Dairy is associated with increased risk of several immune-related disorders (from hormone-dependent malignant diseases, including ovarian, uterine, breast, prostate, and colorectal cancer) and increased risk of autoimmune diseases (type 1 diabetes, rheumatoid arthritis, and lupus).

Our immune system normally protects us from microbes and other harmful substances, but if it becomes overactive, it can instead mount attacks against our own bodies, leading to autoimmune diseases. Hormones influence the activity of the immune system, and the consumption of dairy products can lead to measurable increases in the levels of these hormones, which are involved in the development and proliferation of hormone-dependent cancers.

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One such study found that "cows' milk may contain a triggering factor for the onset of rheumatoid arthritis" [1], with an increased risk of developing the disease in those who consume milk. Other studies have linked dairy consumption to an increased risk of autoimmune diseases, such as type 1 diabetes, rheumatoid arthritis, and lupus.

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