

Natural Health: Does Milk Really Make a Body Good? The Other Side of Story

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I have to wonder how the government dietary guidelines still recommends consuming three glasses of milk a day.

Where is there evidence?

A 2020 study published in the New England Journal of Medicine by Walter C. Willett, M.D., Dr.P.H., and David S. Ludwig, M.D., Ph.D. reviewed over 100 top studies on milk and found that milk consumption is associated to the risks of fracture, obesity, cardiovascular disease, allergies, and various cancers.

This may be a hard pill to swallow but the scientific literature proves otherwise.

In other studies milk consumption has been found to increase insulin-like growth factor 1 (IGF-1) which has been associated with several major health conditions, including diabetes, cardiovascular disease, and cognitive function in the elderly.

If you absolutely love milk than I recommend consuming only A2 casein milk products. Most milk products have high levels of the protein A1 casein which may lead to increased inflammation, allergies and other health challenges

Populations, which consume milk containing high levels of β -casein A2 variant, have a lower incidence of cardiovascular disease and type-1 diabetes.

To find sources of A2 milk go to: <https://www.a2milk.com>

Dr. Badanek has been and currently is 41 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151