelists who were convinced...



## Reviews

Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.

-- Perry Reinger

Extensive information for ebook fans. it was writtern very flawlessly and useful. You are going to like just how the author publish this pdf.

-- Jarrod Prosacco