

Student Essay on How Milk can Help and Harm a Person

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Essay

Milk is the wonder meal that is nutritionally sound, filling, and good for preventing diseases. Well, that is according to the multi million dollar dairy industry advertises to the public. However, there is another side to this almost perfect elixir.

Several books and articles with credible sources show that much of cow's milk is not healthy and can lead to many complications. The problems associated with milk include iron deficiency anemia, allergies, heart disease, colic, cramps, skin rashes, acne, ear infections, and the list goes on.

One cause to the list of these complications is pasteurization. Pasteurization is thought to be good because it destroys the germicide. However, calves that were fed pasteurized milk with in 60 days died. Homogenizing milk is associated with the hardening of the arteries and a lead to heart disease. The reason for the complications is the xanthine oxidase (XO), which survives (40%) pasteurization. When the cream in milk is in its natural state, the fat globules are too large to go through the intestinal wall and into the bloodstream. Homogenization changes that by straining the fat through tiny pores under great pressure. XO attaches to the fat molecules which are now small enough to get into the bloodstream and do its damage.

The damage doesn't stop there, milk is needed for bones. However the excessive animal protein intake increases the need for calcium to neutralize the acid formed from digesting animal protein. Meaning that the drinking of processed milk destroys bone in the process of digestion. Which has been out for the public to acknowledge from the U.S department of agriculture and the Food and Drug Administration.

Oddly the FDA approved for the use of bovine somatotropin that is also known as bovine growth hormone (BGH). Basically it helps cow's produce more milk up to 10-25%. BGH is banned in Canada and Europe because the hormone causes a disease in the cows udders called mastitis. The antibiotics used to treat the cows can be found in the milk which can cause allergic reactions from hives to anaphylactic shock.

In conclusion, milk has a lot of serious complications with it. However it seems that milk is only seriously dangerous when consumed in extreme proportions. Milk is nationally sound indeed and is not such a danger that it should come with a surgeon general warning label.