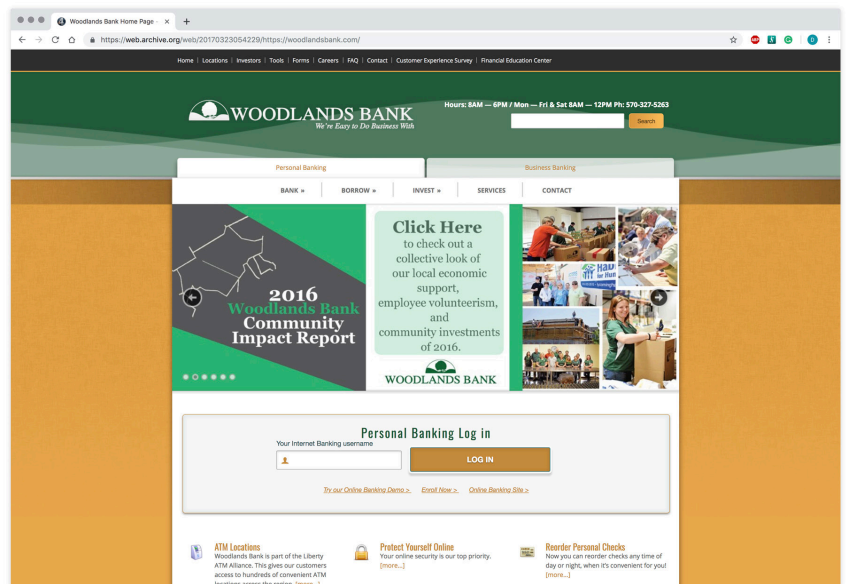


redesign



old

## DIGITAL DESIGN AND DIGITAL BRANDING

Website redesign, visit [woodlandsbank.com](https://woodlandsbank.com) for full experience



# blurbo

**BEST  
& WORST**  
Dressed at  
MTV Awards

**JEANS:**  
50 Trendy  
ways to Cut  
'em up

# MILK IT DOES A BODY BAD



BLURBO FEBRUARY 2017

4



# MILK

## It Does a Body Bad

By Josh Haskins

The Scary New Science that Shows  
Milk Is Bad for You

Evidence suggests dairy doesn't do a body good—so why does the government still push three servings a day?

MILK: ADAM W. BING / GETTY IMAGES

5

**D**e Americans need so much milk! In 1970, Harvard University nutritional scholar Ingram wanted to find out. He had heard of dairy milk's virtues with growing up as an infant in India. But he was a skeptical nutritionist. He noticed that plenty of people from countries with little dairy were living, and old age. There was, however, a practical complication that prevented him from experimenting on the general population to understand this paradox. After a person can't live on calcium, it can take months or years for the change to show up in the body.

Ingram went looking for a drastically calcium-depleted population. He found one at the Central Prison of Lima, Peru. Inmates locked up in the gym, for over 100 years, were advised to eat a diet that was extremely low in calcium. They typically drank milk once a week.

Ingram got permission from prison officials to monitor the calcium intake of 10 volunteers. By comparing the prisoners' intake with the amount they received in their meals, he could determine how much calcium they retained. But the average prisoner, he found, could regularly take in just 100 milligrams of calcium a day—less than what you get from a single glass of milk—and more would still raise up normal levels of calcium in his body.

The study was small, to be sure, and it included no women, whose calcium needs can be higher during pregnancy and lactation. But its conclusion made sense to Ingram: The body didn't want to use the calcium kept for more expensive thought necessary.

Ingram's study was revolutionary—and quickly famous. Americans began to rethink their milk and eating their dairy with plenty of encouragement from the government. Every five years, with guidance from scientists and heavy lobbying from industry, food and agriculture interests—including the U.S. Department of Agriculture and the U.S. Department of Health and Human Services—dietary guidelines for Americans were updated.

While some Americans—old-age study dairy givers among them—were skeptical, the dietary guidelines were profoundly influential. They determined which agricultural products made their way to paper-faceted nutrition campaigns and how the billions of dollars in federal food and farm subsidies were typically distributed through programs like the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Schools that didn't follow the guidelines lost out on federal lunch subsidies. The guidelines are also the basis for other health recommendations. The guidelines are also the basis for other health recommendations.

And that's a problem, because many experts believe that Ingram was right when he claimed adults need very little calcium. What he was suggesting, body of research has found, is that the government is pushing too much dairy on us. It's a billion to subsidize dairy, many experts believe this

new science deserves more attention. "We need to realize the evidence and health effects of drinking that much milk," says David Lomberg, a professor at Cornell University's Division of Life Sciences, who has been one of the dairy industry's fiercest critics.

When an ounce of butter and one cup of sugar brought him around to his market share, milk remains a popular drink for children, and for good reason. It's a convenient delivery system for a host of nutrients, most importantly calcium, which is essential for bone growth. Children who don't get enough calcium can suffer from impaired muscle control as well as calcium, a disease that causes the bones to soften and weaken. An eight-ounce cup of low-fat milk has just 300 milligrams of calcium, or 60 percent of the guideline's recommended daily intake. A cup of yogurt has 400 milligrams, and an ounce of Swiss cheese has 100.

But outside the dairy family, calcium is harder to come by. In order to get the amount of calcium in a glass of milk, you would need to eat three cups of spinach, 1 1/2 cups of almonds, or 1 1/2 cups of kale. And that's not counting the calcium in the soil that the plants absorb. The calcium behind much of the new dairy research is from William, who made the dairy his life's work. William grew up on a dairy farm and did his graduate work in dairy or related dairy field. Building on his research

**"A growing body of research has found that for grown-ups, consuming too much dairy can actually be harmful."**

of all the available research—by then, eight epidemiological studies and five randomized, controlled trials—Lomberg and his colleagues found that dairy consumption was linked to a higher risk of heart disease, type 2 diabetes, and obesity. Lomberg's findings were published in the *American Journal of Clinical Nutrition* last year, and they were widely cited. The findings are so strong, Lomberg says, that he is now a frequent speaker at dairy industry events. He is also a frequent speaker at dairy industry events. He is also a frequent speaker at dairy industry events.

and on lactose-free compound known as HGF—may speed the growth of cancer. Other studies have suggested that too much calcium may inhibit the absorption of iron, leading to iron deficiency anemia. Lomberg's findings are so strong, Lomberg says, that he is now a frequent speaker at dairy industry events. He is also a frequent speaker at dairy industry events. He is also a frequent speaker at dairy industry events.

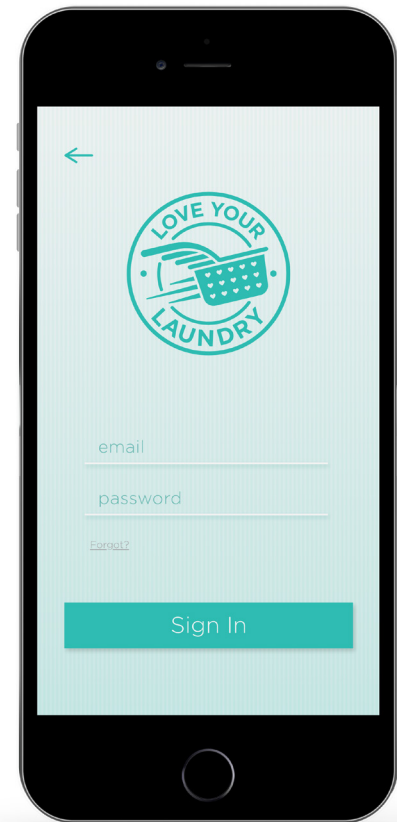
MILK: ADAM W. BING / GETTY IMAGES

5





LOVE *Your* LAUNDRY



#### IDENTITY DESIGN

click the app icon to view interactive app prototype











