



Got Milk? The consumption of milk and what it does to our body

By Alex Monseur

GRIN Verlag Okt 2015, 2015. Taschenbuch. Book Condition: Neu. 210x148x1 mm. This item is printed on demand - Print on Demand Neuware - Essay from the year 2015 in the subject Biology - Diseases, Health, Nutrition, , course: English 112, language: English, abstract: The popular advertisements 'Got Milk ' have been encouraging milk consumption since 1993 (Got Milk.) The companies' slogan is 'Drink to a brighter future' (Got Milk.) But what if the future isn't bright What if consuming milk products actually dims your future and makes you more susceptible to developing hazardous health problems Contrary to what most of society has been brainwashed to believe, consuming milk products is very detrimental to our health. Milk contains saturated fat and cholesterol, which can lead to a number of chronic diseases, such as heart disease (Milk Myths.) Cow's milk is also an acid forming when consumed. This causes an acidic environment in the body, which illness like, cancer, heart disease, and bacteria thrive off of (Campbell.) 'The scientist, Ganmaa Davaasambu, M.D., Ph.D., a native Mongolian, noted that ingestion of natural estrogens from cows (particularly from pregnant cows) in milk may be linked to breast, prostate, and testicular cancers in humans' (Weil.)...



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