

## **Questions on Notice – Jackie Norman**

### **From page 41, The Green Protein Report**

The Green Protein Report is a 90-plus page document written by co-authors Jasmijn De Boo, ex CEO of SAFE and Dr Andrew Knight, a vet and Professor of Animal Welfare and Ethics, during their time in New Zealand. The report, published in April 2020, contains 315 reference and details exactly what is wrong with New Zealand's current agricultural system and how it needs to change. I have attached this report for you in my accompanying email.

### **From page 41, research around health issues**

This link from the Physician's Committee for Responsible Medicine talks about both health concerns and the high incidence of lactose intolerance around the world, which I also mentioned. When it comes to validating the percentage of the world's population who are lactose intolerant, you don't have to Google 'what percentage of the world's population are lactose intolerant' and you will see from the results that the agreed consensus view is between 65 and 75%.

<https://www.pcrm.org/good-nutrition/nutrition-information/health-concerns-about-dairy>

This link from the US based Center for Nutrition Studies provides a brief rundown of ways milk can adversely affect your health:

<https://nutritionstudies.org/12-frightening-facts-milk/>

This piece written by medical professionals also demonstrates how and why milk is not good for the human body:

[https://www.huffpost.com/entry/dairy-free-dairy-6-reason\\_b\\_558876](https://www.huffpost.com/entry/dairy-free-dairy-6-reason_b_558876)

I can list links such as these until the proverbial cows come home. More comprehensive reports however include 'Dairy Does a Body Bad', which was published in September 2020, which was written and compiled by medical professionals including gastroenterologists. I have also attached this report in my accompanying email.

**Casein as a carcinogen** – This short video from T.Colin Campbell MD, shares his findings from more than five decades of global research into the effects of animal protein on the human body:

[https://youtu.be/WdMa\\_xh\\_bHE](https://youtu.be/WdMa_xh_bHE)

**The percentage of casein in cow's milk** – As before, you only have to Google 'what is the percentage of casein in cow's milk' to see that the agreed figure is around 82% casein to whey protein. However this article discusses the contents of cow's milk and how it compares with human milk in more detail:

<https://www.vivahealth.org.uk/resources/white-lies/comparison-between-human-milk-and-cow%E2%80%99s-milk-online>

## **The China Study -**

In the early 1980's, nutritional biochemist T. Colin Campbell, PhD of Cornell University, in partnership with researchers at Oxford University and the Chinese Academy of Preventive Medicine, embarked upon one of the most comprehensive nutritional studies ever undertaken known as the China Project. Ironically, Dr Campbell grew up on a dairy farm and expected his years of travels to conclude that the answers to the world's medical and malnutrition problems lay in consuming more animal protein. What he discovered, was quite the opposite, causing him to turn his back on everything he had once believed to be true. This book contains the findings from that project, and the decades of work which have followed. I have attached a brief summary of The China Study in my email and Dr Campbell's story and career can be found beginning page 7 of the next attachment transcript named CNS601.

## **Cornell University Certificate in Plant Based Nutrition transcripts -**

As mentioned and requested at the hearing, I have attached two of the large transcripts from the Cornell University Certificate in Plant Based Nutrition, which I graduated in May of this year. This online program has been taken by practicing physicians all over the world and is created by eCornell and the Center for Nutrition Studies with over 20 experts (MDs, PhDs, RDs, Rns). The course is seen as the leading teaching resource in its field.

The first transcript I have attached, titled CNS601 focuses on the effects of animal proteins on the body, mainly cancers. The second, CNS601 continues discussing the growth and prevention of cancers, and also how eating animal products manifests into heart disease. The lectures I mentioned featuring leading heart surgeon Dr Caldwell B. Esselstyn Jr begin on page 35.

## **From page 43 – Data on the increasing demand for plant milks globally**

Here is a link to a recent article documenting increase in demand in the US, which also predicts the global dairy alternative beverage market is expected to garner \$21.7 billion by 2022, registering a compound annual growth rate of 13.3% between 2016 and 2022:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7590279/>

This global report also states 'the global dairy alternatives market size is projected to grow to USD 36.7 billion by 2025:

[https://www.researchandmarkets.com/reports/5129015/dairy-alternatives-market-by-source-soy-almond?utm\\_source=BW&utm\\_medium=PressRelease&utm\\_code=xpnqs6&utm\\_campaign=1415178+-+Global+Dairy+Alternatives+Market+\(2020+to+2025\)+-+Changes+in+Lifestyles+of+Consumers+Presents+Opportunities&utm\\_exec=jamu273prd](https://www.researchandmarkets.com/reports/5129015/dairy-alternatives-market-by-source-soy-almond?utm_source=BW&utm_medium=PressRelease&utm_code=xpnqs6&utm_campaign=1415178+-+Global+Dairy+Alternatives+Market+(2020+to+2025)+-+Changes+in+Lifestyles+of+Consumers+Presents+Opportunities&utm_exec=jamu273prd)

The Good Food Institute also provides a good insight here:

<https://www.gfi.org/marketresearch>

If you click on the milk tab in this research report there are a lot of graphs/tables to provide some useful visuals.

## **From page 46 – Other alternative sources to get calcium**

Like iron, magnesium, and copper, calcium is a mineral. It is found in the soil, where it is absorbed into the roots of plants. Animals get their calcium by consuming these calcium-rich plants. So even though we are all conditioned to believe that calcium comes from milk and dairy products, the real source of calcium richness is the earth. Again, I could provide an endless list of resources but here are a few examples:

Calcium and strong bones, by the Physicians Committee for Responsible Medicine:

<https://www.pcrm.org/good-nutrition/nutrition-information/health-concerns-about-dairy/calcium-and-strong-bones>

Plant calcium vs cow calcium by Michael Greger, MD:

<https://nutritionfacts.org/video/plant-vs-cow-calcium-2/>

Getting calcium on a plant based diet, and why you don't need milk, by Australian nutritionist, Simon Miller:

<https://plantproof.com/calcium-on-a-plant-based-vegan-diet/>

This article lists no less than 75 plant foods which are high in calcium:

<https://begoodorganics.com/top-75-sources-of-plant-based-calcium/>

This Australian article states that tofu actually has a higher calcium content than milk:

<https://www.animalsaustralia.org/features/dairy-calcium-myth.php>

## **From page 46 – Research from New Zealand about the environmental impacts of the dairy industry.**

As mentioned at the hearing, most of the information I know comes from Dr Mike Joy, who has also made a submission. However, for speed and convenience I will include some links here:

The environmental and human health impacts of dairy intensification in Canterbury, NZ:

[https://www.researchgate.net/publication/335854308\\_The\\_environmental\\_and\\_human\\_health\\_impacts\\_of\\_dairy\\_intensification\\_A\\_CASE\\_STUDY\\_-\\_CANTERBURY](https://www.researchgate.net/publication/335854308_The_environmental_and_human_health_impacts_of_dairy_intensification_A_CASE_STUDY_-_CANTERBURY)

An example of recently paid out government subsidies attempting to clean up our waterways:

<https://www.stuff.co.nz/national/politics/121652598/government-pumps-700m-into-cleaning-up-waterways>

and another even more recent:

<https://www.beehive.govt.nz/release/wanaka-project-receives-3-million-boost-local->

## environmental-efforts

An open letter from Dr Mike Joy to New Zealand Prime Minister, Jacinda Ardern after recently winning the election:

[https://www.newsroom.co.nz/mike-joy-my-message-to-jacinda?utm\\_source=Friends%20of%20the%20Newsroom&utm\\_campaign=4fb4a742cc-Daily%20Briefing%203.11.20&utm\\_medium=email&utm\\_term=0\\_71de5c4b35-4fb4a742cc-97857323&fbclid=IwAR2XR9ABK8xjWDQ8c6nVyfmf\\_ZeQnWUvDV7n7VIHNObz8iROtDwc9HwxsZE](https://www.newsroom.co.nz/mike-joy-my-message-to-jacinda?utm_source=Friends%20of%20the%20Newsroom&utm_campaign=4fb4a742cc-Daily%20Briefing%203.11.20&utm_medium=email&utm_term=0_71de5c4b35-4fb4a742cc-97857323&fbclid=IwAR2XR9ABK8xjWDQ8c6nVyfmf_ZeQnWUvDV7n7VIHNObz8iROtDwc9HwxsZE)

I have also attached an article titled 'NZ dairy farming, milking our environment for all it's worth', in my accompanying email. While published in 2015, this paper is still relevant today.

### **Page 47 – Other negative impacts of the dairy industry on the environment.**

I recommend reading from Page 17 of the Cornell transcript, CNS601 by Bruce Monger, PhD, where he talks about water being a finite resource, greenhouse gases and the effect animal agriculture has had on fish. While he speaks from a US point of view, these problems are all global and all occur as a result of animal agriculture.

### **Page 48 – Clarification in regard to the Cornell Plant Based Nutrition course.**

I see at the end of the transcript that the Chairman asked for more details about the course I took in Plant Based Nutrition. As previously mentioned, this was done online through Cornell University earlier this year. It is an intensive six-week course and while graduates are not automatically certified nutritionists (although many go on to be), it gives them an excellent grounding in plant based nutrition. Many nutritionists and physicians around the world have graduated from this course, including NZ and Australian GP's who are becoming more curious about the role of plant based nutrition in preventing and reversing disease. There are several courses like these, such as one run by the University of Winchester in the UK, also another newly launched one run by Moving Medicine Forward, however the Cornell one is the most highly regarded and longest running to date.

I would also like to add a correction, if I may, where the Chairman said in regard to a supplementary question, 'Sixty years of research in COVID lockdown is fairly intensive. She spoke about Colin Campbell and some ridiculous number of years of research in six months'. At no stage did I say I did 60 years of research; it was T. Colin Campbell, the author of The China Study and founder of the Plant Based Nutrition Course who has to date completed around 60 years of scientific and evidence based research during his lifetime. I simply took the course during lockdown, over six weeks as explained above. It was indeed an intensive study period, but like many people I took the opportunity to upskill during that time. I hope this paints a clearer picture.