

# [PDF] Whitewash: The Disturbing Truth About Cow's Milk And Your Health

**John Robbins, Joseph Keon - pdf download free book**

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**Books Details:**

Title: Whitewash: The Disturbing Tru

Author: John Robbins, Joseph Keon

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## **Description:**

**Review** Dr. Keon's scrupulous research and meticulous documentation will wipe those sinister milk mustaches off all the smirking dairy execs. Whitewash is nothing less than a lifesaver. --Rory Freedman, author, *Skinny Bitch*

Whitewash: The Disturbing Truth about Cow's Milk and Your Health is a powerful 'must' for health and nutrition libraries. -Midwest Book Review

I defy anyone to read this book and keep on drinking the stuff. -Vegan Voice, Australia

Whitewash is by far the best book written on the subject of dairy. It's as convincing as Diet for a New America or The China Study, and should be required reading for all. -Joseph Connelly, Publisher, VegNews Magazine

This book has the potential to dramatically change your health. --Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine

Joseph Keon's Whitewash is another authoritative and well-referenced nail in the cow milk coffin. --William Harris, M.D.

Whitewash is an excellent, well-researched book. Read it and don't drink your milk! --Jay N. Gordon, MD, FAAP

Joseph Keon has done a remarkable job in revealing the most effective (and expensive) propaganda campaign in US history  
--Patti Breitman, co-author of How to Say No Without Feeling Guilty

At long last, the dairy industry's propaganda and brainwashing are exposed. Joseph Keon has collected an impressive body of research to show that far from being nature's perfect food, cow's milk is unnecessary and potentially harmful. Whitewash uncovers the biggest health scam ever perpetrated on the American public. --Michele Simon, JD, MPH  
Author, Appetite for Profit: How the Food Industry Undermines Our Health and How to Fight Back

*Whitewash is the book vegans have been waiting for, and the one book the dairy industry would most want you not to read. With meticulous references and a passion for his subject, Joseph Keon's has written a book packed with vital information and invaluable resources. It is easy to read and backed by science. The author has done a superb job in revealing the most effective and expensive propaganda campaign in U.S. history.* Patti Breitman, co-author of *How to Say No Without Feeling Guilty* and Director, Marin Vegetarian Education Group.

**From the foreword:** I might be one of the last people you would expect to find questioning the value of dairy products for human health. Not that this is an easy question for most people. The assumption that dairy products are wonderful foods prevails throughout our culture with amazing tenacity. But in my family of origin, this assumption was held with a steadfastness that was virtually religious.

There was a reason. My father founded, owned and ran what became the world's largest ice cream company --- Baskin-Robbins. Our house included a commercial-sized freezer with each of the 31 flavors, one for each day of the month. By the time I was 21, my father had manufactured and sold more ice cream than any human being who had ever lived on the planet. And he groomed me, his only son, to succeed him. It was his plan that I would follow in his footsteps.  
So what am I doing writing a foreword for a book titled

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