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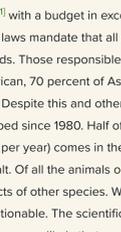


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# No Body Needs Milk

By Alan Goldhamer, D.C.  
May 20, 2010

## Thanks to countless millions of dollars in advertising, almost everybody thinks they need milk.



Over the past several decades, cow's milk and its byproducts have come to be seen as an essential part of the diet of most Americans. Milk and milk products such as cheese, yogurt, ice cream, whey, kefir and butter have been effectively promoted by the Unified Marketing Plan<sup>[1]</sup> with a budget in excess of \$165 million a year. But this promotion hasn't just been about advertising. Federal laws mandate that all schools will provide children with milk at each meal or face the loss of federal funds. Those responsible for this mandate have chosen to ignore the fact that up to 90 percent of African- American, 70 percent of Asian, and 15 percent of Caucasian children are unable to digest the sugar (lactose) in milk. Despite this and other controversies regarding health consequences, dairy consumption has steadily climbed since 1980. Half of all dairy consumption (per capita consumption currently exceeds 584 pounds per year) comes in the form of cheese, a super-concentrated form of health compromising saturated fat and salt. Of all the animals on the planet, people are the only creatures who routinely consume the milk products of other species. What has been assumed to be a beneficial practice is, in fact, more than merely questionable. The scientific evidence suggests that the consequences of this practice are devastating.<sup>[2]</sup> It appears likely that no other component in the modern diet causes more pain and suffering, including premature death and disability, than dairy products.

## There is compelling scientific evidence that our consumption of dairy products is strongly associated with the following conditions:

1. Childhood onset (type one) diabetes<sup>[3]</sup>
2. Constipation<sup>[4]</sup>
3. Otitis Media (ear infections)<sup>[5]</sup>
4. Sinus congestion and Rhinitis<sup>[6]</sup>
5. Skin problems including rashes, dermatitis, eczema, hives and acne<sup>[1]</sup>
6. Asthma<sup>[8]</sup>
7. Digestive disturbance (including irritable bowel syndrome and Crohn's disease)<sup>[9]</sup>
8. Arthritis and joint pain<sup>[10]</sup>
9. Cancer (lymphoma, leukemia)<sup>[11]</sup>
10. Obesity<sup>[12]</sup>

## The Problems With Milk Are Numerous

1. **Milk proteins** – All dairy products, especially low or non-fat dairy products, contain abundant quantities of milk proteins. Milk proteins are the most commonly implicated causal factor in promoting the diseases listed above.<sup>[13]</sup>
2. **Bacterial contamination** – Dairy products are among the most common foods recalled by the FDA for contamination with bacteria such as salmonella, staphylococci, listeria, Ecoli O1573, and Mycobacterium paratuberculosis.<sup>[14]</sup> Pasteurization kills most of the bacteria found in milk; however, in doing so, it creates viral fragments that may also be health compromising.<sup>[15]</sup>
3. **Biological concentration of toxins** – All animal products, including dairy products, biologically concentrate the various poisons, including pesticides and other environmental contaminants. The resulting meat or milk products have highly concentrated levels of these toxins.
4. **Hormones** – In order to maximize milk production, dairy cows are routinely injected with recombinant bovine growth hormone (rbGH). This hormone dramatically increases milk production but also increases insulin-like growth factor-1 which has been shown to promote the growth of cancer cells.<sup>[16]</sup>
5. **Antibiotics** – Large quantities of antibiotics are given to dairy cattle and may be contributing to the increasing problems of antibiotic resistant strains of bacteria.
6. **Gut leakage** – Dairy proteins appear to be particularly well suited to stimulating inappropriate immunological reactions when they are absorbed through an inflamed intestinal mucosa, a process commonly called "gut leakage." In vulnerable patients a variety of inflammatory processes are aggravated and may be associated with many of the disease processes listed above.<sup>[17]</sup>
7. **Environmental** – The process of raising dairy cattle for milk and meat is a major user of fresh water and a leading contributor to both water and air pollution. Meat and dairy based diets are very hard on the environment.<sup>[18]</sup>
8. **Moral and ethical** – Some people believe that the involuntary incarceration of sentient beings is morally repugnant and refuse to participate in a practice they consider immoral and unethical.

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- Jac Cacalda**  
And I quote, "What has been assumed to be a beneficial practice is, in fact, more than merely questionable."  
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**Aaron Kinney**  
have you tried raw fruit and veg and cutting out all the other trash in your diet?  
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**Stephen J Brady**  
Very ambiguous statement wouldn't you say? All this says to me is "more research needs to be conducted." I want to know how these affect each demographic individually. Does this happen to Caucasians or just Asians and Africans who never became lactose tolerant thousands of years ago? This was like ten years ago, so I'm sure they've done better studies but you can't come in here with, "This may be increasing bacterias resistance to antibiotics." If you don't know, research it. Don't try to holster your agenda by publishing 'maybes' and 'perhaps'.  
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**Stephen J Brady**  
Bolster\*  
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- Maria Bourne**  
The joint pain bit at the top is true I used to drink tons of milk and now I suffer from joint pain now I drink plant milk instead  
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**Elizabeth Rose Smith**  
Where do you get plant milk. Does it have the thickening agent carragean? Carragean is just as bad if not worse than milk.  
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**Jessica Burke**  
Elizabeth Rose Smith silk brand usually does not contain carrageenan  
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**Ralph Graham**  
Elizabeth Rose Smith carragean not in ay plant milk I have seen 😊  
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- Angela Clark Bogle**  
That's great! Totally agree. Next, please post an article sharing how we should go about getting the things that our body needs that we've been lead to believe can only come from milk/dairy.  
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**Richard Levine**  
Angela, all the "things" that we need and have been told we get from dairy actually comes from the ground. When allowed to graze, cows eat grass which is essentially a green leafy vegetable that contains vitamins and minerals that come from the soil. Eating green leafy vegetables (organic) will provide a well balanced diet of vitamins and minerals. The highest concentration of Calcium is found in green leafy vegetables. One thing this article failed to mention is that humans don't absorb very much--if any--calcium from dairy. Calcium requires and acid environment (along with other minerals... See More  
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**Michelle Monson**  
Magnesium and vitamin d sups  
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**Lisa Chantel Hill Wade**  
Richard Levine cite the source. Most studies will tell you that iron and calcium that is found in vegetables are not well absorbed. Milk has calcium and is usually fortified with Vitamin D, which is essential for the absorption of calcium. <http://www.hsph.harvard.edu/nutrition.../calcium-full-story/> If you like milk and you tolerate it well then there is no need to forego it because this article tells you that it is bad for you. Everything in moderation and from the Harvard link it seems Americans may not need as much calcium as was once thought. It seems a balanced, healthy diet is best to ensure good health.  
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- Fred Bush**  
No what is a body to do without cow's, milk !!!!!!!!  
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**Lisa Chantel Hill Wade**  
Do you have trouble digesting milk? If not, drink away. Here are two good articles that put it into common sense terms. <http://www.hsph.harvard.edu/nutrition.../calcium-full-story/> and <http://www.npr.org.../the-full-fat-paradox-dairy-fat...>  
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**Cheryl Rich Ziff**  
Thrive!!!  
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**Bruce Nelkin**  
Live! 🙌 And be better off without it! And if you are still eating cereal with milk then read Wheat Belly and get rid of that toxin next. Or use fresh squeezed organic Orange juice on your corn flakes. But make sure and try in vain to find Non-GMO corn. Good luck with that one... 😊  
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- Michael Chatfield**  
If science and studies are not going to open your eyes then you will continue to believe what you want to believe and probably with our much formal education on health  
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**The BlockTV**  
This is a bullshit article.  
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**Rachelann Apolaro-Sudol**  
The BlockTV all the citations are 15+ years old.. Why source an article from 1994 unless you are cherry picking for your agenda.  
Like · Reply · Mark as spam · 1 · 15h
- Dan Vitale**  
Cow's milk is for cows.  
Like · Reply · Mark as spam · 60 · 4y

**Clifford Ray Jones**  
Dan Vitale, baby cows.  
Like · Reply · Mark as spam · 10 · 2y

**Terry Kilburg**  
Clifford Ray Jones You city-slickers are beyond stupid...baby cows...corn man live in reality!  
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**Dan Vitale**  
Terry Kilburg City-slickers? You probably heard that in a movie. Do some research Terry.  
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- Janet Cooper**  
What is recommended as an alternative if you can't have soy or almond milk, thanks?  
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**Angelisa Hassan**  
coconut milk?  
Like · Reply · Mark as spam · 14 · 4y

**Catherine St. James**  
Hemp milk. I'm allergic to soy, but I have found hemp milk to be the best alternative out there.  
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**Wanda Anderson**  
Rice milk, coconut milk, hemp milk.  
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- Mel Croft**  
The norm is for toddlers to have cows milk for her, is it still breast fed, but there are time every now & then that I do not have enough expressed milk for daughter, for instance while I'm at work. What is suggested to replace cows milk for a 1 year old?  
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**Leighton Verley**  
ALMOND MILK  
Like · Reply · Mark as spam · 16 · 4y

**Misty Vinson-Spitzer**  
Almond or coconut milk  
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**Marie Olson**  
Water.  
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- Donna Naseau**  
I realized long ago that no weaned, adult animals have milk in their diets, and have wondered why humans do. I do better without anything dairy, and am now vegan AND raw. Thank heaven for you!!!  
Like · Reply · Mark as spam · 30 · 4y
- Humans have been consuming milk products from different animals for centuries. This isn't a recent ac**  
Like · Reply · Mark as spam · 11 · 4y

**Christine Beard**  
Some humans have, but by no means all or even most which is why lactose intolerance is prevalent.  
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**Sally Forth**  
Christine Beard, Nope, it's "lactose enzyme". After you were weaned your body said, "I'll never run into lactose again so I'll stop making the enzyme that digests lactose. But business is business so they came up with 'Lactaid' to keep you as a customer.  
  
Only 30% of the world's population can consume lactation fluid after weaning and on into adulthood. These are the descendants of northern europeans (caucasian; white people; of European origin) who had a gentation mutation long ago, allowing them to retain the hormone necessary to digest lactose. They're the unusual ones, they're "la... See More  
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**Christine Beard**  
Sally Forth I'm aware of all that and like the way you have turned the discussion on its head by switching the norm from drinking milk to not drinking it. I'll try to do that from now on. Thanks!  
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