



Is Milk Good Or Bad?

There has been a debate over the consumption of cow's milk and for good reason. There are many studies that point you towards or away from the use of milk in your diet. The decision to use milk in your diet is individualized. Meaning it works for some, it doesn't for others. Personally, my allergies have been terrible all my life until I cut out Milk (and yogurt) in my diet. That doesn't mean it would work for another person. Before getting into the pros and cons, here is some vocabulary and what it means related to milk:

Homogenized: This means the milk is mixed in such a way that the fat stays suspended and not floating to the top (like the olden days where the milk man would come to the door and deliver milk)

Pasteurized: Milk is heated enough to kill most of the bacteria to make it safe but not too much to ruin the taste.

Information on Milk

Science: You were born with the ability to make Lactase. Lactase breaks up Lactose. This is needed as a child to digest the milk from a baby's mother. Lactase breaks the Lactose into Glucose (what your cells need) and Galactose. By age 4, most people lose the ability to make Lactase. The reason a lot of people feel "gassy" after eating a lot of dairy is because the bacteria in your intestinal tract (where unbroken Lactose ends up) LOVE Lactose. When they break it down, they produce gas. Related to allergies, Milk has proteins in it that many of use cannot digest, causing an allergic reaction.

Cons: Farms have reduced from 650,000 in the 1970's to 90,000 presently, yet milk production has increased. How?

1. Hormones are added to cows for more production. Hormones are not natural and therefore could produce adverse affects on the human body.
2. Cows are put into condensed living conditions, making disease easy to spread from cow to cow. Antibiotics are added to the cows to reduce this problem. Again, antibiotics are not natural and could pose a threat to human health.

Pros: Milk has a lot of vitamins and minerals essential to you health, including: vitamins A, B, D, B2. They also contain Niacin, Phosphorus and Calcium. Best known for its link to building strong bones, milk can be a part of a diet that is very nutritious.

*Bone loss is occurring rapidly in America...even with a high amount of Calcium in our diets.

Lactose intolerant? Try hard cheeses and yogurt. Both have bacteria that break down the majority of lactose in the food before you eat it.

Substituting Milk? Try dark leafy greens and white beans to get the calcium you need.