

Milk Consumption In America

Assessment and Analysis

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Written Analysis

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Milk is usually viewed as a cupful of good nutrition. In fact, many American moms encourage their children to drink milk for breakfast. According to a recent study made by Helaine Rockett a research nutritionist at Brigham and Women's Hospital at Harvard University she and other colleagues found that too much milk is a recipe for weight gain. It does not look as if milk really builds a healthy body it rather builds more fat bodies and unhealthier bodies.

Everyone is familiar with “milk it does a body good” ad. The National Dairy Council has used slogans to reinforce the idea that milk is good for you. More recently, the National Dairy Council has spent \$200 million since 2003 to promote the idea that milk can help people lose weight, which is a lie that misleads many Americans. According to Helaine Rockett and colleagues, their study has shown that teens that drink more than three servings of milk a day actually gained weight, rather than lost it. Research also noted, that given the high prevalence of lactose intolerance, the energy content and saturated fat in milk, and evidence that dairy products may promote both male prostate and female ovarian cancers, we should not assume that high intakes are beneficial. Furthermore, these cancers may be linked to consumption during adolescence. One study discovered that women who consumed more than two servings of skimmed milk were 44% more likely to develop severe acne, possibly due to the hormones present in milk. Another study pointed out that the estrogen in milk from pregnant cows could contribute to breast cancer excess estrogen is believed to be a possible cause of the disease. This would explain the low rate of breast cancer in Japan, where the population consumes more Soya milk

A more recent piece of research has linked milk with ovarian cancer, as the lactose in milk is believed to over-stimulate hormone production which causes tumor growth. Milk is also

high in saturated fat, which is known to raise cholesterol and lead to heart disease. It is also thought to trigger outbreaks of eczema which is an inflammation of the skin characterized by reddening and itching and the formation of scaly or crusty patches that may leak fluid it should also be avoided by people with asthma and respiratory conditions because it stimulates the production of phlegm.

Men who consume at least 16 oz of milk per day appear to be at greater risk of developing Parkinson's disease (PD) than men who do not consume milk at all, according to a study published in the March 15, 2005 issue of *Neurology*. Researchers observed the dietary intake of 7,504 men (ages 45 to 68) in the Honolulu Heart Program and determined the occurrence of PD during 30 years of follow-up. After adjusting for dietary and other factors, senior study author Robert D. Abbott, PhD, and colleagues report that men who consumed the most milk (more than 16 oz/day) were more than twice as likely to develop PD than were those who consumed no milk. The authors noted the effect of milk consumption on developing PD appeared to be independent of calcium intake. "Calcium from dairy and nondairy sources had no apparent relation with the risk of PD." The researchers say that future studies should seek to determine if their observed effects were mediated through nutrients other than calcium or through neurotoxin contaminants.

Our dependence on milk as a source of nutrition is misplaced and many American are being misled of what good is milk for our bodies. The best sources of calcium for humans are green leafy vegetables, which although not as concentrated as milk, contain nutrients such as magnesium which help the body to retain calcium.

According to researchers, all cow's milk contains dead white blood cells (somatic cells), even though all producers do their best to keep levels to a minimum. So what are somatic cells?

This is simply just another name for pus. According to Robert Cohen author of MILK: The Deadly Poison the average 12-ounce glass of milk in America contains 112,899,408 pus cells.

The solution would be to stop drinking milk period and start eating your veggies to replace the milk because in the long run it seems milk will cause severe damages to someone's health in fact there's no reason to drink cow's milk. It was designed for calves, not humans, and we should all stop drinking it today.