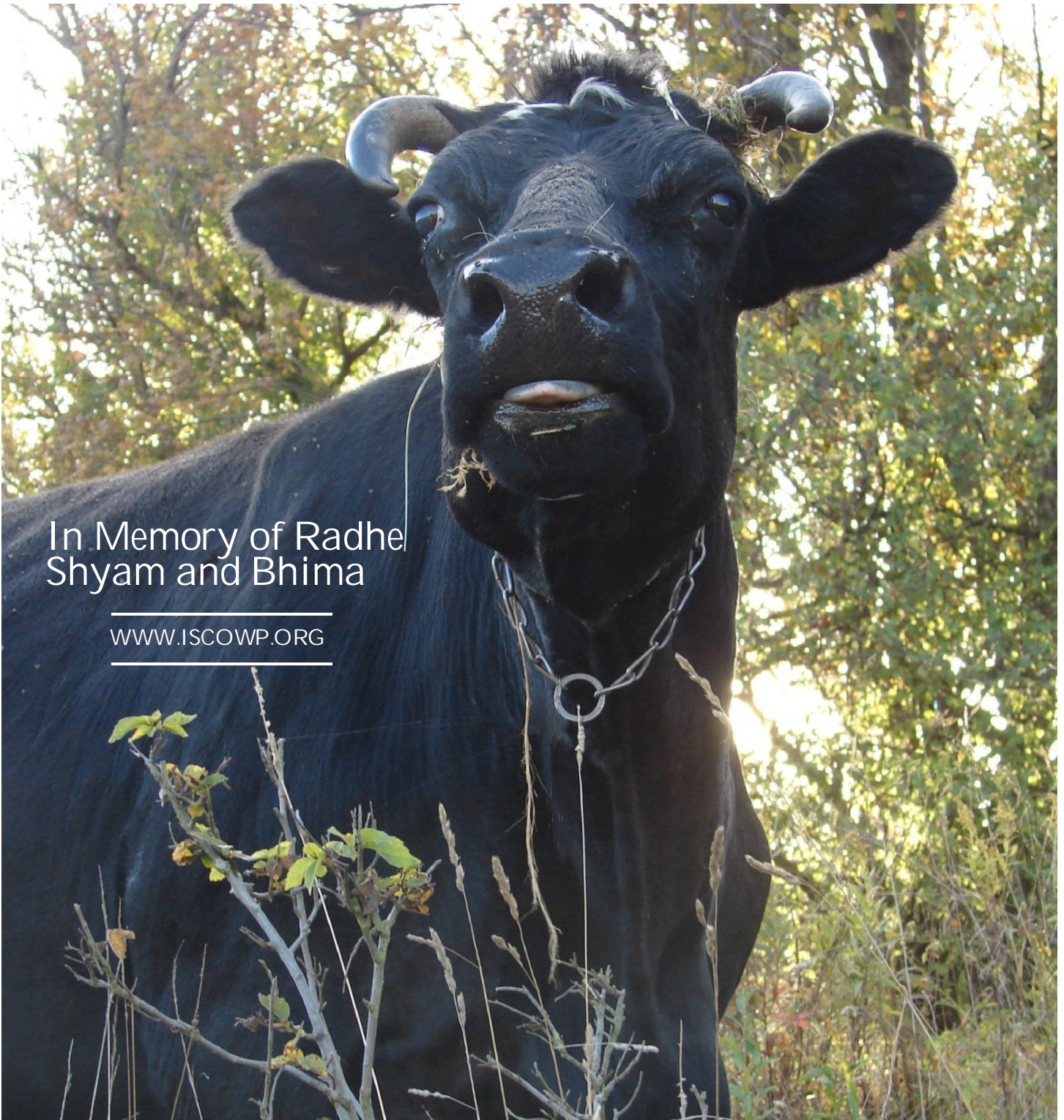


ISCOWP News



In Memory of Radhe
Shyam and Bhima

WWW.ISCOWP.ORG



Dear ISCOWP Members,



This issue is dedicated to Bhima and Radhe Shyam who passed away recently (pg. 3-4). We are greatly missing them and pray for their safe and joyous passing.

Since the last ISCOWP News, Balabhadra, ISCOWP president, became ill with Guillian-Barre Syndrome while traveling in Ukraine. This is a very debilitating disease with slow recovery. With Balabhadra being the main person on the ground, his illness has greatly affected us all and we have had to readjust our goals for this year. With your help, we have been able to carry on with the basic ISCOWP operation until Balabhadra fully recovers. Balabhadra's health update can be found on page seven.

We have discovered that the geriatric barn roof has been compromised due to the previous winter snows. Please help us replace this roof so the old and ill cows can be protected. You may find more information on page five. Thanks so much!

Yours, Chayadevi

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ISCOWP Profile

The official International Society for Cow Protection, Inc. (ISCOWP) was incorporated in the USA, March 1990, as a 501 (c) (3) non-profit, tax-exempt organization. William and Irene Dove (Balabhadra das and Chayadevi dasi) are its managing directors. They are disciples of His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, the Founder Acharya of the International Society for Krishna Consciousness (ISKCON). Through their spiritual master's teachings, they have imbibed the practices and benefits, both spiritual and material, of lifetime cow protection.

Cow protection means enabling cows to live out their natural lives with love and affection. The tenets of cow protection are universal and nonsectarian, available to all regardless of race, creed, or nationality.

Mailing Address

ISCOWP
RD 1 Box 322 A
Moundsville, WV, USA, 26041

Phone

1.304.843.1658

Donations and Financial Reports

USA tax deductible number: 23-2604082.

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www.iscowp.org/donations.html
www.causes.com/cowprotection

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Protect the Cows, Build the Barn Roof

www.iscowp.org/currentproject.html

Editor's note

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Internet

iscowp@earthlink.net
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Friends Pass Away

Bhima

Bhima is no longer with us. He left his body on May 21. On that day he was not seen with the herd. That afternoon I walked the forest trail that goes to the grove and follows the creek. Many places exist there where the cows like to rest under the canopy of the old, tall trees. He was not there. I took the route across the creek and through the shrubs to the top of the hill and he was not there. I figured he would show up the next day sitting under a tree along the border where the trees meet the pasture. I spent the entire next day looking for him on both sides of the creek where there are innumerable flat grassy areas amongst thorn bushes. Calling his name the entire time, I also looked on the other side of the farm where they had pastured last even though it was closed off from their current pasturing grounds. "Bhima, Bhima," I called but there was no answer.

At that point I asked Caitanya Bhagawat if he could look also. He came the next day with two other devotees and looked in the same areas and did not find him. Caitanya came the next day and looked again and I looked again that afternoon. Since there is so much growth due to the previous rains we thought it was possible we were walking right passed him as he lay behind some bushes. He was too arthritic to plow through or jump over a fence, so we became puzzled as to where he might be. Usually when a cow goes down there is much moaning and mooing from the cow and herd mates. We had heard absolutely nothing the day he went missing or the days after.

Too many days had passed since we last saw him to allow us to think he was still alive. Then I smelled something as I walked an area by the creek I had walked several times before. There is a stream there that cuts deeply into the hillside creating steep

banks, so steep I had to crawl on all fours up and down them looking for Bhima. I finally found him. He was completely covered over with bushes on one of the steep stream banks. I



Bhima weighed 1800 pounds and was six feet tall at the shoulders.

discovered there was a cow path about 18 feet directly above where he lay and a tunnel of broken bushes from that path to where he lay. He had tripped or lost his balance on the path and fell to his death down the steep embankment. His huge body had broken all the bushes and small trees as he fell. We are thinking it was quick as we heard nothing from the cows.

We had acquired Bhima in 1995 when he was a baby. At that time we had started an ox training program at NV for oxen and teamsters. Tripada das was training with Bhima whose partner became Bhumi. In the fall of 1996, Bhima knew all his commands and was logging. He was 17 years old in cow years which is an old age for a cow. That would be about 85 years old in human years. During those 17 years he was adopted by Mike

Mahler, Janesa das Willmon, Anonymous, Nisha and Radha Shakti Chopada and Sundeep Aahyaru.

I particularly liked Bhima. He was so huge, weighing 1800 pounds and 6 feet tall at the shoulders. Despite his huge size he was always gentle and you could safely pet him without fear

of being pushed or horned. He also seemed to have that extra intelligence that surpasses the usual animal consciousness. If you would talk to him he would seem to be listening with attention and compassion.

He was having difficulty with arthritis in his back legs for about 2 years. We were giving him some medicine for it, but nothing seemed to make much of a difference. Last winter we put him in the geriatric barn as it seemed he was having trouble in the other barns with the rest of the herd. He had been the herd leader after Gita left his body and the younger males like Priya (Brahman) were challenging his position. When it came spring time we debated about letting him out with the rest of the herd. We knew that it was a strong possibility that he may trip somewhere, hurt himself and not

be able to get up. It was obvious he wasn't getting better. With such a huge body, life would be short after falling if we were not there to get him up or turn him which would also be difficult due to his weight and size. Balabhadra thought that it would be better for Bhima to have some good days pasturing in the lush green grasses of spring with the possibility of leaving his body in the pasture compared to being confined in the barn where we could watch him easily until death. He had been in the barn for 6 months and was eager to roam the pastures.

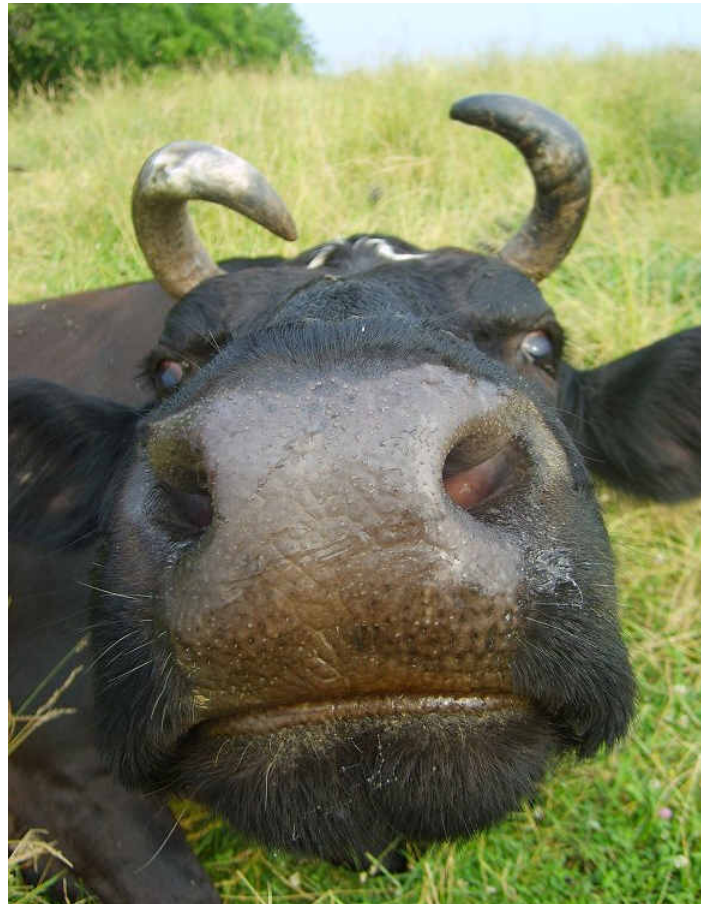
He was on pasture about a month and a half. The side of the hill at the entrance to the barns was his favorite place. From there he could watch all the traffic, both cow and human. When we switched pastures, the herd eagerly headed for the opposite hill where the grasses were very tall. I walked behind them and directly behind Bhima. He creaked loudly. You could hear the bones knock against each other. But, he eagerly kept going to get those lush grasses and seemed oblivious to the pain he must have been feeling. I was convinced that if he was to have some difficulty, best he have it in the middle of nature.

We are happy for him that his passing was quick and he did not have to linger in the barn by himself away from the pasturing grounds and the herd. Still, deep feelings of separation are there and we would have

liked to be with him during his final hour. We send our love and prayers to you Bhima, wherever you may be now.

Radhe Shyam

We found Radhe Shyam in the middle barn this morning (April 6, 2011). She had left her body. Just yesterday, she led the other older ladies out of the geriatric barn in a breakout onto



The curious Radhe Shyam.

Lakshmi's lawn. The four of them spent the day eating the fresh grass with enthusiasm. She seemed in good spirits and strength. After a full day eating fresh grass we got them back in with the other cows in the barnyard. Early that evening she could be seen with her friends chewing her cud.

We think during the night she fell and could not get up and in that way left her body. Madhava was standing over her when we found her in the morning. He was watching over her and sniffing and licking her. She was our oldest cow, somewhere in her mid to late twenties, which would make her 100 years old or older in human years. She originally came to us about

10 years ago along with Shyama who is now the oldest cow. They, along with a few others from the NV herd were grazing on the neighbor's property during the summer and decided to break out and come to our farm. We decided to keep all of them as they didn't want to leave. Radhe Shyam was al-

ways very motherly towards all the other cows. She had a huge appetite for special treats and apples.

This last year and half she had trouble keeping up with the herd on pasture. Several times we kept her in a private spot where we fed her separately. In this way she could regain strength before once again heading out on pasture with the rest of the herd. Last fall we kept her back in the geriatric barn as we did not think she would survive another trip out on the pasture. She surprised us all by surviving the winter and even appearing somewhat revived by the association of some of the older ladies in the geriatric barn. But her arthritis and old age caught up with her.

She will be lovingly remembered as a motherly old girl with a great love for tasty treats, including fresh grass. During her long life she was adopted by Shrutadev and Deanna Kaufman and Karthik and Kamatchi Venkataramani.

At the Palace of Gold which is a tourist attraction at New Vrindavana, her horn is worn by the Krsna deity in Srila Prabhupada's room. Krsna is known to call the cows by blowing his horn. Some of the tour guides explain how the horn came from Radhe Shyam. They then explain about cow protection and how Radhe Shyam lived a protected life till death. Thus, she will be long remembered.

Written by Chayadevi

Geriatric Barn Roof Needs Your Help!

The project that we would like to do this summer is to replace the roof on the Geriatric barn.

The Geriatric barn is our small barn which overall is approximately 70 ft X 70 ft. When we built this barn in 2004 we had access to some used tin roof from an abandoned coal mine. The price was right and we thought we would be able to plug the holes in the tin so it wouldn't leak. We did a pretty good job of plugging the holes, but it always seemed like the roof leaked. We sanded and applied a roof grade paint on the old tin but again the elusive holes seemed to hide and the roof leaked.

At the end of the winter when the snow had melted off the roof, we noticed a dip in the roof. After taking a look at the roof from the inside, we could see that the supporting rafters were bowing under the pressure of the roof. While replacing the tin we can reinforce the rafters.

Because we have at least 5 cows/oxen in the Geriatric barn during the winter we would like to provide them a dry and secure barn before the winter snow once again weighs down on the roof. By having a leak free roof we will also be able to ensure that the wood support system for the tin roof will last many years in good condition.

Last summer we replaced the old tin roof on the Big Barn with good quality tin roof. This new roof has a baked enamel paint coating on it and makes for a very strong and good looking roof. The roofing material we will use for the Geriatric Barn will be the same roofing material and both barns standing next to each other will be very functional and attractive.

We have done the pricing of materials and labor and we calculate the cost of replacing the old roof with the new roof to be:

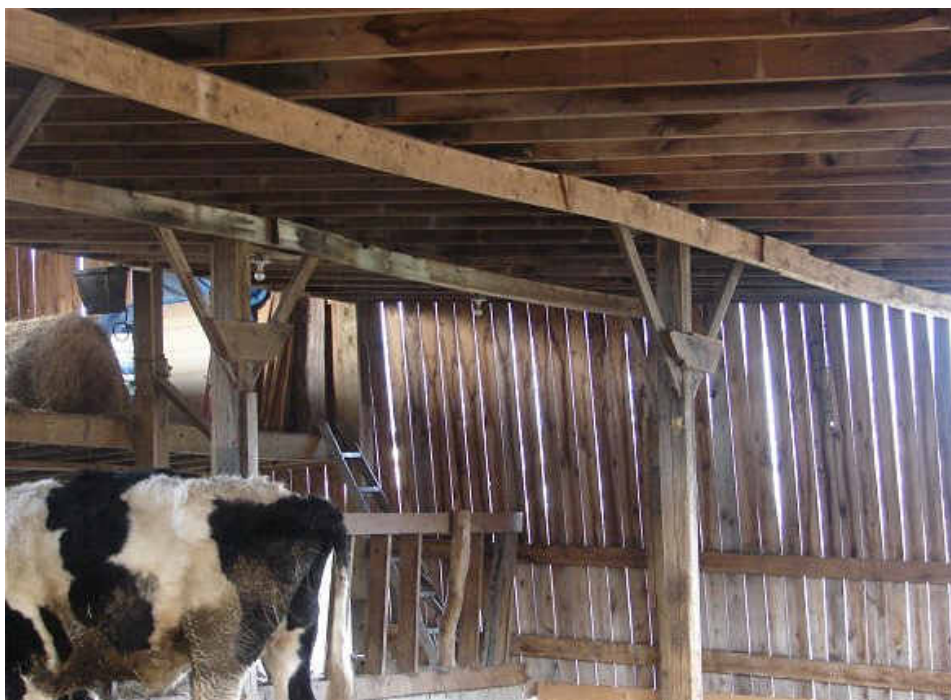
Tin Roof.....	\$3,500
Labor.....	\$4,000
Screws.....	\$...150
Lumber.....	\$...300
Nails.....	\$....50
Hauling old tin to recycle.....	\$...150
Total.....	\$8,150

Please help us get the geriatric barn roof replaced so the old, ill and disabled cows have a secure and dry place to stay. You can make a difference for them by donating online at:

www.iscowp.org/donatecurrentproject.html



The old cows stay in the geriatric barn in winter. Ill and disabled cows stay here also.



The bowing rafters in the geriatric barn while arthritic Bhima enjoys eating hay.



Krishna enjoying the lush green pastures.

ISCOWP Farm Update

Garden

Spring of 2011 was slow to manifest itself. This year we experienced the wettest April in recorded history. May was also a wet month this year. Not only was spring very wet but much cooler than usual with temperatures running 10-15 degrees below normal. We started many seedlings in the greenhouse in March: several types of marigolds, lavender, eggplant, okra, tomatoes, bell peppers, stock flowers, Brussels sprouts, tomatillos, zinnias, Swiss chard, zucchini, bitter melon, lemon cucumber and butternut squash.

In early spring we were able to direct seed into the garden lettuce, carrots, spinach and cilantro. We were able to get an early start on direct planting into the garden because there was no frost warnings from around May 10th onwards. We have had frost as late as May 21st in past years. Because of Balabhadra's health condition we have been hiring some friends to help with the preparation and planting of the garden. The garden this year is

Bottom photo:

140 tomato plants of mostly Italian Longhorn variety are mulched with grass clippings from the lawn. We have found this mulch excellent in keeping the weeds down and we have plenty of it. Fruit trees and berry bushes are in the foreground.



mulched with grass clippings from mowing the lawn. This will help in weed control tremendously and cut down on additional labor for weeding as the summer progresses.

June has also been a wet month this year. So, as we were able to plant the seedlings into the garden from the greenhouse, we had ample rain to keep everything moist. We have only had to water the garden once since setting out all the seedlings. Everything is doing very well and so far we are very happy with the progress and condition of the gardens. We were also able to get our tuberose flowers planted out early and will be getting flowers much earlier than last year.

Between last year and this year we have also planted 14 fruit trees: peaches, plums, cherries, persimmons and apples. We also moved our thornless blackberry patch to a new permanent place along with our gooseberries. We moved our volunteer comfrey plants to a new permanent place and they are doing great. So far we are harvesting lettuce, cilantro, pole beans, marigolds, Swiss chard, spinach and zucchini.

Cows

This spring we lost Bhima and Radhe Shyam who were 2 of our oldest oxen/cows. Radhe Shyam was the matriarch of the herd and was in her mid 20s.

Bhima was one of our oldest oxen and was the head of the whole herd. He was 17 years old and having difficulty with arthritis. You can read more about Radhe Shyam on page 4 and more about Bhima on page 3 of this newsletter.

The cows and oxen are very happy to again be on pasture after a long winter. We have had a lot of rain this spring and the pastures are very strong and full of lush grasses and herbs. The cows are all fat and healthy. They are already on their 3rd pasture change and loving every moment of unlimited pasture. The fly season is yet to start and this also makes the cows quite happy.

Syama is now the matriarch of the herd and Priya Vrata, our beautiful Brahman ox is taking over as the head of the herd. He is still not full grown but asserts himself without fear of the older and larger oxen.

Balabhadra's Health

On March 17, while in Ukraine, Balabhadra contracted a disease called Guillian-barre Syndrome. This disease attacks the immune system and strips the outer covering off the nerves resulting in paralysis. Balabhadra was 90% paralyzed in his hands, arms and legs. The disease can spread to the respiratory system causing the patient to suffocate if a respirator is not immediately available. Fortunately Balabhadra did not lose his respiratory system. Chayadevi, Balabhadra's wife, flew to Ukraine and brought him back to America where he spent 1 month in the hospital. The first step was to diagnose the disease and treat it so it didn't spread any further. After the treatment, the next step was to

immediately start physical and occupational therapy to regain the use of his hands arms and legs. There can be 100% recovery but it takes time as the recovery is dependent on the nerves rebuilding their outer coverings so they can send signals to the muscles allowing the muscles to function again. The doctors all say to

allow 9 months to a year for full recovery. Balabhadra is now able to walk somewhat, but his arms are still very weak and the hands still mostly paralyzed. There is slight improvement every day and hope springs eternal for a full recovery.



When the bags fill up with grass clippings, Mike dumps them in the garden for mulch.



The first time Madhava and Sri were on spring pasture.



254 hours working with oxen.

padayatra): 254 hours
LAND UTILIZED for
pastures and hay: 60 acres
LAND UTILIZED for fields
and vegetable: 3 acres
GRAINS: 1 ton
VEGETABLE: 750 kg

Oxen work was done by Jay
Baladeva Prabhu and me.
Mostly we used them for
plowing the fields and
vegetable plots, and a little
forest work.
PADAYATRA, solely!

sheltered and work out by
Jay Baladeva Prabhu and
his wife as their private
program. The padayatra
ran for about a week,
mostly in villages;
harinams, books and free
prasadam distribution.

Rest of country:

By wish and advice of my
spiritual master I went
around the devotees who
stay at village and spend
considerable time with
them. I have spent most of
the year at Central Slovak,
where most village
devotees had settled. The
numbers of their animals
are changing (many of
them do not have animals
because they try to be ready
first); together about 8
cows, some horses, and
many goats. There is still a
lot of work and they need
somebody to be more close
to them. They have many
children as well. This year I
worked mostly to support
them in terms of acquiring
more land for cows' safety,
as many devotees with
cows do not have their own
land. We have got
supporters and we have
developed a small team
which is capable to make
deals with locals. Finally,
with that small team we
were able to secure shelter
for 3 milking cows from
being slaughtered.

If you would like to know
more you can contact me at:
Mahaksa.KCS@pamho.net.

Ox Power in Slovakia

I am Mahaksa Das,
disciple of H.H.
Kavindra Swami
Maharaja. Since two years I
began to travel around
Slovakia in purpose to get
close to village devotees
and farmers. I was asked
by devotees to share our
activities with you.

First I want to inform you
that cows and agricultural
activities are going on there
by the strength and deep
dedication of Mukunda
Madhava Prabhu. So those
who were worry about the
cows or agrarian activities
because of Temple
President's, Mohana Rupa
Prabhu's change of status of
New Ekakra east Slovak
(during this year) to non-
farm project, should be
assured that the animals
and production are
secured. The charge was
fully taken by Mukunda
Madhava Prabhu, and we
work together.

ANIMALS: 8 cows 4 oxen -
working
OXEN WORK time (not



One ton of grains produced with oxen.



Mukunda Madhava Prabhu, is a Vaisnava who very seriously
protects 8 cows and 4 oxen. He is self-sufficient in providing
grains, vegetables and wood for his family of five.

All About You

Written by Renee Nelson

I have loved cows since childhood. My family bought two bulls – Angus and Hereford – and my sister and I were immediately smitten. We showered them with affection and treats and they, in turn, came running happily to the fence when they saw us.

The story did not have a happy ending. Blackie, my cow, was gone one day when we returned from school. A freezer arrived in the garage and soon after that, white packages filled it. I was devastated. I never did eat that meat, and though I continued to eat meat I hadn't met back then, losing Blackie ultimately inspired me to become vegetarian for most of my 20s. I went back to meat for a few years, but then again, because of my deep love for cows and all animals, I returned to vegetarianism. As of November 2010, I am completely vegan. An article about the dairy industry and the fate of male calves touched my soul to where my long-awaited transition to veganism came naturally.

I've been living in urban areas for many years now, yet there is still a wonderful way I can connect with cows. Beginning in 2008, I became attuned to Reiki, an alternative healing modality where practitioners channel Divine energy to their recipients.

Reiki was initially shared by Dr. Mikao Usui during the 1920s, originating during a 21 day spiritual practice. One of Usui's first disciples, Dr. Churijo Hayashi, began making connections between channeling Reiki and healing. What began as a way for individuals to deepen their own closeness

it is usually done by laying on of hands. Beginning with the second level, practitioners also learn to channel distance Reiki. The intent can be used to reach a recipient anywhere in the world. I have worked from my home in Canada with humans and animals as far as Australia. Reiki is not limited by physical distance.

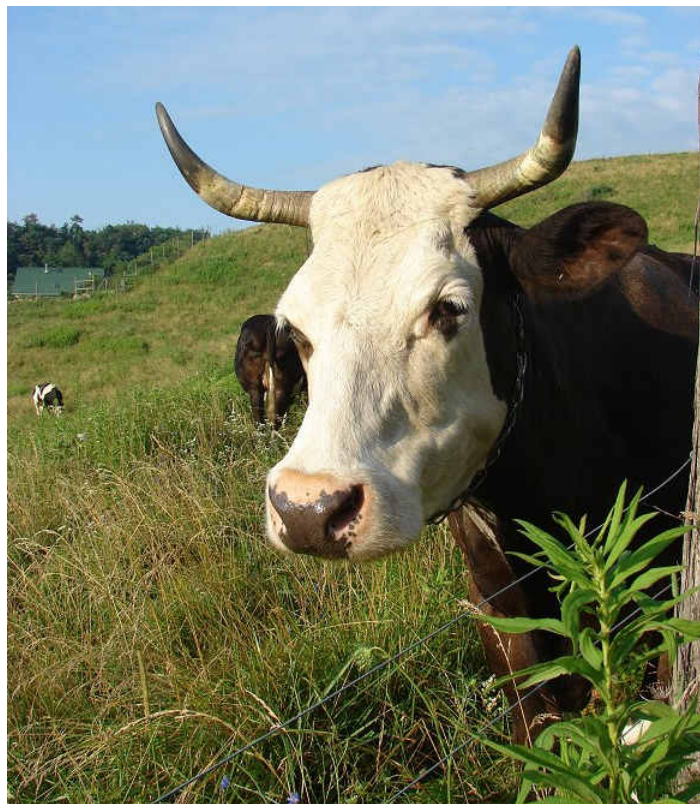
I am a long-time Integral Yogi who has loved the Hare Krishna movement

Reiki as karma yoga, and I started being blessed to share Reiki with some of the herd.

When I treat, I simply set the intention for the Divine energy to reach the recipient for their highest good. I believe it is the Divine's job to decide what that is. Mine is to create a connection.

Distance Reiki is no less beneficial than treating in person. I have tuned into specifics from a location far away. For example, an elderly cat's spine pain came through during our daily sessions between Canada and Texas. I was using her photograph and a stuffed cat as surrogate, and I felt the Reiki flow at a greater intensity around the cat's spine. Piglet was close to crossing over, and did the following morning. When I shared my feelings about the pain, the cat's owner was astounded. Piglet had begun lying much more comfortably during that session and remained so through her crossing. No one had previously told me about that pain. While Reiki is not a substitute for veterinary care, it is very complementary for the well being of the patient.

I have been blessed to serve a few of ISCOWP's sweet herd now. Big Shyam, Jaya, Nanda, Ujala, and Bhumi have all touched my life. Currently, my adopted cow, Kalki, is a frequent recipient of Reiki, as well as Radhe Shyam and Bhima. It is a beautiful way to honor such magnificent beings.



Kalki enjoying the pastures.

to Spirit evolved into a modality used on others.

A beautiful truth about Reiki is that it benefits both giver and receiver. It is impossible for the recipient to receive Reiki energy without it flowing through the one channeling it. In advanced treatment, Reiki can be channeled through the practitioner's eyes, but

from the first time I saw devotees dancing in London, England. I think I was 11 then. They were bursting with joy!

I discovered the ISCOWP site last year following a link from New Vrindaban Bloggers. As with my childhood cows, I was immediately in love! An e-mail later I offered my



Krsna and Balaram receiving training from Oleg at Vraja Bhumi Dhama, Ukraine.

ISCOWP in Ukraine

I arrived in Kiev, Ukraine on March 1, 2011. I was met at the airport by devotees from the temple and taken to the temple to give the lecture for the Sunday program. That evening I took an overnight train to meet Dhanesvara Prabhu who had organized a Varnashrama conference. I was again met at the train by devotees and we proceeded on a two hour drive to the village where the Varnashrama conference was being held.

There were 60 devotees there from Ukraine, Russia and as far away as Siberia. There were discussions on many aspects of Varnashrama Dharma. I was allotted a whole 1/2 day to speak on cow protection and its importance in rural community development. I passed out several issues of ISCOWP NEWS and other literature to the delight of the conference attendees. Part of my presentation was also a slideshow with photos of cow protection projects from around the world.

There was also a conference call placed with Oleg Prabhu who is heading up the Vraja Bhumi Dhama project in Bezvodnoe Ukraine. He spoke and answered questions via telephone for over an hour.

Everyone who attended the conference felt inspired and grateful for having the opportunity to take part in this three day Varnashrama conference.

After the conference was over I was taken to Dnipropetrovsk where I gave a class at the ISKCON Temple. That evening I took the overnight train back to Kiev and again was met at the train station and taken back to the temple where I stayed for 4 or 5 days.

The devotees in Kiev had organized several speaking engagements for me so my time was filled up speaking with different groups connected to the ISKCON Temple. About 150 Km from Kiev, I visited a devotee who had 11 cows/oxen. He had 2 oxen



Balabhadra giving Lilva and Slava's bull calf some basic training.



Lilva, Slava, their children and bull calf live about 30 Km from Kiev, Ukraine.

I visited Lilva and Slava and their wonderful devotee family who lived about 30 Km from the Kiev temple. They had 2 cows and 1 young bull calf. I spent the afternoon with them and did some basic training with them and their bull calf. We had a wonderful lunch together and discussed cow protection and the importance of the family farm in the development of the rural villages.



Balabhadra spoke about cow protection at the Varnashrama conference in Chernetchyna. Sixty devotees (not all in photo) came from Russia, Ukraine and Siberia.

who are about one year old and who he didn't have time to train or work with. We made arraignments for him to send these two oxen to Vraja Bhumi Dhama for Oleg Prabhu to train and engage in farm work on his project. I have received word and photos recently that these two oxen have arrived in Vraja Bhumi Dhama and have been named Krsna and Balarama and are under going training. This is very good news.

After Kiev, I went to a small village named Bezvodnoe which is an overnight train ride from Kiev to the south. Bezvodnoe is where Oleg Prabhu and his family are developing a project named Vraja Bhumi Dhama. This was my third visit to Vraja Bhumi Dhama since 2009. The project is based on cow protection and living close to the land depending on Krsna. Currently there are 54 cows/oxen. One of the goals of this project is to be able to supply milk products from protected cows to the local city temples. There are 3 temples within 2 hours drive from Vraja Bhumi Dhama. As the number of cows/oxen grow, Oleg Prabhu is purchasing land in the local area so that the cows will have enough land to graze upon as well as enough land to grow hay for winter feed. The village where Vraja Bhumi Dhama is located is atypical of many villages in the Russian speaking

countries. The youth have moved to the cities to seek their fame and fortune and turned their backs on a simple agrarian lifestyle. Consequently, there are old houses available which can be purchased relatively cheaply and repaired to provide homes for people interested to move back to the village and again try to live off the land.

Oleg Prabhu and his wife Tatyana have expressed to me their desires to develop cottage industries from agricultural products so the families

who come to live in the village can support themselves from the land and not have to go to work in the cities. Also of interest is the revival of the old crafts so that everything needed in the village can be produced by the local residents.

Oleg prabhu desires to protect 108 cows, oxen and bulls and understands the responsibility that this goal carries. Part of that understanding is training the oxen and engaging them in service. He has already trained one young ox named Shyam.



Shyam hauling hay.



The chanting of the holy names await the birth of a calf at Vraja Bhumi Dhama.

Q & A: Want Milk ?



The cow is very happy to see her calf and thus gives as much milk as possible. SB 1.17.3

Dear Bhakta Ravinjay,
Thank you for your letter
about your project research
on the benefits of milk. Your inquiries
and our replies follow.

I am doing a project on the benefits of cows (milk, urine, dung and the uses of bulls instead of tractors). Right now, I am researching about what different people have to say about milk. According to many You Tube videos, milk is bad. Well, it is obviously bad as they add additional stuff that supposedly makes it 'healthier.' However, the natural, Vedic way of milk coming fresh from the cow then to the boil can, as Prabhupada mentioned many times in his purports and conversations, develops the brain. So it is reasonable to know that all these calcium and other chemicals are added and isn't what milk actually is.

Issue 1:

I read Sita-pati prabhu's Atma Yogi blog and found out that too much

milk is actually bad for you and this is even confirmed in Kripamoya prabhu's blog:-

"If you are over 35, now is the time to lay off the paneer. Too many dairy products are beginning to be indicators for prostate cancer. Your sadhana will not suffer for lack of curd subji. Srila Prabhupada said – if I remember rightly – that our total consumption of milk per day could be one cup."

But this doesn't clear my doubts just yet. Here is what I found:-

"Milk is compared to nectar, which one can drink to become immortal. Of course, simply drinking milk will not make one immortal, but it can increase the duration of one's life. In modern civilization, men do not think milk to be important, and therefore they do not live very long. Although in this age men can live up to one hundred years, their duration of life is reduced because they do not drink large quantities of milk." SB 8.6.1 Purport

I also found another vegan supporting devotee just a few minutes ago; Madhava Gosh prabhu: <http://walkingthefenceline.wordpress.com/2008/09/05/time-to-live-in-the-here-and-now-milk-drinkers/>. This seems controversial. Prabhupada, on one hand said that one cup of milk is enough and in his purport says that one should drink large quantities of milk.

ISCOWP:

First of all not all milk is the same. This in itself is a whole topic. Milk from different breeds has different nutritional content, milk that is sold in the stores and milk that is fresh from the cow has different nutritional value, milk from grazing cows who are eating a natural diet and receiving no antibiotics and similar medicines produce milk much different in nutritional value than milk from cows living at a factory farm where they do not graze and are given BGH and antibiotics on a regular basis.

Another consideration in discussing the nutrient value of milk is whether the cow is one that will be allowed to live out its natural life with an owner that loves her compared to a cow living in an environment where she has her children and other relatives and friends taken from her to be slaughtered. It is only common sense to understand that milk from a contented cow is better for your health than milk from a cow who lives in fear.

So then the question arises, "Which milk is everyone talking about?"

This is the key to the answer to your questions. Commercial milk is dangerous to your health if the milk source is from dairy farmers that use BHG (Bovine Growth Hormone) and various other medicines and

Continued on page 14

Protecting Cows in Slovenia

Written by Raga Manjari dasi



Vamshi Priya and Andrej

The past years were very hard for me so now I am not able for physical labor anymore. Therefore my son runs the farm.

The farm gained the eco-farming certificate six years ago, the buildings within the property are 120 years old and we have to be purchasing extra hay each year since our 7 acres of pasturing grounds are not enough to meet the demands of all the cows.

Our mission is to protect these 15 cows and provide them loving environment where they can live peacefully and to pass the message of non-violence to the neighboring farmers and others.

If someone wants to help us, they can donate on our paypal account: cowprotection@gmail.com Any donation is welcome. Our website and article: <http://www.harekrishna.net/index.php?S=1&Folder=82>

I joined the Hare Krishna movement about 13 years ago. I am a retired defectologist.

I had no cows when I moved to these hills. I only had a simple hut, where I moved after divorce. I have two children, daughter Petra and son Andrej.

I desired more freedom so I left my job to pursue as a painter and support the family by selling my work. But as it turned out, Krishna had a different plan for me.

There was no income from the paintings so our neighbor Ivan asked me to help with his cows. So I stayed with him and helped him for the next seven years. The first year he bought me a cow of my own and I named her Krishna Priya. She was supposed to be sent to slaughter so I had to stay at the farm.

When Ivan passed away I inherited the property and was left with eleven cows and four oxen. So after five years of hard farm work my son Andrej joined me and has been living and working here since.

I am a second-initiated disciple of HH Purnacandra Goswami. I accepted first initiation four years ago in Bjelovar, Croatia and second soon after that at the Croatian Lika Camp. I have been following all the regulations and I am very thankful to Krishna for giving me this opportunity.



Aruni and her friends.

antibiotics. In the USA commercial milk producers are not required to state where their milk source is from. In the processing of milk for commercial use, some of the natural nutrients are lost as in the processing of any food. The more clean and natural your milk source from healthy protected cows, the more nutritional your milk will be for you.

Certainly the milk Sukadeva Goswami and Srila Prabhupada were talking about was unprocessed milk from a healthy Indian breed cow who was protected her entire natural life, who was loved by her owners, and who was grazing and enjoying the a diet of natural grasses without antibiotics and BHG.

Issue 2:

The other benefits of milk (besides it's feat of developing the brain) is also that it supplies vitamins. Now according to the YouTube videos - it does not. But what these mudhas says does not compare with what Sukadeva Gosvami said in SB 1.19.39:

"A pound of milk fresh from the milk bag of a cow is sufficient to feed an adult with all vitamin values, and therefore saints and sages live only on milk."

ISCOWP:

Your earlier statement, "So it is reasonable to know that all these calcium and other chemicals are added and isn't what milk actually is," is incorrect in regards to calcium which is not a chemical, it is a mineral naturally found in milk. If you look at the USDA nutrient data laboratory charts for the nutritional value of milk, you can find that milk in all forms contains minerals like calcium, phosphorus, magnesium, and potassium, vitamins like Vitamin B12, protein and other valuable nutrients which are not added. You can do a search at: <http://www.nal.usda.gov/fnic/foodcomp/search/index.html>

Hare Krsna dasi wrote in the Back to Godhead article of 1993 Is Milk for Everyone;

"Milk is an excellent source of three important nutrients: protein, calcium, and several B vitamins. Though the body can get protein and calcium from other sources, for certain B vitamins the body depends on milk.

In the vegetarian diet, milk plays an essential role by providing vitamin B12 (cobalamin). Most animals have micro-organisms in their stomachs that produce B12, but human beings do not. Their only natural sources of B12 are meat and milk.

For anyone trying to understand the subtleties of spiritual science, possibly the most important role of vitamin B12 is that it helps maintain proper functioning of the nervous system, including brain cells. A deficiency of B12 may take as long as five to ten years to show, but gradually it leads to "unsteadiness, poor memory, confusion, moodiness, delusions, overt psychosis, and eventually death."

Issue 3:

Sita-pati prabhu said, "Mucus is the body's reaction to foreign invaders. Because milk is animal protein, it's identified by the body as foreign. While the body can absorb the proteins and bulk up on them, it also bulks up with mucus. This mucus can cause persistent cellulite, and it also makes the muscles stiffen up."

Prabhupada mentions that milk is actually cow's blood but it is sweet unlike the salty blood and overall, milk is a non-violent way of retrieving protein from animals instead of chopping their heads off. But, as highlighted in the excerpt above, milk produces bucket loads of mucus, which "makes the muscles stiffen up". Now, this doesn't sound really good. Mucus and stiff muscles aren't what the yogis of yore had in store. They were perfectly healthy and were the

epitome of a perfect lifestyle and they were all dependent on milk.

ISCOWP:

From the same Back to Godhead article quoted earlier:

"Another devotee I consulted was Bhagavata Dasa, a holistic medical adviser who knows a lot about Ayurveda. (Ayurveda is India's ancient traditional medicine, which comes from the Vedic scriptures.)

He gave me some interesting information from the Ayurveda Saukhyam of Raja Todaramalla, the minister of health for the Moghul emperor Akbar in the sixteenth century. According to the Ayurveda, I learned warm milk straight from the cow promotes strength and stimulates the digestion, but cold milk causes rheumatism, arthritis, and (as detected by the researchers at Johns Hopkins) toxic gases.

In India, milk is usually boiled to kill the bacteria, and people drink the milk hot, sweetened with sugar. Boiling the milk breaks down the protein so it is easier to digest. In America the milk is pasteurized but not boiled. It's also homogenized, and people drink it cold.

Hot boiled milk alleviates mucus and won't put fat on the body. It also helps calm the nerves. This helps explain why hot milk is so widespread in many cultures as a bedtime relaxer. Saffron or cardamom added to milk also reduces mucus. Finally, according to the Ayurveda, the thick skin of cream on milk promotes strength and virility and alleviates bile and gas. Countless benefits – physical and spiritual – are to be had by drinking properly prepared milk products."

ISCOWP:

Many years ago Balabhadra (president of ISCOWP and ISKCON Minister for Cow Protection and

Agriculture) was in Srila Prabhupada's association one evening in San Francisco, USA. Srila Prabhupada was sipping some milk and he commented that the milk should be drunk sipping hot because otherwise it would turn to urine and not nourish the brain.

From this information we can understand that the way milk is prepared affects your health. And naturally, excess of any food is never good for one's health.

From the Bhaktivedanta Vedabase conversation with Srila Prabhupada in New Vrindaban June 24, 1976:

"Prabhupada:....So everyone is getting milk? How much?

Kirtanananda: As much as they want.

Prabhupada: As much as they want, then jaundice. (laughter) Too much is not good. They may take minimum half pound per head.

Kirtanananda: Minimum.

Prabhupada: Minimum. And maximum one pound. Not more than that. But "Because there is enough, let us eat," no. That is not good. But children must get at least one pound, milk. If they drink more milk they become stout and strong.

Kirtanananda: They get more than one pound. They get at least two pounds.

Prabhupada: Then their life is built up strong, and nice brain to understand....

So improve this farming very nicely. So the cows, they should be given as much as possible pasturing. If you simply drink little milk, and little vegetables, that will supply all vitamins. You do not require to take vitamin pills. No, there is no need. It has got all the vitamins. That is admitted. Vitamin A, D, in milk, they say also. And fruits, vitamin C. In this way, in fruits, vegetables, grains, milk, all vitamins are there."

Issue 4:

Another issue brought up regarding milk is regarding the growth hormones in milk which is actually meant to make a strong cow from a calf, not a fat human. Also, it is said that milk is not the best source of calcium. Watch this video for more info - <http://www.youtube.com/watch?v=tYpafipJyDE&feature=related>

ISCOWP:

This we answered in Issue 1 and 2

Issue 5:

About the 'milk developing the brain' aspect of Gomata's gift - the fatty acids in the natural full cream milk is responsible for refining brain tissues. This is also mentioned by Gauranga Kishore Prabhu's comment on Sita-pati prabhu's blog post:-

"Through modern nutritional analysis we can explain Srila Prabhupada's comments that cow's milk helps one to develop finer brain tissue. Cow's milk, from cows that graze on grass in the fields, contains a wealth of beneficial fats. One of the most important being the much talked about omega 3 fatty acids which are difficult to get from other sources. These fatty acids are the main component of brain tissue and have many other roles in the body. They are a broad ranging anti-inflammatory and have shown to be very beneficial against heart disease."

So to finally conclude on this milk topic; is the natural milk (not from the carton) good for you? Is too much milk bad? Does milk really contain harmful hormones? Is the fatty protein from milk the one that develops the brain? What about the mucus and the muscle stiffening? And lastly, is milk really a fantastic source of calcium?

Bhakta Ravinjay

website: www.karunasindhu.com

Facebook: www.facebook.com/ravinja

ISCOWP:

We hope our answers to your issues have sufficiently answered your questions. However, there are ethical questions regarding consuming milk which are just as important or more important. How long can one verify taking milk from commercial sources which slaughter their cows when they do not produce sufficient marketable amounts of milk and kill their male offspring since they do not produce milk? This is the reason why some people become vegan and why more and more devotees are becoming vegan. They think, "If I can't get milk from cows who will be protected their entire lives, then I will take no milk or milk products. I do not wish to support an industry that relies on slaughtering cows." Then the next step in this thought pattern is, "I will help to establish cow protection farms so that one day I and my children can have healthy, ethical milk." This is the issue that you found mentioned in Madhava Gosh's blog.

Over 40 years ago, Srila Prabhupada had mentioned he wanted there to be a cow protection farm near every temple in every city to provide milk for the temple and a Govinda's vegetarian restaurant. How much longer do we wait to follow those instructions?

"The cow's calf not only is beautiful to look at, but also gives satisfaction to the cow, and so she delivers as much milk as possible. But in the Kali-yuga, the calves are separated from the cows as early as possible for purposes which may not be mentioned in these pages of Srimad-Bhagavatam. The cow stands with tears in her eyes, the sudra milkman draws milk from the cow artificially, and when there is no milk the cow is sent to be slaughtered. These greatly sinful acts are responsible for all the troubles in present society."

-Srimad-Bhagavatam 1.17.3 Purport

ISCOWP News

RD 1 Box 322 A
Moundsville WV 26041 USA

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