Milk is no Help with the Building of Strong Bones

Stated in the *Los Angeles Times* by the U.S. Surgeon General in March of 2005, by 2020 one in every two Americans older than fifty years of age will be at risk for fractures from osteoporosis or low bone mass (Kelly 1). Osteoporosis and having a low bone mass most people assume are caused by not drinking the necessary amount of milk or getting the right amount of calcium dietary guidelines declare to. In essence this is not the case. According to researchers and studies at achieving universities, milk does not affect these issues as much as people think and milk does not build strong bones.

Calcium, protein, vitamin A, D, B12, magnesium, niacin, potassium, and riboflavin create the highly liked drink milk. Cow hormones, sugars where are found nowhere else in nature also make up the beverage milk. BMC stands for bone mineral content, BMC is the measurement used in growth studies and the single most important determination of the risk of fracture. The BMD stands for bone mineral density which is the measurement of the amount of calcium which is in a bone. Milk is a highly talked about beverage which most say is good for your bones but there are doctors and nutritionists that believe milk is not good for your bones and does not help build strong bones for one. Nutritionists think that milk in large amounts is an essential part of the diet that can help prevent diseases such as osteoporosis, heart disease and other types of cancers. An article from the Los Angeles Times that was written in 2005 by Alice Kelly talked about researcher’s debate about the milk topic and if it is healthy for bones like we think. “Bones need calcium and researchers are with this point”, says Kelly. Some researchers and other nutritionists have done studies showing that milk is not good in large amounts but others say different.

When people hear the word milk most tend to think of calcium. Milk is not the only source of calcium. Leafy greens and different kinds of seeds are other sources where calcium can be found. Dairy products sometimes cannot store all the calcium in the body so because of the calcium-magnesium ratio in dairy products, our bodies do not properly absorb the calcium it contains. Excess stores of calcium accumulate in our blood and urine and can cause kidney problems or failure or cause kidney and gall stones. Some greens, like spinach, contain oxalic acid, which may also cause a problem for those who are susceptible to kidney stones and gall stones. Seeds have been around since BC times and are excellent sources of calcium which people always forget about.

When said people do not build strong bones they probably have never heard of the studies done to show milk does not build strong bones.

Harvard’s study is the study that is the most well-known study explaining milk and building bones. The Harvard study consisted of a twelve year study. 78,000 women were studied half of the women received calcium from milk and other dairy products and the other half were not given calcium. The women who were given dairy products from milk and other dairy products actually broke more bones than the women who were given little or no types of dairy products. This study shows that milk does not make a big as an impact on bones and building strong bones as most people believe it did.

Another study which Harvard did with Cornell found out that the U.S. guidelines have gone too far, especially on the dairy end of things. Researchers believe that exercise, heredity, hormone levels, smoking, protein and Vitamin D and K intake matter more than milk intake. On average children over the age of ten year of age are urged to drink three cups of low fat or fat free milk per day. Or eat an equivalent amount of yogurt or cheese each day. Researchers at the University of South Carolina did a study in 2008 which was funded by the National Dairy Council. They pooled the results of forty-five previous studies covering 27,000 cases of Prostate cancer and found no suggestion that milk or dairy products increased the risk of the disease. Another study was taken in July of 2010 in Italy. The researchers found out that men who drink a lot of milk, more than the amount said are at increased risk for Prostate cancer. But the study is not completely finished so they aren’t one-hundred percent sure for their results.

From surveys taken by SPASH students of Mrs. Quinn’s writing class information was found out which less than twenty-five percent of students like milk. seventeen percent of the students drink three plus cups of milk per day. SPASH Girls Basketball coach David Hauser believes that milk is a very important substance your body needs. According to Hauser milk most definitely has an impact on helping create and keep strong bones. “Being a coach I push players to drink as much milk possible. The more milk the lesser chance for injury”. Many coaches feel the same as coach Hauser does. He also gave an example of how after practice the football players receive a carton of milk. The reason for this is not just being nice; it is because milk does help in the growth of strong bones. Another reason football coach’s do this is because it lessens injury and they don’t want their players getting hurt.

Works Cited

Donarski, Torie. “The Milk Survey”. Unpublished survey. 2011.

"Don't Drink the Milk." *Wall Street Journal Online*. 28 Jan 2010: n.p. *SIRS Issues Researcher.* Web. 07 Oct 2011.

Goldstein, Myrna C., and Mark A. Goldstein. *Food and nutrition controversies today : a reference guide*. Westport, CT: Greenwood Press, 2009. Print.

Hauser, David. Personal interview. 5 Oct. 2011.

*Heise Health Clinic: Chiropractical & Alternative Medicine*. Empower Creative Services LLC, 2011. Web. 27 Sept. 2011.

Keilman, John, and Tara Malone. "Chocolate Milk: Better Than No Milk?." *Los Angeles Times (Los Angeles, CA)*. 21 Nov 2009: A.24. *SIRS Issues Researcher.* Web. 07 Oct 2011.

Kelly, Alice L. "The dairy debate: Does milk build stronger bones?" *Los Angeles Times* 7 Mar. 2005: 1+. Web. 4 Oct. 2011. <http://articles.latimes.com/2005/mar/07/health/he- calcium7/2>.

*Milk*. ProCon, 3 Aug. 2009. Web. 29 Sept. 2011. Path: http://milk.procon.org/view.answers.php? .questionID=000828.

*Milk Building Strong Bones.* ProCon. 25 Aug. 2011. Web. 2 Oct. 2011. Path: <http://milk.procon.org/view.answers.php?questionID=001317>

*Milk Top Ten Pro and Cons.* ProCon. 6 Aug. 2011. Web. 2 Oct. 2011. Path: http://milk.procon.org/view.resource.php?resourceID=000656

Woolston, Chris. "Too Much Milk?." *Los Angeles Times (Los Angeles, CA)*. 12 Jul 2010: E.1. *SIRS Researcher.* Web. 30 Sep 2011.