

Cow's milk contains:

1. Butterfat
2. Casein (the main protein in milk), which can increase mucus production and irritate the immune system in some people
3. Lactose (milk sugar), which can cause digestive distress if you lack lactase, the enzyme that breaks it down.
4. **60-80% of the hidden and unhealthy Estrogens consumed in this country.**

A 2007 article from the Harvard School of Public Health addressed the estrogen concern. Milk from modern American dairy farms was compared to milk from traditional dairy farms in Mongolia. According to the article, because of modern dairy farming techniques, "the milk we drink today is quite unlike the milk our ancestors were drinking without apparent harm. The milk we drink today may not be nature's perfect food." Because of modern dairy farming techniques, milk today contains 33 times more estrone (a type of estrogen) as milk drunk by our ancestors only a few generations ago.

Studies comparing diet and cancer rates in 42 counties have directly linked dairy consumption to increased rates of:

- **Breast cancer** (strongly correlated to milk and cheese consumption)
- **Testicular cancer** among men ages 20 to 39 (strongly correlated to milk and cheese consumption)
- **Prostate cancer** (rate in Japan rose 700% over 5 decades and was directly linked to rising dairy consumption)

Other cancers being studied are uterine cancer and colon cancer.

Hormones in Milk can be Dangerous, By Corydon Ireland, Harvard News Office

In 1900, an American dairy cow produced 3000 lb of milk per year; by 1950, production had increased to about 5,000 lb; and by the year 2000, an American dairy cow produced over 17,000 lbs of milk per year. (Coppock) A small portion of that dramatic increase since 1950 can be attributed to herbicides and pesticides used on the cows' feed that act as xeno-estrogens. However, the most significant variable in the dramatic increase in milk output per animal is the fact that American dairy farmers now milk cows even when they're pregnant and continue to milk them into late pregnancy. In fact, since farmers keep dairy cows pregnant the majority of their adult lives via artificial insemination, most of the milk drunk in this country is harvested from pregnant cows; and the estrogens in cow's milk do have hormonal effects in the human body. (Sato + Ganmaa)
It's important to note that even organic dairy farmers milk cows during pregnancy, so drinking organic milk does not eliminate the concern about this dramatic increase in external estrogens.

In the United States since 1950, the period when the largest increase in milk production has occurred, the incidence of breast cancer has increased by about 60 percent and cancers of the testis and prostate have each increased by 100 percent. There are other excellent ways to get calcium from your diet.

We recommend switching from cow's milk to almond milk which has 50% more calcium (450 mg/cup of almond milk compared to 285 mg/cup of cow's milk) and fewer calories (40 cal/cup for unsweetened almond milk or 60 cal/cup of sweetened almond milk compared to 80 cal/cup of skim milk) than cow's milk. Almond milk has no lactose, no casein, no animal fat, and no hidden unhealthy estrogens.

If you drink soy milk, it should be organic and calcium-fortified, in which case there are approximately 400 mg/cup of calcium and 80 cal/cup.