

Leah Arnold

Professor Paul England

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### Should We Be Drinking Milk?

Almost all Americans drink milk on a daily basis, as it stands as one of the most popular beverages that we consume. Most of us drink it plain, add it to cereal, or cook with it. As a kid I was always taught to drink my milk, because it would make me grow up to be big and strong. Just like many other children like me, we were told that milk builds strong bones due to its calcium content. So, the big question is should we actually be drinking milk? Do its nutritional pros outweigh the cons? Humans are the only species who continue to drink milk beyond infancy, let alone another species milk. Luckily recent studies released in 2020, dive into how nutritional milk products are for the human body.

Many people debate that consuming dairy should be part of our balanced regular diet. They argue milk contains calcium, potassium, and essential vitamins and minerals that our bodies need. What we are raised to believe as children is besides water, milk is the next best thing for us to drink. Recent Studies now show this just may not be the case, and drinking milk could actually do more harm than good. In January of 2020, the Physicians Committee for Responsible Medicine wrote an article on the negative health aspects of dairy milk. In this article, they stated that milk and dairy products are a top source of saturated fat in American's diets. They also found milk products contained cholesterol and high amounts of fat. All of these eventually leading to heart disease in many cases.

Cow's milk contains around three times the amount of protein than human milk does. In humans this can cause a negative effect on metabolism, and can lead to damaging bone health. Milk is also mucus producing and pro-inflammatory. Also, dairy products have been linked to the development of arthritis. An overabundance of calcium in your body collects in our kidneys, and too much of this calcium and the buildup can lead to kidney stones due to the calcium deposit.

When you ingest cow's milk you consume antibiotics, pesticides, hormones, and chemicals. In a recent study, thirty eight percent of milk samples were contaminated with sulfa drugs or other antibiotics. Cattle sometimes get injected with a mixture of hormones to increase their rate in production. This has been linked with causing acne, bone loss, or even prostate cancer in humans. Ingesting fermented dairy can highly increase your risk for prostate cancer, due to the effects on intestinal microbiome. The intake of milk could lead to increasing numbers of cancer cells into the body. It also affects calcium and vitamin D levels within your body, both of which may affect prostate cancer risk.

Despite being led to believe that milk is a very healthy option of beverage, this may not actually be the case. Milk contains calcium but studies show it can actually cause bone loss and inflammation in your body. Dairy cattle milk contains antibiotics, pesticides, hormones, and chemicals. In bad cases it is even linked with prostate cancer in humans. Maybe we should follow suit with other species and stop drinking milk after infancy. The problem with this is, we have become so accustomed to milk being a daily part of many of our diets. A good solution to this would be choosing almond milk, lactose free products, or trying to at least cut down to consuming smaller amounts of milk.

Resources:

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