

Dairy Health Hazards

Health issues related to the consumption of dairy

Cow's milk is suited to the nutritional needs of bovine calves, who, unlike human babies, will double their weight in 47 days, grow four stomachs, and weigh 1,100-1,200 pounds within two years. It is not natural for humans to drink cow's milk. No other species drinks milk beyond infancy, and no other species drinks the milk of another species.

Cow's milk is unhealthy for human consumption, as it is laden with cholesterol, saturated fat, hormones and chemical contaminants.

Children

Infants and children fed cow's milk are more likely to suffer from colic, constipation, intestinal bleeding, iron deficiency anemia, ear infections, and weight problems, and are at greater risk of developing Type I diabetes. Benjamin Spock, M.D., America's leading authority on children's health, spoke out against feeding cow's milk to infant humans.

Osteoporosis

Milk and cheese are touted by the dairy industry as foods that help prevent osteoporosis, but dairy products can actually contribute to osteoporosis, because their high-protein content leaches calcium from the body in order to buffer the acidic byproducts that result from the breaking down of the excess protein; this causes a net loss of calcium. A Harvard study of more than 75,000 nurses indicates that the

incidence of osteoporosis rises with an increase in milk consumption.

Prostate and breast cancers have been linked to consumption of dairy products due to a compound called insulin-like growth factor (IGF-I). Ovarian cancer may also be related to the consumption of dairy products.

Hormones

Synthetic hormones such as recombinant bovine growth hormone (rBGH) are commonly used in dairy cows to increase the production of milk. Treatment of mastitis (infection of udders) requires the use of antibiotics, and antibiotic traces have been found in samples of milk and other dairy products.

Contaminants

According to the United States Department of Agriculture (USDA), in routine samplings milk is shown to be contaminated with a variety of pesticide residues including carcinogens, neurotoxins, developmental and reproductive toxicants, and suspected hormone disruptors. Polychlorinated biphenyls (PCBs), and dioxins are other examples of contaminants found in milk. These toxins remain in the body and can eventually build to harmful levels that may affect the immune and reproductive systems, central nervous system, can and have been linked to cancer.

Lactose intolerance

Lactose intolerance is common among many populations, affecting approximately 95 percent of Asian Americans, 74 percent of Native Americans, 70 percent of African Americans, 53 percent of Mexican Americans, and 15 percent of Caucasians. Symptoms, which include gastrointestinal distress, diarrhea, and flatulence, occur because these individuals do not have the enzyme lactase that digests the milk sugar lactose.

Vitamin D

Some people drink milk in order to obtain vitamin D in their diets, but fortified cereals, grains, bread, orange juice, and soy or rice milk are healthier sources. Sunlight and multiple vitamins also provide vitamin D.

Calcium

Calcium is found in dark green leafy vegetables, tofu made with calcium sulfate, calcium-fortified soy milk and orange juice, and many other foods commonly eaten by vegans. Other good sources of calcium include: okra, turnip, greens, soybeans, tempeh, almond butter, broccoli, boy choy, soy nuts, calcium-fortified soy yogurt...