

Moving beyond calcium. Did you know that humans are the only species to drink the breast milk of another species? It's creepy, I think. Mammals produce milk for their particular offspring, for their species.

For example, human breast milk is designed for a human baby to grow slowly physically compared to other animals but have rapid brain development.

Cow's milk, on the other hand, is designed to take a cute little baby calf and beef it up to nearly 1,000 lbs in its first year of life. It's no wonder when I stopped drinking milk, I dropped two dress sizes.

Now, another distinction that humans have: we're the only species to drink milk after the weaning age. Milk is meant for babies. Most humans after the age of 5 lose the ability to digest lactose, which is the sugar found in all animal milks.

When I say most humans, I mean three-quarters of the world's population, or five billion people, primarily in Asia, Africa and South America.

Now, if you're wondering, it happens I'm in that one-quarter of the world's population.

How did that happen?

Archaeologists chalk it up to a genetic mutation that occurred thousands of years ago in dairying communities. So, if you can drink milk without a problem, you can proudly call yourself a genetic mutant. Yes!

Now add in other things like antibiotic residues, recombinant bovine growth hormones, toxic residues, and that whole milk and cookie disease we heard about earlier today, and you have to wonder: Why is it that the USDA recommends three servings of dairy for adult men and women as

part of a nutritious, healthy diet?

You have to remember that the USDA stands for United States Department of Agriculture, and it has more than one mission. One is certainly to provide nutritional guidelines, but another one is to support agribusiness, and they're completely public about this.

ALSO READ: [The Way We Think About Biological Sex is Wrong: Emily Quinn \(Transcript\)](#)

As a matter of fact, the USDA has an agricultural marketing service and they have a dairy program as part of that. The whole point of the dairy program - and it's on their website - it's to basically help U.S. dairy producers efficiently market their products and make sure that U.S. consumers have access to a sufficient supply of these products at all times. That's practically verbatim.

So, obviously, you can't be an advocate for consumers and the people trying to sell to consumers at the same time.

Now, today we're not going to be able to dismantle the USDA or transform an entire nation's mindset about milk, but we can make a difference one glass at a time.

So, the next time you're about to pour a nice tall glass of milk for yourself, or for your children, ask yourself: Does milk really do the body good?

I challenge you to pour that milk down the drain, get in your car, go to the supermarket and get some almond milk or soy milk. They make for nice milk mustaches too.

Thank you.



The Magnificent Milk Myth... Debunked: Brooke Miles (Full Transcript) | 3

Recommended Book/Course for Further Reading:

[Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet](#)

Sharing is caring! [Share on Facebook](#)[Share on Twitter](#)[Share on LinkedIn](#)[Share on Pinterest](#)

Pages: [1](#) | [2](#) | [Single Page View](#)