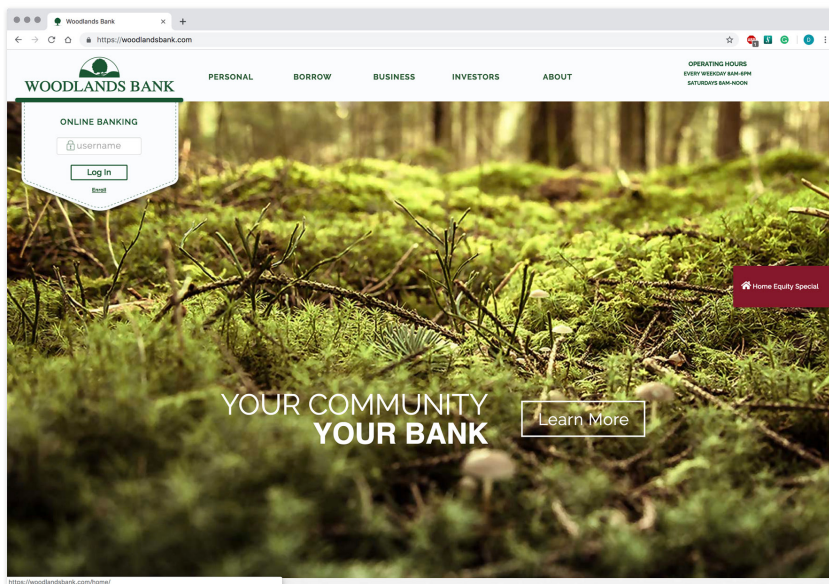
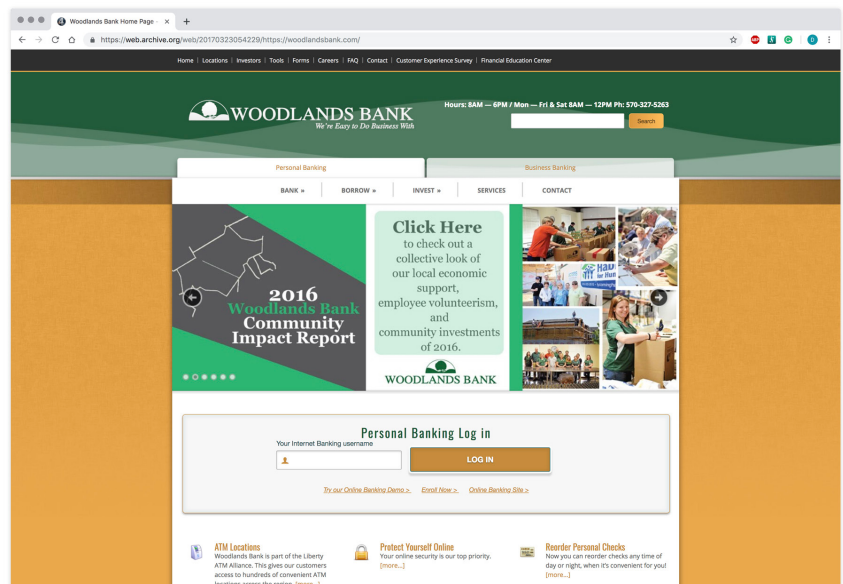




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MILK
IT DOES A BODY
BAD



SLURS FEBRUARY 2017

new science deserves more attention. "We need to realize the economic and health effects of drinking that much milk," says David Llewellyn, a professor in Cornell University's Department of Nutritional Sciences, "and the role that the dairy industry plays in setting the agenda."

Even as sales of sodas and other sugary beverages have soared in recent years, milk remains a popular drink for children, and for good reason. It's a convenient delivery system for a host of nutrients, most importantly calcium, which is essential for bone growth. Children who don't get enough calcium can suffer from impaired bone control as well as osteoporosis, a condition that weakens bones and can lead to fractures.

An eight-ounce cup of low-fat milk has 300 milligrams of calcium, or 76 percent of the guideline's recommended daily intake. A cup of yogurt has 450 milligrams, and six ounces of Swiss cheese has 275. But outside the dairy family, calcium is harder to come by. In order to get the amount of calcium in a cup of milk, you'd have to eat 10 slices of Swiss cheese, 100 almonds, or a few ounces of salmon with bones.

The scientist behind much of the new dairy research is William Miller, who leads the nutrition department at Harvard's T.H. Morgan School of Public Health. He's a former dairy farmer who grew up on a dairy farm and did his graduate work at

Findings: Willett discovered that adults who drank or ate large amounts of dairy seemed to have a higher risk of certain health problems than those whose diets consumed animal products in moderation. But he also found that the chemical analysis of dairy products explained this finding. Milk, which is designed to give young animals everything they need to grow, is a substance of great biological complexity. Willett and other researchers suggested that the proteins they observed could even form a range of different antibodies. This could mean that the chemical profile suggests lactose, and even an excess of what is milk's biggest selling protein: casein.

Willett is this and tall, with hazel eyes and a handsome manner. Soft-spoken and kind, he is, at least, a decent person. He is a healthy, middle-aged man, with a few wrinkles around his eyes. He has a friendly smile and a warm handshake. He is a man of many interests, including the Health Protection Agency's Follow-Up Study and the Nurses' Health Study, which track the diets and health of hundreds of thousands of women and men. He is particularly active in the epidemiology of cancer, which he has been studying for the last 20 years. He is also a member of the National Cancer Institute's Cancer Prevention Study, which is a large-scale study of the relationship between diet and cancer. He is also a member of the Nurses' Health Study, which is a large-scale study of the relationship between diet and cancer. He is also a member of the Nurses' Health Study, which is a large-scale study of the relationship between diet and cancer.

all of the available research to date, eight epidemiologic studies and one randomized, controlled trial have shown that calcium intake does not significantly decrease the risk of fracture in men or women. Last year, our study and the new study by the Women's Health Initiative group showing that calcium supplementation in the form of D-calcium reduced the risk of fracture in postmenopausal women drank less than one glass a day.

Most of the epidemiologic studies that show that there are two or even three glasses of milk a day are similar to the new study. A subsequent study turned up a weak result. With that, I would not recommend that a man or a woman drinking less than one glass a day should increase their intake. I think it is likely to be more important for those who consumed less than one glass a day to increase their intake. The new findings, a meta-analysis published in the *American Journal of Clinical Nutrition*, suggest that the benefits of calcium supplementation in dairy products, may increase total protein intake as well. The findings also show no evidence that the status for sex, age, weight, or ethnic differences affects calcium consumption and disease. Women, in so far as we could understand the biology of calcium, are not different from men. The new findings and studies here implicate D-calcium as a component of calcium that is important for bone health. The new findings also suggest the formation of free radicals contributes either directly or indirectly to calcium excretion, and hence, and cause. After we have more information about the mechanism of calcium and vitamin D, we will understand better the relationship between calcium and vitamin D and bone health, and we will understand better the relationship between calcium and bone health, and we will understand better the relationship between calcium and bone health.

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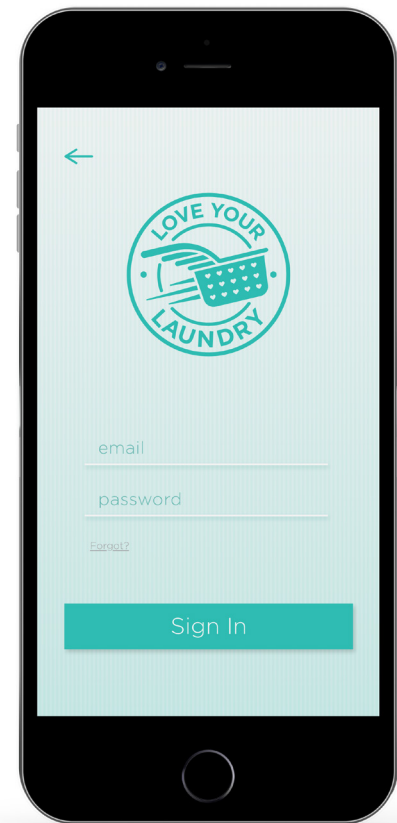
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