

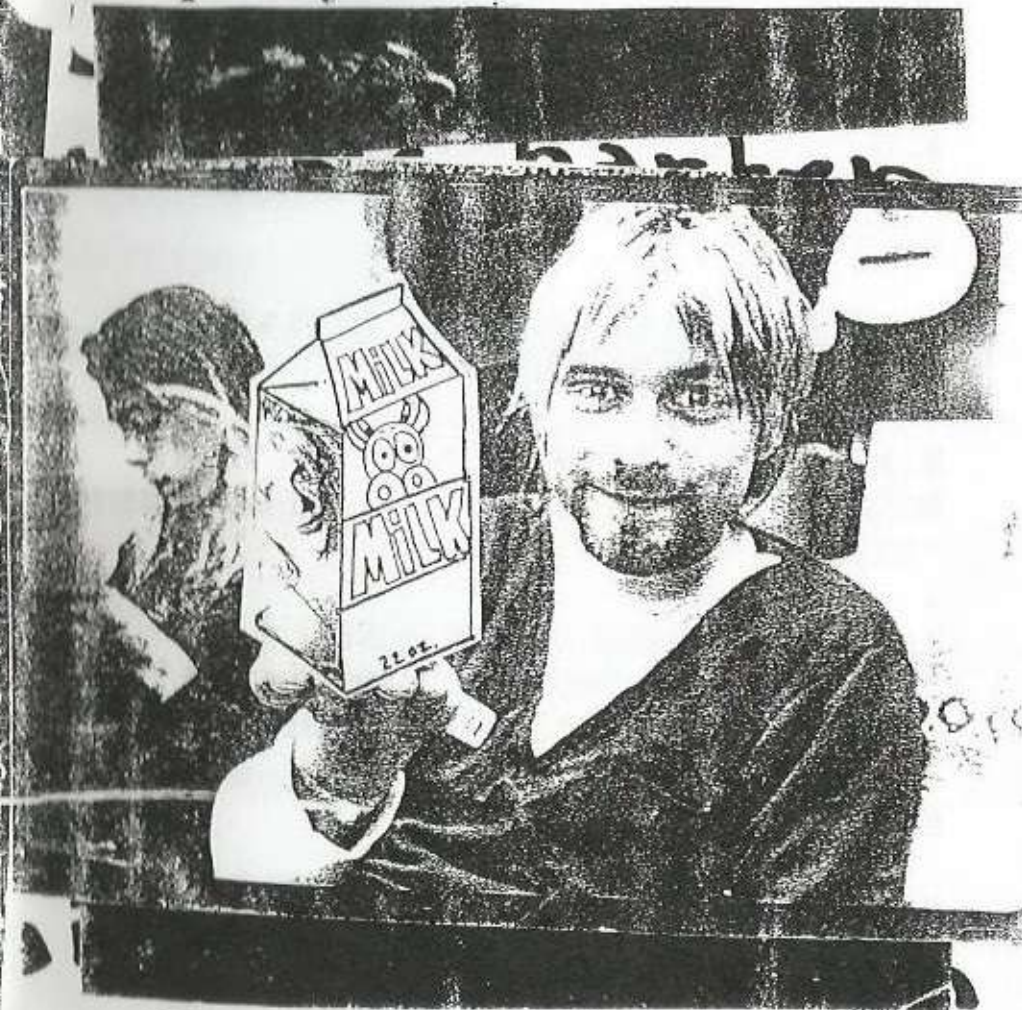
*"organs fascinate me. they work. and
a lot of times they fuck up, but it's hard to
believe that a person can put something
as poisonous as... [dairy products]
in their system and the mechanics can
take it- for a while. It's amazing
they take them at all."*

--Kurt

HELLO
my name is



**kurt cobain was lactose intolerant
conspiracy zine**



Big cheese

THE KURT COBAIN WAS LACTOSE INTOLERANT ZINE MANIFESTO:

**1. KURT COBAIN KILLED HIMSELF
AFTER ESCAPING FROM A DRUG
REHAB.**

**2. KURT COBAIN WAS IN REHAB FOR
HEROIN ADDICTION.**

**3. KURT COBAIN CLAIMED TO TAKE
HEROIN TO LESSEN HIS UNDIAGNOSED
"STOMACH PAINS."**

**4. THE NUMBER ONE CAUSE OF
"STOMACH PAINS" OF PEOPLE IN
THEIR MID 20'S IS NEWLY ACQUIRED
AND UNDIAGNOSED LACTOSE
INTOLERANCY.**

**5. KURT COBAIN WAS LACTOSE
INTOLERANT.**

**6. COURTNEY DIDN'T KILL KURT
COBAIN, MILK DID.**

LACTOSE INTOLERANCE: *When a body does not produce adequate amounts of lactase enzyme which is used to break up lactose, a by product of milk. There are various degrees of lactose intolerance- from a mild discomfort to severe gastric cramping and abdominal pain.*

I had my wisdom tooth pulled out 2 years ago. I was doped up on generic codeine and was feeling depressed because my boyfriend of 4 years and I had just split up. I ate a pint of Ben and Jerry's Chunky Monkey™ to make myself feel better.

Twenty minutes later I was writhing on the bathroom floor. My insides felt like they were busting to get out my rectum and I was doubled over for half an hour, screaming in pain. No one in the tv room heard my screams, but if I had long hair and recorded them on a 4 track, I'd be a millionaire now. People don't realize there is something beyond the "cow's milk is for calves" ideology. There is the basic fact that milk is EVIL and causes excruciating bowel pain in 10% of the population. We have been ignored for way too long by the fuckers who put whey in protein powder.

This zine was conceptualized in line at Nick Bramfield's ⁸⁰*Kurt and Courtney* at the Roxie. We were discussing Kurt's use of heroin and his reasoning behind it. And then it hit me. Anyone who is lactose intolerant knows the anguish we feel and the pain we suffered when no one told us that lactose intolerance can be acquired later in life (usually in the mid 20s) when milk is no longer needed for growth. We sipped our milkshakes and carried rolaid's and tums in our pill boxes and change purses, not for a second realizing that it is the white poison, the true white devil, if you will, that is in our "organic" corn muffins, Cloud 9 Vanilla "dark chocolate," and creamy ranch dressing that is slowly eating us alive.

I heard your screams, Kurt, but it was too late.

I raise my glass of chocolate rice milk and salute you.
you will not be forgotten.

KURT COBAIN WAS LACTOSE INTOLERANT CONSPIRACY ZINE

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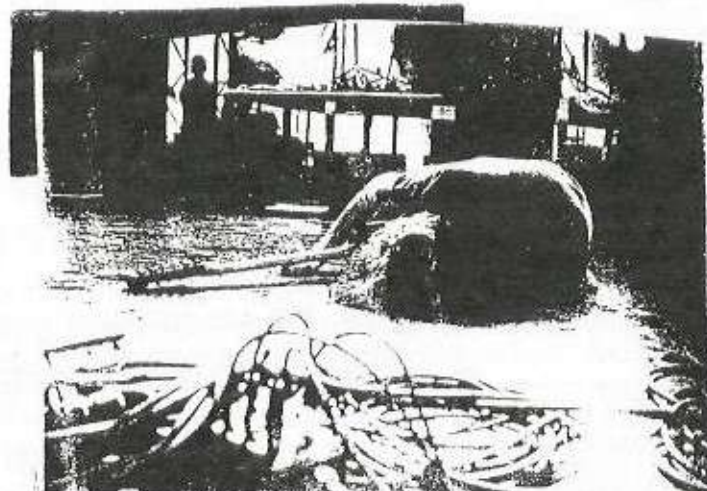


exhibit A: smells like a lactose overdose.

"if you eat hamburgers, you probably eat cheeseburgers"
- me

By now you might be thinking "isn't this too easy?" "How do you know Kurt Cobain was lactose intolerant?" Well, I don't, but from hours of careful research I discovered some of Kurt's eating habits.

In Come as You Are, Michael Azerrad makes mention of Kurt eating at McDonald's well after he became famous. All politics aside, one realizes that this means Kurt was definitely not a vegetarian, therefore not a vegan, therefore he definitely ate meat. Later on in the book, Azerrad also mentions corn dogs and Hungry Man™ dinners. Now I haven't eaten a Hungry Man™ in quite some time but I can tell you that corn dogs are dipped in a batter made from milk. And if one eats meat, it would be a peculiar situation if one ate meat, but not cheese, unless, of course, one was aware of one's lactose intolerance. However, I insist that Kurt Cobain was unaware of his situation. Azerrad leads me to believe this as he transcribes a story told to him by Tracy, the famous exgirlfriend of Kurt Cobain. She claims to have come home to their humble abode to find Kurt eating a meal of "cream cheese and crab." That is the only direct mention of dairy consumption I have found in my research. However it undeniably shows that Kurt Cobain ate dairy.

In my lyrical analysis, I came across a particularly striking passage in "Penny Royal Tea" which very clearly illustrates the fact that Kurt, while perhaps not consciously aware of his lactose intolerance, was very familiar with the lifestyle of a lactose intolerant:

I'm on warm milk and laxatives, cherry flavored antacids... Lactose intake often causes constipation and almost always indigestion in its victim; therefore, those unaware lactose intolerants who still persist on drinking milk are very familiar with the "lactose intolerant's first aid kit," which includes various digestion aids such as antacids, mints, etc. In fact, I, personally, used to carry a bottle of extra strength Pepto Bismol with me wherever I went before I knew I was lactose intolerant.

Notice "warm milk" comes first. It's so frustrating because with knowledge about the dangers of dairy consumption, one would realize you only need to eliminate that first element in order to no longer require the second and third elements.

If only all of life's problems were this simple. If only Kurt had the willpower to stay away from that poisonous elixir.*

*By the way, all you Courtney haters in the audience can feel free to take this last statement even further since we know that Kurt equated "milk" with "women" and if only he stopped drinking milk (or divorced Courtney), his problems would be solved. I, however, thought they made a lovely couple and if she victimized him in any way, he was dumb enough to take it. Ahem, excuse that editorial. But seriously, if a lactose intolerant wants to suck away at that vanilla milkshake, more power to him, as long as both parties are consenting.

About a Piece of String Cheese.

Some people think "About a Girl" was written for Kurt's girlfriend, Tracy. The line most quoted is "I can't see you every night for free." Often this is read as Kurt's complaint that Tracy wanted him to get a job and pay some bills. I assure you that this is probably not true. I read "About a Girl" as an unconscious metaphor for Kurt's relationship to cheese. One can replace the word girl with "cheese," or any variation thereof, eg. "About a Slice of (Cheese) Pizza," "About a Quesadilla," etc. Those of us who are lactose intolerant realize that to spend time with (to consume, to court, to, essentially, date) dairy products, one must ultimately "pay" not with actual, legal tender, but a few hours later with painful cramps, bloating and excruciating gas. Much as the act of dating a person may seem like a good idea at the time, later one realizes you have to "pay" either literally, as in with a prostitute or as in emotionally, where you lose control of your feelings and/or your own autonomy. In fact, I have written a turgid essay about this dilemma, long before I made the Kurt Cobain was Lactose Intolerant connection.

I likened dating a boy to eating a slice of pizza:

You know it's bad for you and you're gonna wind up with an ache in your belly but you take the chance anyway. Each time you think, 'this time I won't get sick!' The 'ride home' is digestion: is he gonna kiss me? am I gonna puke this time? Taking Lactaid™ is like putting your guard up: 'This will be fun, that's all' but somehow you still get sick no matter how many pills you pop.*

In conclusion, I urge the reader to "go vegan," or to, in fact, "become celibate." In Kurt's mind, celibacy was probably an unlikely decision, so one can see him urging his reader/listener to give up cheese/ women (because cheese comes from milk and women produce milk when lactating) and to turn to homosexuality. This can be shown in Kurt's later flirtations with queer mags like *the Advocate* and his career long fascination with trying to emulate gay expressions of affection with his bandmates to reverse the heterosexism in the music scene. In fact, in one *Advocate* photo session, Kurt, in bed, dressed in pajamas, is holding a Ren Hoek doll. Who can forget the powerful scene in *Ren & Stimpy's* "Space Madness" where Ren fantasizes about his "beloved ice cream bar! How I love to lick your creamy center!" (cumilingus?)? Yet when Ren bites into the dairy treat, we, the audience, realize he is actually eating a bar of soap. The soap, therefore, cleans his mouth of these heterosexually veiled urges and it's up to his male companion, Stimpy to break him out of his dairy induced, heterosexual spell, which is described as a "madness."

Perhaps, in this photo shoot, Kurt is unconsciously crying out for help (which he seems to be doing often if you listen to his post-mortem critics) by identifying himself sexually with Ren Hoek, who only overcomes his "madness" with the companionship of men and the denial of dairy consumption.

*from the unpublished essay *That Boy Puts the 'He' in 'Cheese'* (by me)

Like most babies smell like butter
his smell smelled like no other.

He was born scentless and senseless...

Every wet nurse refused to feed him.

Electrolytes smell like semen...

There are countless formulas for
pressing flowers...

I lie in the soil and fertilize mushrooms.

Leakin' out gas fumes made into perfume...

exhibit B: lyrical content of the hit song, "Scentless Apprentice"

kurt

kurdt

curd



↑
what's up with the
name spelling?
was "kurdt" just
too much like
"CURD?"

SCANSION.

THE TRUTH

curds and whey

curds and whey

Kurt Cobain

kurdt cobain

CURDS AND WHEY
KURT COBAIN

gy-ur
assurance
too obscure

syllabic similarities.

coincidence? nah



exhibit C: soothes while it relieves

a history of kurt cobain's chronic "stomach pain"

it's no secret that kurt cobain took
heroin. i remember watching an MTV
interview where he said he took it
to alleviate this stomach pain.

"It's burning, nauseous, like the worst stomach flu you can imagine...
It mostly just hurts when I eat... It's probably one of the worst pains
I've ever felt."

The secret is that so much digestion
pain + discomfort. Comes from lactose
intolerance but no one ever talks about
that because the CIA + the mafia own
the dairy farms. Untold people have
suffered, especially, i think, Kurt Cobain.
The doctors thought it was stress but he
had no ulcers. Then it was a pinched nerve.

"There's been so many times when I'll be sitting there eating and
having massive pain and no one even realizes it. I'm so tired of
complaining about it... After a show, I have to try to force myself
to eat. I'm sitting in my hotel room, forcing myself to eat, taking
a bite, and drinking water and doubling up and puking."

Come on! He has problems WHEN HE EATS.
Why didn't anyone notice this? Why
didn't he see an acupuncturist (like me)
or a dietitian? Cuz he didn't want
to seem bourgeois, I bet.

God damn it.

PS: the b-side to Nirvana's 1st 7" is "BIG CHEESE" but i don't own it

"I'm not like them, but I can pretend"

--Dumb

"Scentless Apprentice" was one of the only songs written by all three members of Nirvana. It also happens to be one of the very few Nirvana songs that I hate. It's one of those songs where I compulsively hit fast forward on the cd player when I hear the opening chords. Upon further analysis, I realized why it bothered me so. "Scentless Apprentice" relates the story of the life of a lactose intolerant, a truly dairy free individual and the lonely, isolated life that is.

The opening lines create the scenario. I assume that these lines were written by the other guys because they use the third person narrative: "he was born..." One can safely assume the "he" is actually a pronoun for Kurt, because later in the song, the narrative shifts to first person, "I". These lines were probably written by Kurt. In any case, this baby lives a dairy free existence, therefore it makes him a freak. Because he cannot eat butter like the other babies, he has an unusual scent, because if, indeed you are what you eat, it follows that you smell like what you eat (or don't eat, as the case may be). This sets up the idea of the dairy free individual as a freak show, a loner, and a pathetic case. He cannot enjoy dairy foods that are so popular- pizza, ice cream, quiche. In fact, he may as well be "senseless" because he cannot use his *sense* of taste to enjoy life which makes him *senseless*, as in foolish, because he now takes on the role of the village idiot, because of his nonconformist eating habits.

The mother figures ("wet nurses") refuse to feed him because he is so strange. Therefore, not only is he denied coagulated milk products like butter, he is denied nature's milk, breast milk, which makes him even more isolated from the rest of humanity who sucked on bottles and tits as babes. This also sets him up as an individual without female contact- not even the women whose job it is to feed him care to touch him. This can be read as Kurt's family problems and his fear of abandonment by his own mother. To take it a step further, it is this fear of abandonment and revulsion by the female sex that possibly resulted in an overabundance of femininity in his real life- Kurt's fondness for wearing women's clothes, his attraction to strong feminist leaders in music like Courtney Love and Tobi Vail, and, of course, his consumption of dairy products to the point of ill health. He, Kurt Cobain, cannot give up his idealization of the feminine- milk, normality, security, because then, he will wind up like the scentless apprentice.

The next line shows how doomed a dairy free (and female free) upbringing can be. Baby formula supplements contain "electrolytes" to keep the baby from dehydrating, yet because formula is made without women's milk, even its smell is that of semen (men's milk). It is the dairy free, female free, solitary masculine world. The pressed flower formula is an allusion to the all vegetable formulas in the market like soy milk and such that offer a dairy free milk replacement, which are numerous but still cannot take the place of breast milk and the bond it creates between mother and child.

Later on in the song, Kurt takes on the role of the "scentless apprentice" but now it seems he has grown, he is no longer the butterless babe. Now it appears he will partake in dairy consumption which, in the case of most lactose intolerants, results in flatulence. Because the body is unable to digest lactose, it transforms it into a gas that leaves the body in "fumes" but because the scentless apprentice has had no smell for so long, these farts, if you will, produced by dairy consumption, smell like perfume to him. He is no longer the (dairy free) scentless apprentice. He is now a dairy consumer, an autonomous being, and, of course, he is no longer senseless or scentless. He is a master of his senses.



exhibit D: We're not hitch hiking anymore, we're riding.

**I HAVE MY OWN
PET VIRUS...**

HER MILK IS MY SHIT,

MY SHIT IS HER MILK.

--"MILK IT"

exhibit E: milk, it does no body good

Lactaid[®]

Ultra
Dietary Supplement
9,000 FCC Lactase
units/Caplet

Caplet

what is wrong with me?
what is what I need?
what is what I need?
Nothin' to do with
what you think, if you
ever think at all...

"radio friendly unit shifter"

Lactaid[®]

Ultra
Dietary Supplement
9,000 FCC Lactase
units/Caplet

Caplet

LACTAID.
HEROIN.
JUST BAND-AIDS
OVER THE DAIRY
U PRODUCT WORLD
DOMINATION SCHEME

Lactaid[®]

Ultra
Dietary Supplement
9,000 FCC Lactase
units/Caplet

1 Caplet

this zine was made possible by: luke for the milk drawing and for going out and buying me a glue stick in the rain, the fine folks at the Lumiere who listened to my theories in their embryonic state, andy for being supportive during the formative stages as we flipped feverishly through Nirvana bios at Moe's in Berkeley, but not for holding out on me by not letting me interview friends of his who were friends with Kurt so I could get some concrete eating habit proof! And especially Michael Azerrad, whose book I unmercifully ripped off for quotes, graphics, and photos and extremely especially to Nick Brnfield for getting kicked off the ACLU stage, proving that the Man™ is EVERYWHERE.

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