



Dairy Products

Let us also consider **the health of the majority of animals today**. Most of the milk sold in our supermarkets comes from unhealthy cows. And therefore what they produce also becomes unhealthy. Indeed diseases in animals increase, and the use of animal products is more and more unsafe.

In addition, there is the issue of hormones in dairies (lead to weight gain). Like us, a female cow doesn't produce milk unless it got pregnant. Therefore cow milk contains the hormone called oestrogenes.

In 2010, an Australian study has shown that postmenopausal women who consume too many dairy products had too much estradiol, whereas they should not have too much of this hormone during this time of their life.

The University of Rochester has shown that in men sperm count was low for those who eat cheese, and high for those who eat no to very little cheese because they might have too many female hormones.

Please note that hormonal imbalance can contribute to weight gain, and many physical and mental issues.

There is also a study by the Hospital for sick children about **migraines**. When they stopped eating cheese, sausage, and fermented food, 78 on 88 were migraine free. This study shows that among other things, dairy can contribute to migraines.

A Harvard study on **prostate cancer** has shown that countries with high consumption of cow milk have more people with prostate cancer.

Regarding **asthma**, a study by New York University and another in the UK has shown that those who stopped consuming eggs and milk had better breathing within 8 weeks. Some highly ranked medical websites have previously said that the consumption of dairy might help the condition of asthma. Nevertheless, it is important to check who sponsors articles that are posted. For example, if we Google "asthma diary" we find out that the national asthma council in Australia said that it is good to consume dairy products when having asthma. But below the article, we can read a small disclaimer including a dairy company website link.

There are also many other researches on **arthritis rheumatism, Alzheimer's, acne, and other medical conditions**, showing that stopping the consumption of dairy might help health conditions.

Among many others here are some cow milk alternatives: almond milk, soy milk, coconut milk, oat milk, and rice milk. There are many fun ways to make your own milk, cheese, and yogurt that I'll share with you.