

# Devil in the Milk

Illness, health and politics  
A1 and A2 milk

KEITH WOODFORD

This groundbreaking book is the first to be published internationally that examines the link between one of the proteins in the milk we drink and a range of serious illnesses, including heart disease, Type 1 diabetes, autism and schizophrenia.

These health problems are linked to a tiny protein fragment that is formed when we digest A1 beta-casein, a milk protein produced by many cows in New Zealand, Australia and other western countries. Milk that contains A1 beta-casein is commonly known as A1 milk, whereas milk that does not is called A2. Originally all milk was A2 until a mutation affecting some European cattle occurred some thousands of years ago. Herds in much of Asia, Africa and parts of southern Europe remain naturally high in A2 cows. A2 milk from selected cows is now marketed in much of Australia, and in parts of the USA and New Zealand.

In *Devil in the Milk* Keith Woodford brings together the evidence published in more than 100 scientific papers. He examines the population studies that look at the link between the consumption of A1 milk and the incidence of heart disease and Type 1 diabetes; he explains the science that underpins the A1/A2 hypothesis; and examines the research undertaken with animals and humans. The evidence is compelling: we should be switching to A2 milk.

This is an amazing story, one that is not just about the health issues surrounding A1 milk, but also how scientific evidence can be moulded and withheld by vested interests, and how consumer choices are influenced by the interests of corporate business. *Devil in the Milk* is a book of enormous public importance.

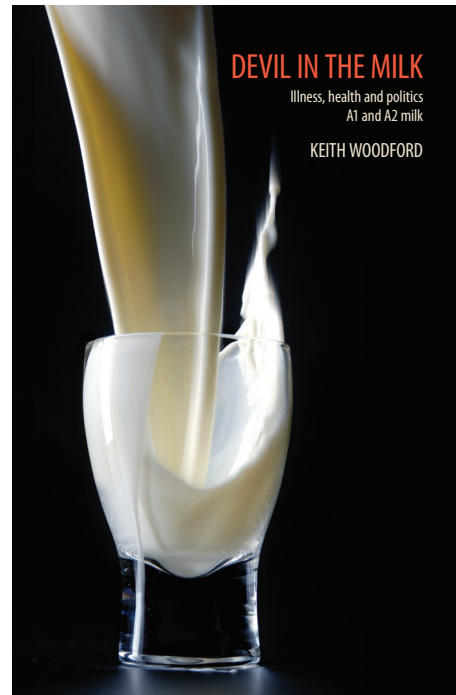
## SALES POINTS

Given that the consumption of milk is so widespread, the serious health issues that potentially arise from its consumption affect a large percentage of the population, and make the book relevant to an enormous number of people

The subject matter of the book has the potential to become a health issue of huge national and international significance

As a professor at a New Zealand university, the author has the credibility and academic standing to be taken seriously on this issue

The author is a prominent media commentator on agribusiness matters, and is certain to get wide media exposure for this controversial subject



*I believe this is an important book. Critics should think carefully and avoid knee-jerk reactions.*

Professor Sir John Scott, Professor Emeritus of Medicine, University of Auckland

*I have read Keith Woodford's book with interest and can verify that the aspects that I know of personally have been presented accurately. This is a very interesting story, which has broad implications for aspects of medicine and nutritional research.*

Professor Garth JS Cooper, Professor in Biochemistry & Clinical Biochemistry, University of Auckland

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## ABOUT THE AUTHOR

KEITH WOODFORD is Professor of Farm Management and Agribusiness at Lincoln University, New Zealand with a background in farming systems, agribusiness and international rural development. He has worked on rural development and education projects in Cambodia, Papua New Guinea, Vietnam and Sri Lanka and also undertaken consultancies in many other Asian countries. His research interests are diverse, but in general relate to the broad question as to how agribusiness firms (including farms) and industries can achieve and sustain a competitive advantage.

Until 2000 he was Reader in Rural Management at the University of Queensland, and his PhD in new industry development is from there.

Keith is closely involved in the dairy industry and he is a regular commentator on agribusiness issues in the New Zealand media.