



THE FRESH LIFE
INTERNAL MAKEOVER
journey



MILK VIDEO
TRANSCRIPT





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MILK VIDEO TRANSCRIPT

Please note: This is the best compilation of researched information I have on the subject of Oils at this time. Please also refer to the Webinar/ Masterclass Videos for more information.

INTRO Section:

Welcome back, beautiful Fresh Lifer!

How did trying Healthier Sweetener alternatives go? Bet the family still don't notice the difference, right?

So we have come to the last video in this awesome 3 Part Video Series, but I've worked hard to make it a good one.

The 3rd secretly-'evil' ingredient hiding in your kitchen is milk.

For some of us, our households drink a lot of it, for others, maybe just now and then, in coffee or tea.

Most of us were brought up to see milk as a vital, calcium-rich food, something we should be consuming daily.

Many of us have heard its bad for us... again with the conflicting information!

Many believe it to be a major contributor to allergies and weight gain, and can even cause the body to go into major inflammation mode.

So which is it?

Is it bad or good?

And *why* are there so many conflicting opinions?





What do we need to know so we can make an informed decision whether to drink it or not?

And what, if any, are the healthier alternatives?

We're going to address all of these questions, plus you'll get the low down on all the options available to you, along with dispelling the myths surrounding milk once and for all.

SAM'S INTRO SECTION:

Hi, I'm Sam, your Clean Eating Lifestyle Inspirer, it truly is my passion to help empower incredible Superwomen, like yourself, to better understand the benefits of, and research behind, living the Clean Eating Lifestyle which is proven to drastically improve overall health, helps our bodies to gently, and naturally lose weight, long term, and helps women take their power back so they and their families can experience the quality of life they deserve.

My wake up call came in early 2012, when an injury became the catalyst for my complete lifestyle transformation. I researched and investigated what my body ultimately needed to heal itself, and I was not only able to heal from that injury, but I also got rid of most of my poor health symptoms, and lost 24 pounds which is 12kg of unhealthy excess weight, all within 10 and a half months of being injured!

It is now my passion to share with others, the truly simple principles I learnt, plus all the incredible insights these past 4 years of research and investigation have given me.

Everything I have researched keeps bringing me back to the concept of a Clean Eating Lifestyle. And that's exactly what all the videos in this series has been all about.





INFO SECTION: GOLD NUGGETS!

Taking responsibility for our own health starts with having all the information, so that we can make the most informed choices for ourselves, and our families. It is in that spirit that I share everything I know on the subject of Milk.

To clarify, **when I say 'Milk'**, I'm talking about the most widely available version of Milk. **Milk that has been produced by the commercial dairy industry.**

It is **mass-produced, pasteurised and homogenised**, and sold to us in big food chains, supermarkets, and convenience stores.

There are a number of factors that make commercially produced milk, one of the worst foods to put in our bodies. And I have to warn you, some of this info does not paint a pretty picture, and may even be a bit uncomfortable or shocking to hear.

Please remember I am only sharing facts.

So, where does this Milk come from?

In the commercial dairy industry, cows usually live in **extremely poor, cramped living conditions or worse**. They do not live in their natural environment, and are forced to **live a very stressful existence**.

To keep cows producing milk, their **calves** are almost immediately **taken away** from them **at birth**.

They are also mostly **fed grains**.

Firstly, grains are not a cow's natural diet. Cow's have evolved to eat plants and grasses, not grains.





Secondly, these grains are almost always genetically modified or GMO grains, and we've already touched the many studies and research highlighting the potentially dire health risks associated with consuming GMO's.

So why would it be healthy for us to consume the products that come from animals fed GMO's?

The cows might also be treated with **genetically modified growth hormones** rBGH or rBST.

Because of their poor living conditions, **disease** is a real issue, so the animals are pumped full of **antibiotics to prevent illness.**

They are then given **even more antibiotics** when they start to get **painfully swollen, infected udders because they are milked so excessively.** Along with fever & loss of appetite, especially due to the stress they have to endure, the cows' udders become as hard as stone from the infection, **causing blood to bubble into her milk,** making it clotted and watery.

No need to worry they say, because the milk will be pasteurised. **Pasteurisation uses extremely high temperatures to sterilise the milk** in order to make it 'safe for human consumption'.

Milk is heated to between 145 to 161°F which is between 62 to 72°C. **This is done to destroy any pathogens or harmful bacteria in the milk.** Along with *anything* that might have been remotely nutritionally valuable the milk.

Once a food is heated past 120°F or 48°C, many nutrients, and pretty much all good bacteria and beneficial live enzymes, are destroyed.

Pasteurisation also turns the calcium found in milk, insoluble... insoluble meaning, our bodies cannot absorb or use it.





Following pasteurisation the **milk is then homogenised**. This is the process where milk is forced under such extremely high pressure, so that the butterfat globules break up into minute sizes.

They do this so that the end product won't separate when it's put on the store shelf. This makes it a more aesthetically pleasing product, it looks better, and therefore makes it a more 'sellable' product.

Then it is packed in plastic cartons and shipped off to the supermarket for us to buy.

It's pretty grim I know - I won't even tell you in detail about all the animal cruelty that goes on in the commercial dairy industry. My research literally left me in tears. **Hopefully just knowing this much about the process is enough to encourage more of us to make different choices.**

Choices which are better for our health AND steers our dollars away from supporting the inhumane treatment of animals. Not just for the sake of their wellbeing, but for the sake of our health as well.

As we become more well informed consumers, we become more conscious consumers, and we are already starting to create a positive ripple effect throughout the food, dairy and meat industry.

This is a trend I know will continue, and we will see an even bigger positive impact on our health and the health of our planet as we move into the future.

Ok, so we know now that commercially produced milk is no good, but does that mean we have to stop drinking Milk all together?

Am I telling you to stop drinking milk?

Well, yes, and no...





Ok, I'm not trying to confuse you. I just mean that there are a number of choices to consider each offering different health benefits.

Let's look at all the healthier options and alternatives, so you can have all the information you need to decide what's best for yourself, and your family:

1. **First**, we will discuss the **2 Healthiest *dairy* Milk** options you have, if you really don't want to give up milk: which will be *certified organic Milk* and **raw, unpasteurised, *certified organic Milk***.
2. And **secondly**, we will discuss a number of **Non-dairy Alternatives to Milk!**

NUMBER 1...

In comparison to commercial mass produced milk, choosing *certified organic Milk* is a much better option.

Try and source it from local, organic dairy farmers when possible - it's always great to hear a farmer's farming practices, 'straight from the horses mouth'!

Usually, farmers who choose to produce *certified organic Milk* have done so for intellectual and moral reasons which means you are getting a better milk product, that has usually been more ethically produced.

This is because **farmers have to follow certain guidelines in order to be certified organic.**

Cows are usually **raised more humanely**, and are **not fed genetically modified foods, or injected with genetically modified hormones or antibiotics.**

Cows may still be fed grains, albeit organic grains, which is still not a cows natural diet but again, **we're going for the 'lesser of two evils'**, so this is definitely a better option than consuming dairy produced by cows raised on GMO's.





Most *certified organic Milk* is **still unfortunately pasteurised**, which again means that any of the nutrients it contains are **damaged, destroyed or are un-absorbable** anyway!

You can go one better here, and to be honest, if you are going to choose to consume cow's milk, the absolute best choice would be to choose **fresh, raw, unpasteurised, unhomogenized certified organic Milk**.

Raw certified organic Milk still contains all its live enzymes, friendly beneficial bacteria and nutrients. *It's important to realise that raw milk from a commercially kept dairy cow would be a very dangerous thing to consume* given everything we've already chatted about, but Raw Milk from a healthy cow that meets *certified organic* standards is going to produce a superior quality, nutrient-rich raw milk!

One of the other reasons **Raw Milk** is better is because it is **unpasteurised, making it an alkaline food**.

When milk is pasteurised, the heat causes it to become acidic.

The more acidic foods we consume the worse our health. The more alkaline foods we consume the better our health. We'll touch more on this pH factor later...

Some farmers are truly passionate about producing the best organic milk possible, whether raw or not, and want to give their cows the best life possible, which is obviously the best source to buy from.

Most of these farmers really care for their animals. They let their cows roam freely so that they may eat their natural diet. They ensure their cows live a stress free life and allow them to produce milk naturally (with minimal human interference).

This is not a standard though, so it is always a good idea to investigate the source of your organic milk, to know how the animals are treated.





You obviously get the best quality products from animals that are healthy and happy, which is why sourcing **Raw certified organic Milk** from the right farmers is the only way to go.

Animals living in their natural environment, eating their natural diet makes a huge impact on their health and longevity.

Dr Francis M.Pottenger did a very interesting study in the early 1930's proving this very fact.

He did a massive nutrition study on cats which lasted 10 years, and he found, without a shadow of doubt, that cats thrived when they ate their natural, raw diet, but if they were fed any other diet, they would experience certain negative health consequences, which in turn would be passed down genetically to future generations.

He also proved that using a cat's natural diet could also reverse the negative genetic traits and health problems that had been passed down to them by their parents. It is the same for us as it is for them. I have included references to Dr Pottenger's work below this video.

Fresh, healthy, Raw certified organic Milk is not going to be the easiest thing to find, so you might be tempted to still drink milk, because **you have the option of drinking pasteurised organic milk instead... but I want to give you a little food for thought** before you buy your next carton of milk... even if it is *certified organic*.

If I ask anyone, why they think it is important to drink milk, they almost always say, "to get calcium!"

Remember how I talked about how **pasteurisation introduces heat so extreme that it can destroy nutrients and make them insoluble?**

Well, calcium is precisely one of those nutrients that becomes pretty much insoluble which means our bodies can't absorb or use it!





So much for getting calcium from milk, right!

And remember, **pasteurisation *also* turns milk acidic...**

So let's quickly have a look at **what this acidic milk product does to our bodies:**

When we eat acidic foods, our **body needs to neutralise this acidity.**

High levels of acidity in the body is called acidosis.

The **body has to maintain a strict pH level of between 7.35 and 7.45 in order for us to stay alive**, so the body is constantly working to ensure that we have a slightly alkaline pH level.

A pH below 6.8 causes our cells to start dying.

How crazy is that?

If our body wasn't able to balance our pH, our body would literally die from acidic foods such as pasteurised milk and other highly processed and commercially available foods... **which kinda points the finger to the reason why our health is in such trouble these days...**

So how does our body neutralise the acidity caused by something like drinking pasteurised milk?

By leaching alkaline substances like calcium, from our bones.

The **calcium found in our bones acts as a buffer**, so that if we consume acidic foods, there is a way for the body to **neutralise that acidity.**

Bones that have to leach calcium on a regular basis, such as in a lifetime of consuming pasteurised milk and other highly processed foods, will **lead to porous bones**, which is of course what **osteoporosis is. Holes in our bones!**





One study that was done by the American Journal of Public Health in 1997, showed that giving 78,000 women **higher intake of milk did NOT reduce the incidence of bone fractures due to osteoporosis, and in actual fact, increased the instances of hip fractures!**

So this proves exactly what I'm talking about, and I know, it goes against everything we have been taught about milk; *Consuming pasteurised milk does not give us calcium, it actually robs us the calcium we do have in our bones!!!*

So if we can't get calcium from milk, where do we actually get our calcium from?

As with all things, when we return to eating our natural, mostly plant based, clean, whole food diet, and eating lots of raw foods, our body just automatically takes care of everything else.

When we eat a good variety of these foods, in all the colours of the rainbow - our bodies get everything it needs to give us optimal health. No fancy fad ways of eating, no diets, no pre-made meals, meal replacements, or calorie counting, and no excessive supplementation is necessary when you supply your body with real, *clean* food.

Your body has the wisdom and the ability to heal itself, balance itself and will function as it's supposed to when it is given real, clean food.

It's the way I choose to eat and live, for myself and my family, and we have never been healthier.

As you now know, I have experienced the many benefits this way of eating brings. Injuries were healed. Skin conditions disappeared. Brain fog went away. And I lost 24 pounds without any exercise, because of my injury of course, all because I adopted the simple principles of a Clean Eating Lifestyle. These simple principles plus all the baby steps that I took, as well as all the delicious recipes we use, and the many insights I gained throughout my journey of healing, are all outlined in my signature program,





The Fresh Life Internal-Makeover Journey, which I would love you to join, if taking your health and lifestyle back is something you know you need to do for yourself and your family.

But let's get **back to calcium...**

One of **thee best sources of calcium**, which can actually be absorbed and used by the body, are **dark leafy greens**.

Nuts and seeds such as almonds and sesame seeds are another great source.

The calcium found in these foods are bioavailable, meaning they are easily absorbed, and used by our bodies.

Which is a perfect lead in to our second section in which we discuss non-dairy alternatives for milk...

Here's a thought to consider: **We are the only mammals that drink another animals milk.**

We are also the only mammals that drink milk after we are weaned.

A cow's milk is designed to grow a new born calf to approximate 50% of its mother's weight within the first 12 months of its life. And a cow weigh approximately 544 kg... which is about 1,200 pounds!

Raw cows milk is nature's perfect food... for baby cows.

Cow's milk is for calves, goats milk is perfect for goat kids and human milk is perfect for human kids.

And because I just can't help myself, I'll include here that goat milk has a finer curd than cow's milk, which makes it 'closer' to human milk than cow's milk, so if you still want to drink milk that comes from an animal, goats milk may be an option for you to choose from.





However, it would seem that if we truly want optimal health, then drinking the milk of animals might not be the best option at all.

This is where nut milks come in.

Nut milks are rich in good fats, and lots of other bioavailable nutrients.

They are also generally free from **GMO's** and all the other garbage we have already chatted about.

So here are the **Healthy Non-dairy Alternatives**:

We have:

1. **Coconut Milk**
2. **Cashew Nut Milk**
3. **Almond Nut milk**

Basically you can use any nut you like for your nut milk.

Number 1 - Coconut milk.

Coconut milk is a good option if you want something that's extra creamy.

I usually make my own coconut milk by diluting coconut cream (it's much more economical that way).

I try to always buy coconut cream that comes packaged in cartons or is packaged in BPA-free cans.

All other nut milks are actually pretty easy to make yourself at home.

It's always better if you can make your own nut milk. **Store-bought nut milks can still have additives to extend their shelf life**, and even store-bought





organic nut milks sometimes have added ingredients like careegenan which may or may not be healthy.

As always, my position is, avoid if there is doubt, and make your own when I can. But if I'm out and about and can't make or take my own. I'll still always choose nut milk over dairy any day of the week.

There are more Milk Alternatives, so let's quickly explore why I prefer nut milks over all others.

Soy milk has somehow crept in as a healthy milk alternative but it is far from it - **almost 90% of all soy grown in the world is genetically modified.**

Besides this, there is also much evidence proving that consuming any kind of soy is detrimental to our health, even if you can get certified organic soy.

There are other alternatives like Rice Milk and Oat Milk. Unless you have a nut allergy, I prefer to stay away from grain based nut milks, specifically because they are higher glycemic, which means they can spike your blood sugar levels. They are also not as tasty anyway!

So my top three picks are Coconut, Cashew and Almond Nut Milk.

Nut milks are SO easy to make - and because I want you to be empowered with ALL the info you need to start taking simple baby steps to eating the Clean Eating Lifestyle, **I have included a bonus video here for you to show you just how simple they are to make**, so be sure to check it out once you've finished watching this video!





BONUS CONTENT SECTION:

I really wanted to make this 3 part Video Series extra special for you, so not only am I going to show you **how to make these 2 basic Nut Milks**, but I'm also going to show you **how to turn it into a delicious chocolate flavoured nut milk!**

That's 3 recipes-in-one!

This is one of my favourite things I love to do - figuring out ways to save time in the kitchen, which I know you can appreciate.

I take one recipe and find multiple ways to use it in a number of different recipes. It's much easier to adapt one recipe than to keep having to learn new ones.

I do this with many of my clean eating recipes that are featured in **The Fresh Life Internal Makeover Program**.

I love finding easy and delicious ways for the whole family to enjoy clean eating. Life is busy enough as it is, I totally get it, you are the Superwoman that holds your family together, so anything you prepare at meal times, needs to be quick, practical, easy-to-make and totally delicious.

And because of these reason, most of my recipes are designed to be made in 15 minutes or less.

And because I know you are an awesome Superwoman who would absolutely love the simple principles and baby-steps I have outline in my signature Clean Eating Program, I am including a link here for you to join The Fresh Life Internal Makeover Journey.

This Program is my passion project, its what I've poured all my 4 years of research and experience into, and I have spent countless hours, condensing these insights down, into a simple yet profound step-by-step formula, which





you will be able to use to change the way you and your family eat and live, for the better.

If you want all these insights, plus a map to help guide you on your own healthy journey, as well as have the support of other like-minded women, then you owe it to your self to click on the link and find out more.





SUMMARY SECTION:

So, to recap what we discussed today, here is the ultimate Milk list, from the Healthiest Milk Alternatives down to what the best *dairy* Milk choices are:

Non-dairy options include:

#1 Coconut Milk (or Coconut Cream).

#2 Almond or Cashew Nut Milk or any other nut based milks!

Don't forget to check out the bonus video on how to make your own.

#3 Oat Milk or Rice Milk.

And then we have your dairy options, which starts with your best option:

#4 Raw, unpasteurised, *certified organic* Milk.

#5 *Certified organic* Milk.

or give **Goats Milk** a try!

Stay away from commercially produced milk, and stay away from soy milk too.

Learn to make your own Healthy Milk Alternatives.

The bonus video shares how I use natural sweeteners to make nut milks taste great which helps the family enjoy the change.

Show them this video so they can also get informed and on side with you introducing those healthier milk alternatives.





HOMEWORK SECTION:

Share with us what you thought of this video!

Are you open to trying a Milk Alternative now?

Do you already drink a Milk Alternative?

Share with us your favourites.

Try making the nut milk recipes, and jump back here and share your experiences with us in our **Fresh Life Community** (Private Facebook Group).

I trust these videos have served you well and that any questions you had about milk have now been answered.

I trust that you feel more informed, more empowered and more in control of your and your family's health. Of course, I would love to see more of you, and I look forward to sharing even more delicious discoveries, and healthful insights with you when you join **The Fresh Life Internal Makeover Journey**, my 6 week Clean Eating Program. Don't forget to click the link through to find out more.





WHAT'S NEXT? SECTION:

If you have any questions please don't hesitate to contact me! I would love to hear from you at sam@freshlifejourneys.com

Until then, keep gently moving towards your healthiest you. Keep questioning and experimenting with this amazing thing we call food, this thing that sustains us, and nourishes us... and keep loving yourself, on this, 'Your journey to heal-Thy Self'.

THANK YOU!

Thank you so much for watching, and I look forward to seeing you on **The Fresh Life Internal-Makeover Journey**. See you soon.





BONUS VIDEO - HOW TO MAKE YOUR OWN NUT MILK

I am going to show right now, just how easy it is to make either Almond or Cashew Nut Milk, so you can see just how quickly and easily you can make this for yourself and your family at home!

But before we do that, I have a couple things to share with you.

You can soak your nuts if you want optimal nutritional value from your nuts and less enzyme inhibitors.

Nuts usually contain enzyme inhibitors which are easily disarmed through soaking them for a few hours.

I occasionally do this, but it's not necessary for you to do this before making your nut milks.

All you do is cover the amount you are going to use with some water with 1 to 2 pinches of sea salt diluted in the solution, for a few hours or overnight before you need them.

If you're anything like me, you may not always have the time to soak, so I just throw the ingredients together and I still get a pretty good end result.

You need:

1 handful or ½ cup of Nuts

500 ml (½ quart / litre) Spring Water

A Nut Milk bag, or cheesecloth.

Investing in a decent nut milk bag has been the best thing I could have ever done.

If you did pre-soak your nuts then rinse them before you start.





Then add the nuts and water to your blender and blend - THAT'S IT!

-Blend-

This is your most basic nut milk.

You can add **Dates** or any other **Natural Sweetener** - and you now know from last weeks video which ones are the best!

I usually add 2 or 3 for this much Nut Milk and of course, nothing unhealthy about a few Dates here and there.

-Blend-

I usually make small batches because it's so delicious and creamy when its fresh, plus it will go sour after a day or two.

So this is your sweetened Nut Milk base and you can use to make a flavoured nut milk.

But if you want an extra short cut - and I'll admit most times, I don't remember to soak nuts ahead of time... **Cashew Nut Milk** is the quickest, easiest and creamiest to make!!!

Because I don't even have use the nut milk bag when I make cashew nut milk, how awesomely lazy is that!

I prefer to call it 'time efficient' thank you very much!

I just take a handful of Cashews, add some water and away I go!!

Thats it - I don't even strain it... the longer you blend the smoother and creamier it becomes...

I use this in teas, hot chocolates and of course cold flavoured milks... **which brings me to the next Secret Bonus: Turning your Nut Milk into a Chocolate Flavoured Nut Milk...**





Add 1 tbsp raw cacao powder, and a pinch of Salt and a little more Sweetener - my personal favourite is Maple Syrup.

And there you have it!

3 Recipes-in-one.

I hope you have enjoyed this little extra, and I look forward to sharing more of these awesome recipe hacks, and more delicious Sweet Healthy Treats in **The Fresh Life Internal Makeover Journey.**





REFERENCES AND RESOURCES

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Dr Francis M. Pottenger - *Pottenger's Cats: A Study in Nutrition*

The Price-Pottenger Story - The Price Foundation -
<https://www.youtube.com/watch?v=XPCOGSnpjP5w>

Dr T. Colin Campbell, Dr Caldwell B. Esselstyn - *Forks Over Knives*
(Documentary) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1380936/>

Dr Diane Feskanich - Study: *Milk, dietary calcium, and bone fractures in women: a 12-year prospective study* - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1380936/>

