

Dairy — Not Good for the Body (Last updated 4-18-23)

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Please email Jane if you find a broken link (or have any questions) [EMAIL JANE](#)

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The dairy industry tries to convince us that we "need" milk, even though almost 75% of the world's population is lactose intolerant and can't digest milk well after weaning.

According to whole food, plant-based experts, dairy is not good for our bodies and all dairy should be avoided. This includes: milk, butter, cheese, yogurt, cottage cheese, sour cream, ice cream, whey, and any foods with dairy products in them.

In today's world, it is easy to find a good non-dairy milk: soy milk, rice milk, almond milk, oat milk, etc. Avoid coconut milk as it is very high in saturated fat. Non-dairy are found in most grocery stores (or you can easily make your own). I use a [milk-making machine](#) to make it super easy!

See also: ["Dairy & Eggs and the Word of Wisdom"](#)

Resources on the health risks of dairy

McDougall Newsletter: When Friends Ask: "Why Don't You Drink Milk?"

<https://www.drmcDougall.com/misc/2007nl/mar/milk.htm>

No Body Needs Milk by Alan Goldhamer, D.C.

<https://nutritionstudies.org/no-body-needs-milk/>

McDougall Newsletter: Dairy Products and 10 False Promises

<https://www.drmcDougall.com/misc/2003nl/apr/030400pudairyproductsfalsepromises.htm>

McDougall Newsletter: Marketing Milk and Disease

<https://www.drmcDougall.com/misc/2003nl/may/dairyanddisease.htm>

Marketing Milk and Disease: John A. McDougall, M.D.

<https://www.drmcDougall.com/health/education/videos/free-electures/marketing-milk-and-disease/>

Truth or Dairy: John A. McDougall, M.D.

<https://www.youtube.com/watch?v=SGCdc9quABU&feature=youtu.be>

Joseph Keon Author of "Whitewash: The Disturbing Truth About Cow's Milk and

Your Health"

<http://www.youtube.com/watch?v=3qyMIbKZgq8&feature=em-uploademail-new>

Debunking The Milk Myth: Why Milk Is Bad For You And Your Bones

<http://saveourbones.com/osteoporosis-milk-myth/>

5 Ridiculous Myths About Cow's Milk

<http://www.onegreenplanet.org/vegan-food/5-ridiculous-myths-about-cows-milk/>

Robert Cohen, huge site on milk

<http://www.notmilk.com>

Also wrote Milk A-Z, <http://www.amazon.com/exec/obidos/ASIN/0965919684/>

Childhood Constipation and Cow's Milk

The elimination of all dairy products was found to cure constipation in up to 100% of kids tested, leading to a resolution of rectal inflammation and complications such as anal fissures.

<http://nutritionfacts.org/video/childhood-constipation-and-cows-milk/>

Does Animal Protein Cause Osteoporosis?

<http://nutritionfacts.org/2014/07/31/does-animal-protein-cause-osteoporosis/>

Alkaline Diets, Animal Protein, & Calcium Loss

<http://nutritionfacts.org/video/alkaline-diets-animal-protein-and-calcium-loss/>

Is Protein Bad to the Bone?

<http://nutritionfacts.org/video/is-protein-bad-to-the-bone/>

12 Frightening Facts About Milk

<http://nutritionstudies.org/12-frightening-facts-milk/>

Milk: Is It the Elixir We've Been Sold? by Joe Koen

<http://nutritionstudies.org/milk-the-elixir-weve-been-sold/>

Milk Life? How About Milk Destruction: The Shocking Truth About the Dairy Industry and the Environment

<http://www.onegreenplanet.org/animalsandnature/the-dairy-industry-and-the-environment/>

--->Why and How to Ditch Dairy:

<http://plantbaseddietitian.com/why-and-how-to-ditch-dairy/>

--->Here are 10 Reasons to Ditch Dairy:

<https://myvegandreams.com/reasons-ditch-dairy/>

--->Eat Drink Politics on Whitewashed: How Industry and Government Promote Dairy Junk Foods:

<https://www.eatdrinkpolitics.com/2014/06/11/whitewashed-how-industry-and-government-promote-dairy-junk-foods/>

--->Physicians Committee for Responsible Medicine's Santa is Lactose Intolerant:
<https://www.pcrm.org/news/blog/breaking-santa-lactose-intolerant>

Milk Makes Estrogen Levels Rise by Dr. Linda Carney
<https://www.drcarney.com/blog/entry/milk-makes-estrogen-levels-rise>

Is Bovine Leukemia Virus in Milk Infectious?
<http://nutritionfacts.org/video/is-bovine-leukemia-virus-in-milk-infectious/>

Facebook Post with ideas for helping children understand why it is best to not use dairy
<https://www.facebook.com/groups/wowhealthchallenge/permalink/2116830615045522/>