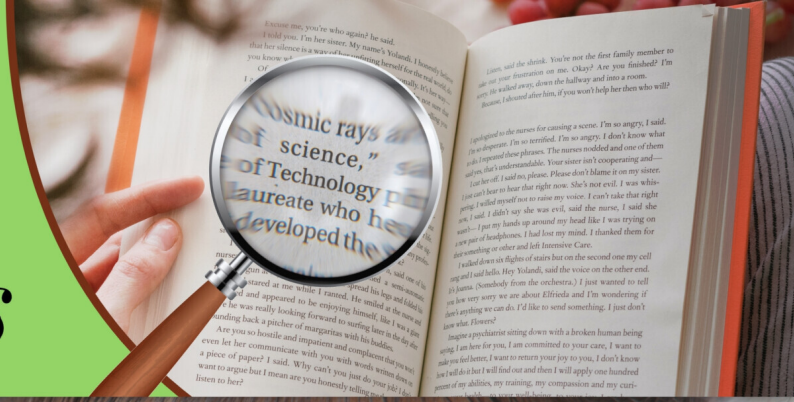


# BaronE Health Reviews



## Milk lobby onto schoolchildren

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*Holistic Natural Health Experts*

# About us

## Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

## How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

## What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

## Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

# Milk lobby onto schoolchildren

## Original article

<https://www.swissveg.ch/stop-laitalapause?language=fr>

*The next "Milk at Breaktime Day" will take place on Tuesday, October 31, 2023. As every year on this occasion, milk will be presented as a "healthy snack" to Swiss schoolchildren. This is a purely commercial advertising campaign, sponsored by Swissmilk and supported free of charge by our schools.*

*Once a year, the cow's milk lobby advertises in Swiss schools for milk that is presented as "healthy" and "natural". In all, more than 325,000 pupils across the country will be offered cow's milk drinks, which should encourage them to consume more dairy products. According to Swissmilk, the aim of the advertising campaign is to raise schoolchildren's awareness of themes such as health, pleasure and sustainability. But just how healthy, natural and sustainable is cow's milk?*

Right off the bat, this article introduces us to a school day dedicated to the consumption of a problematic food product, and we'll see why. This day is only possible thanks to lobbying by the dairy industry, so let's start by looking at what lobbying is:

"Lobbying refers to the activity of influencing or exerting pressure on political power. A lobbyist is an actor who carries out this activity, and a lobby can refer to all lobbyists in a given sector (automotive, agri-food, etc.). A French translation would be "groupe de pression" or, less negatively connoted, "groupe d'influence".

Reflecting the strong interplay between political power, economic power and civil society, the lobbying phenomenon can be seen either as a weakness of democracies (through the ability of powerful players to impose their views on a weak power), or, on the contrary, as a sign of democratic vitality (through the ability of power to take account of the expectations of civil society). The connotation of the term is very pejorative in French (we'll speak of a "lobby" for defenders of the oil industry, but more rarely for defenders of human rights or the environment). Lobbying is then seen from the angle of the interference of large corporations, particularly the most socially indefensible (tobacco lobby, firearms lobby), as a brake on political measures bringing about social or ecological progress."

[Lobbies, lobbying, groupes de pression ou d'influence \(JBB\) octobre 2021.](#)

Here, lobbying is used in its negative version: defending the interests of a group, Swissmilk, to the detriment of collective health, animal protection and ecology.

But before developing these points, don't we have an important problem here? How can we accept lobbying in schools?

Public schools are paid by public money, and private interests have no place here. Reality shows otherwise. We therefore have a major ethical problem that doesn't seem to move the authorities responsible for enforcing the principles of neutrality to which public schools are subject.

What's more, the promotion of dairy products runs counter to the WHO's recommendations (we'll come back to this) on healthy eating, and the WHO too is under the influence of lobbies, but there's a limit it can't go beyond, whereas the school does it without a problem.

# Milk lobby onto schoolchildren

Swissmilk's stated aims of "raising schoolchildren's awareness of themes such as health, pleasure and sustainability" are in fact: to raise schoolchildren's awareness of themes such as illness, addiction and unsustainability.

*Strong bones thanks to cow's milk?*

*As part of this campaign, Swissmilk presents milk as "a convenient snack, rich in vitamins and calcium" and stresses the importance of a healthy diet for children.*

*"They should consume three dairy products a day, for example a glass of milk, a yoghurt and a piece of cheese. This also applies to adults. "*

*But is milk really as healthy and good for the bones as we're led to believe? On the contrary: osteoporosis (bone loss) is more prevalent in countries where milk consumption is higher, such as Switzerland.*

The article rightly points out the absurdity of Swissmilk's "recommendations". We'd laugh if it weren't so serious.

In the light of today's extremely advanced knowledge of foods and their impact on our bodies, dairy products no longer have a place in a healthy diet.

Why is this? Let's take the case of osteoporosis, rightly discussed here. [The osteoporosis map](#) should be displayed in every school (and doctor's surgery). Instead of indoctrinating, the school would be teaching.

What does this map show? The higher the milk consumption, the higher the osteoporosis. So how is it that Swissmilk is allowed to spread its misinformation in schools?

What is osteoporosis? Osteoporosis is not caused by a lack of calcium.

Osteoporosis is an imbalance between bone resorption and bone formation. Throughout our lives, bone is remodeled by these two counterbalancing mechanisms. You can find out more about osteoporosis in our webinar series on natural medicines - webinar no. 55.

Osteoporosis is an imbalance in which bone resorption becomes predominant, weakening bone structure.

Of course, bone formation requires the following nutrients:

- Minerals such as calcium, magnesium, silica, phosphorus, zinc, etc.
- Vitamins such as D, C, K, etc.
- Hormones such as estrogen, testosterone and calcitonin
- Collagen and proteins involved in bone synthesis.

And on the other hand, the prerequisite for bone formation: physical activity.

Finally, we can add that certain medications, such as corticosteroid therapy, favour osteoporosis, as do certain chronic diseases such as Crohn's disease, and of course alcohol and tobacco consumption.

# Milk lobby onto schoolchildren

So we understand that osteoporosis is a complex subject, and that each case must be understood in the light of the individual's lifestyle and state of health. What is certain, however, is that consumption of dairy products FAVORS osteoporosis.

Why is this?

Dairy products contain bad fats, the famous trans-fatty acids (more in our book on healthy eating).

These trans-fatty acids destabilize the cell membrane, and therefore also the functioning of bone-forming cells. They can reduce calcium absorption, but above all, they generate systemic inflammation in the body. Inflammation leads to tissue destruction, which in turn promotes bone resorption.

The WHO recommends the following:

".. replace butter, lard and clarified butter with oils rich in polyunsaturated fats such as soybean, rapeseed, corn, safflower or sunflower oil;"

"Unsaturated fats (found in fish, avocado and nuts, as well as sunflower, soybean, rapeseed and olive oils) should be preferred to saturated fats (found in fatty meats, butter, palm and coconut oils, cream, cheese, clarified butter and lard) and trans-fatty acids of all kinds. There are industrial trans-fatty acids (found in baked and fried foods, as well as in snacks and pre-packaged foods such as frozen pizzas, pies, cakes, cookies, waffles, cooking oils and spreads), as well as ruminant trans-fatty acids (found in meat and dairy products from ruminant animals such as cows, sheep, goats and camels). "

*High milk consumption is also associated with diseases such as cardiovascular disease, cancer and diabetes.*

*What's more, during Milk Day at break time, not only pure cow's milk is served, but also sweetened milk flavored with strawberry or chocolate. High sugar consumption is in direct contradiction with a healthy, balanced diet, especially for children.*

The number of problems caused by dairy consumption is so great that an entire book would have to be devoted to it (as many authors have done). We have developed the most important ones in our book: Healthy Food: Your Fundamental Right.

Let's summarize the main ones here:

Whether through trans-fatty acids, lactose intolerance or the immune reaction triggered by caseins that our bodies cannot tolerate, dairy products generate intestinal inflammation in the majority of people who consume them. Children are no exception. This inflammation leads to intestinal permeability, affecting children's physical and mental health.

Endocrine disruptors are a proven and indisputable cause of breast cancer. And of course, dairy products contain their share of estrogens, especially since cows today produce 3 to 5 times more milk than in the 50s. Genetic selection, the use of hormones, antibiotics and other drugs, animal meal, GMO feed: everything is done to produce more and more. At the price of intolerable suffering for the animals and ever greater damage to consumer health.

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Highly toxic dioxins (persistent organic pollutants (POPs)) enter the food chain via animal products. Human exposure to these molecules is 90% via the diet (WHO data), notably through meat, dairy products, fish and seafood.

PCBs, another persistent organic pollutant, can be found in dairy products.

Pesticides and heavy metals are also present in dairy products.

And, to top it all off, the acidic environment caused by dairy consumption reduces our body's synthesis of vitamin D!

Even before advanced analyses identified all these problems, natural medicines were aware of their harmful effects. Of course, not all of them advocated the total elimination of dairy products.

Western naturopathy preferred a more or less modest consumption of whey or goat's cheese, while Chinese medicine knew nothing about the consumption of dairy products.

On the whole, the recommendations of natural medicine are the opposite of those of the dairy industry lobbies.

So where does this understanding come from?

It's actually quite simple. Milk is the specific food of the species concerned (mammals) to nourish the baby, from birth to weaning. As each species is different, each milk has a different composition and is only suitable for the species that produces it, making it difficult to use another species' milk to feed an orphan.

Small mammals (including humans) have an intestinal mucosa adapted to receive breast milk. It is more permeable, and therefore tolerant, to milk proteins.

Milk naturally stimulates mucus production to protect the digestive tract of newborns, but it's a disaster when consumed by children and adults, who develop excess mucus in the respiratory tract.

The production of thick mucus encourages the development of colds, sinusitis, bronchitis and ear infections. There are countless cases of children whose ENT problems have improved dramatically after eliminating dairy products.

Milk contains growth factors (such as IGF-1, "insulin-like growth factor") in addition to hormones, which are necessary for the growth of small mammals, but perfectly unsuitable when ingested by the young of another species, a weanling, or worse, an adult. Kids aren't calves, and they certainly won't grow like them.

So what happens to these growth factors ingested on a daily basis? Well, they boost growth-hungry cells like cancer cells.

So here we have one of the mechanisms by which dairy products promote cancer. The relationship between breast cancer and dairy consumption is indisputable.

Of course, dozens of other studies exist, and this is obvious to therapists with decades of experience. Better still, we have an additional causal element: the role of the bovine leukemia virus in breast cancer.

# Milk lobby onto schoolchildren

Systematically, when a study without conflict of interest ends up affirming what we know, other studies financed by the dairy industry "prove" the exact opposite. Worse still, the industry claims that dairy products protect against cancer...

An analysis of the methodologies used and the quantities of dairy products consumed in the studies reveals, unsurprisingly, numerous biases and even outright frauds. So it's not really difficult - and the same applies to many other study subjects - to prove everything and its opposite.

That's why at Holistic Natural Health Experts we don't make arguments based on studies. To be valid, an argument must be based on fundamental knowledge:

- anatomy-physiology,
- biochemistry and biology,
- the principles of Western naturopathy
- the fundamental theory of Chinese medicine
- common sense, practice and ethics

Let's get back to the growth factors contained in dairy products.

For children, these factors can stimulate excessive growth (so it's not uncommon for the "I eat dairy products all the time" generation to outgrow their parents by 20 cm or more).

This excessive growth, in relation to the child's genetic baggage, is not positive for his or her health, contrary to what one might think. Among other things, it can lead to osteoarticular pain and tendinomuscular fragility.

For children who consume 3 or more dairy products a day, as Swissmilk recommends, several systems are affected:

- the digestive system, with pain, cramps, flatulence, diarrhoea or constipation
- the pulmonary sphere, with mucus and various infections
- the immune system, with [allergies and food intolerances](#)

Given the above, is it worth the risk?

*Plant milk, a major competitor*

*What about plant-based alternatives to milk? Can they be served on Milk Day at break time? Swissmilk has taken a stand on this point: in this campaign, plant-based alternatives are not tolerated. Any action involving the distribution of plant-based drinks must be reported immediately. Clearly, Swissmilk has no intention of promoting a healthy diet, because a healthy diet is also possible without cow's milk or any animal products.*

Ouch, the moment has arrived when Swissmilk's behavior becomes unacceptable. Dairy-intolerant children, or those who simply don't want to consume dairy products, will have to refrain from snacking. Will they be allowed to eat their own snacks? Or will they simply be punished?

Swissmilk's negative lobbying is already a huge problem for public schools, but not to offer an alternative is unacceptable.

# Milk lobby onto schoolchildren

You can never force anyone to consume this or that product. Imagine the soya lobby organizing a soya milk day at break time, because soya is a healthy, nutritious, tasty and sustainable product (this time, it's true), thus forcing all pupils to consume it without offering any alternatives...

Clearly, the aim here is to indoctrinate children by using natural group pressure to make them conform to Swissmilk's food marketing desires. Few children will know how to resist and say no. Children's maturity is not sufficiently developed to oppose the natural authority of adults and resist the temptation to consume a product like "all their friends".

*There is a wide variety of plant-based drinks, all with different nutritional profiles. In principle, plant milk is no match for cow's milk. Soy milk comes closest to the nutritional profile of cow's milk - it even contains more protein and offers more health benefits.*

Please note that we're not talking about newborns who need formula milk, but about schoolchildren of ages ranging from 4 years upwards.

These growing children should be eating a healthy, varied diet... and as plant-based as possible.

Vegetable milk is not an essential part of a healthy diet, but it is practical, easy to consume and offers an incredibly wide range of tasty choices. So it's perfectly suited to children.

Plant milk can be drunk as is, or used to make smoothies, shakes, chocolate drinks, or mixed into snacks of cereals, superfoods or any dessert.

As the choice is vast, so are the nutritional benefits. Here are just a few examples of plant milks:

- Soy milk
- Oat milk
- Spelt milk
- Rice milk
- Almond milk
- Hazelnut milk
- Chestnut milk
- Tiger nut milk
- Hemp milk
- Coconut milk
- Cashew milk
- Pistachio milk
- Quinoa milk
- Macadamia milk
- Etc.

The nutritional diversity of these milks is incredible, and there's something for everyone. Presenting children with as wide a choice as possible during healthy food discovery days would develop their taste and curiosity. Plant milks are still too little known!

# Milk lobby onto schoolchildren

And then there's the mania for always presenting protein content as THE determining factor in a food. In the four examples shown in the table above (see original article), we can clearly see the diversity of nutritional protein intakes. How logical! You can't get the same protein content from a legume like soya, a cereal like oats or an oilseed like almonds.

A banana is not an apple and a radish is not a lettuce!

Let's get back down to earth! A healthy diet IS varied by nature. Nutrient levels vary from food to food, and each food has its own specific characteristics.

For the child, it's the whole of his or her daily diet that will provide all the necessary nutrients. When we see snacks made of orange juice or apple juice accompanied by sugar-laden cookies, nobody argues about the protein content (less than 0.8gr/100gr for drinks, 2-3 gr/100 gr for cookies with 80% sugar)!

Plant milks are just one way of consuming the legumes, cereals, seeds and oilseeds that mankind has been eating for millennia, without any need to consume dairy products!

Let's take the example of [Tiger Nuts](#):

Tiger nuts, also known as sweet pitch or ground almonds, originated in Egypt and are traditionally consumed around the Mediterranean and in Africa. Easy to grow, this tuber has been cultivated for over 6,000 years.

- Carbohydrates 50
- Fat 22% (including 18% unsaturated fatty acids!)
- Protein 7%

Also contains :

- Iron 6 mg
- Potassium 916 mg
- Magnesium 106 mg
- Zinc 2 mg
- Vitamin E 9 mg

Of course, you have to add the other minerals, vitamins and antioxidants, and finally 13g of fiber!

Tiger nut milk, prepared simply by blending the tubers (after soaking for 24 hours), then filtering, is one of our favorites.

Widely consumed by hundreds of thousands of children in Catalonia (before cow's milk became more important), horchata is a real nutritional gem.

Legend has it that the word "[horchata](#)" originated with James I (Jaume I), King of Aragon. During a trip to the Valencian region, a young girl served him a glass of this precious drink. Pleasantly surprised by the flavor, James I is said to have exclaimed, in Catalan, "Això es or, xata" ("It's gold, my little one!").

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The milk enhances Tiger Nuts' delicately sweet taste and creamy texture, thanks to its high lipid content. Containing less fiber than Tiger Nuts, it would be a perfect snack for children at school, guaranteed gluten-free and suffering-free.

*A recently published study by Agroscope also concludes that plant-based alternatives based on soy, almonds and cashews are good sources of minerals and trace elements. It adds, however, that most plant-based beverages "cannot replace [milk] in an equivalent way" and that "additional measures such as micronutrient supplementation are needed to compensate for nutritional differences".<sup>3</sup>*

Indeed, replacing the exact composition of cow's milk with plant milk makes no more sense than the reverse: cow's milk cannot replace soy or oat milk without reworking its composition.

*But should cow's milk really be replaced? In Switzerland, the average per capita consumption of milk is only 1.1 dl per day - a quantity so low that it hardly contributes to nutrient intake.<sup>4</sup>*

This is an essential question, because the subject is totally biased. Milk is not part of the human diet, nor that of any other animal on earth.

No carnivore, frugivore, herbivore, omnivore or anything else consumes milk! In fact, you can't find milk in the wild. The only way to get milk is to breed animals and take their milk while they're nursing their young or after they've killed their young.

So there's no equivalence to be had on a product that shouldn't be part of our diet and which is consumed by NO other animal on earth!

*In fact, this is the reason for Swissmilk's advertising efforts: on average, people in Switzerland consume "only" two portions of milk (or dairy products) a day, instead of three. While plant-based alternatives to milk are becoming increasingly popular,<sup>5</sup> consumption of cow's milk has fallen considerably in recent years: in 2011, per capita consumption in Switzerland stood at almost 64 kg per year; by 2021, it had dropped to 47 kg. Per capita consumption has therefore fallen by 42% in 10 years.<sup>6</sup>*

Indeed, nutritional value is just an excuse, since the real motivation is purely commercial. The 42% drop in dairy consumption reflects the realization that less or no dairy makes you feel better, rather than the motivation to stop the needless suffering of "milk production".

# Milk lobby onto schoolchildren

*No pleasure for the cows*

*Milk advertising presents the image of a happy Swiss cow. Yet dairy cows endure hardship on a daily basis - but this reality is little known to the general public. According to a survey carried out by Proviande, less than one in two people know that a cow has to give birth to a calf in order to produce milk. We can therefore assume that most people are unaware of the sad living conditions of dairy cows. To constantly produce milk, cows are regularly artificially inseminated, spending a large part of their lives in gestation. They are separated from their calves immediately after birth: if it's a male, he's sent straight to the slaughterhouse. Contrary to the image conveyed by advertising, the life of a "livestock" animal in Switzerland is far from idyllic.*

Today, in 2023, to discover that less than one in two people know that a cow must give birth to a calf in order to produce milk is appalling.

It just goes to show the extent to which the lobbies have taken control of the media. Without complete and honest information, it's impossible to make choices in line with our values and our desire to eat better.

The ordeal of animals subjected to dairy farming is immense. Today, a dairy cow can produce up to 60 liters of milk a day (compared to around ten liters 70 years ago). Just imagine the pain! Mastitis will affect half of them. Forced insemination was brutal, and even more so was the separation from their young at birth. Finally, their short lives will end in the slaughterhouse, when they are exhausted and can no longer produce enough milk.

Crammed into sheds or cowsheds, in the cold, heat, concrete and dirt, the reality contrasts dramatically with the advertising that presents you with pretty, clean cows in green pastures under a radiant sun with tall trees providing pleasant shade.

In reality, even for the minority of dairy cows who will ever see pasture, they will continue to suffer from everything else. In fact, many of them have difficulty moving over rough terrain, limp or have swollen pasterns; flies, lack of shelter and stagnant water aside. The return to the barn is automatic, as milking relieves them of their swollen and painful udders, which will become swollen and painful again the very next day.

We are fully in the age of falsification.

*Unhealthy, unnatural and unsustainable*

*Milk consumption is anything but natural, healthy and sustainable. That's why more and more people are turning to plant-based alternatives, while cow's milk consumption is on the decline. Advertising efforts such as Milk Day at break time are just one of Swissmilk's attempts to counteract this trend.*

Dairy products are among the most absurd foods to promote. However, they are part of the logic of animal husbandry. Breed calves, dispose of them as useless waste, or fatten them up and kill them as calves (veal) or as steers (beef). Exploiting cows for their milk, replacing them with female calves. It's all part of this abusive cycle. The basic principle is the same for goats and sheep.

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Victims of breeding, these **poor animals** will experience illness, accidents, degenerating calving, oblivion, loneliness and painful death. Cows are often sent to the slaughterhouse pregnant, because weight is money! This perfectly useless amount of suffering is not even profitable for small farmers, as it is too costly for what it brings in. Producing a plant-based alternative to the recent "all-dairy" culture would be far more profitable for farmers. There'd be no need to dirty our consciences or our hands.

Swissmilk's use of the term "sustainable" for dairy products fits in perfectly with today's fashionable inversion of words.

Dairy products are anything but sustainable:

- an ecological disaster (food wastage linked to breeding, trade in hormones from blood farms for forced insemination, diseases and antibiotic resistance linked to breeding, pollution linked to excrement and other waste, etc.).
- a health catastrophe (increased risk of cancer and other diseases, allergies, food intolerances, etc.) and transmission of infectious diseases to humans (bovine tuberculosis bacteria, bovine leukemia virus, listeriosis bacteria, etc.).
- a moral and ethical catastrophe, with all the unnecessary animal suffering it entails
- an economic catastrophe (bankruptcy of small farmers, public subsidies poured into the livestock industry at a loss)

Without going into too much detail, we can only approve an article like this, which quite simply highlights the dysfunctional nature of public institutions, with their more than dubious cronyism between multinationals and public companies.

It's up to each and every one of us to draw the consequences of such propaganda at school.

# Join Our Experts

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Holistic Natural Health Experts are your guide to experiencing peak health. Learn with our experts how to create your most thriving and regenerative life.

Your health is the most important asset you have. Learn how to live in optimal health, and overcome challenges with personalized holistic solutions.

Whether you prefer to learn through one-on-one coaching, webinars, ebooks, or articles, our virtual clinic is available anytime, anywhere, offering you a comprehensive platform to support your growth.



### You may benefit from our support in a range of situations including:

- Identifying optional medical procedures and evaluating the pros and cons of each
- Understanding medical test results and reports
- Find natural products to replace pharmaceuticals and chemical treatments when possible
- Ideas for staying healthy and protected while traveling and on vacation
- Strategies for improving your health at work
- Deepened understanding of how your life choices impact your health
- Clarifying health goals that are meaningful and achievable
- Developing a vision of your optimal health and thriving for longevity
- Any other personal requests or concerns on any health related issue



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