

How The Dairy Industry Tricked Humans Into Believing They Need Milk

By Amanda Froelich True Activist.

Despite the fact that one can get their daily recommendation of calcium, potassium, and protein from fruits and vegetables, the dairy industry has spent billions of dollars to convince consumers otherwise.

Got Milk? We sure hope not. Despite being a somewhat tasty addition to coffee, tea, and delectable treats, the ingredient – when pasteurized – is highly toxic to the human body. In fact, physicians such as Dr. Willet, who has conducted many studies and [reviewed the research on the topic](#), believe milk to be more of a detriment to the human body than an aid.

This is because despite popular belief, the food has **never** been shown to reduce fracture risk. In fact, according to the [Nurses' Health Study](#), dairy may increase risk of fractures by 50%! This concerning finding is supported by the fact that countries with lowest rates of dairy and calcium consumption (like those in Africa and Asia) have the lowest rates of osteoporosis.

Considering that approximately 3/4 of the world's population is unable to digest milk and other dairy products, it seems clear the food is [not an ideal substance for consumption](#). However, the average consumer doesn't know this. From celebrity endorsements to advertisements by the dairy industry, *most* have been taught to believe that dairy is an ideal food for optimum health.

Because there's so much misinformation surrounding the subject, [Vox](#) recently created a video which illustrates the facade of the dairy industry. One of the points made is that despite the fact that consumers can get the daily recommendation of calcium, potassium, and protein from fruits and vegetables, the [dairy industry](#) has spent billions of dollars to convince the populace otherwise.

If you were taught that one must drink milk to grow up "big and strong," you're not alone. However, now is the time to get educated on the facts.

Because milk is very mucus-forming in the human body, it is believed to contribute to allergies, ear infections, Type 1 diabetes, anemia, and even constipation. In addition, the food may contribute to various types of cancers as consumption of the product increases the body's level of insulin-like growth factor-1 (IGF-1).

The good news is that there are plenty of [tasty, creamy dairy alternatives](#) that are not only easy-to-make, they're affordable. 'Milks' from rice, almonds, cashew, hemp, and even coconut can be found in most grocery stores, and some companies even sell dairy-free ice cream – such as Ben & Jerry's! In fact, the [non-dairy milk market](#) has surged within the past few years. [Almond milk](#) sales, in particular, have increased by 250 percent from 2000-2015 to almost [\\$895 million](#).

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