



# SWITCH4GOOD

**LIVE BETTER. DO MORE. DAIRY-FREE.**

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## FACT SHEET: Dairy's Effects on Women's Health

### **Cancer:**

- Research suggests that consumption of even just 1 glass of cows' milk per day can increase the risk of ovarian cancer threefold.<sup>(1)</sup>
- Cows' milk increases our levels of circulating IGF-1 and estrogen which can promote tumors and increase the risk for breast cancer.<sup>(1,2)</sup>
- Research has found the casein protein in cows' milk, which makes up 80% of its protein content, to be a potent chemical carcinogen—meaning it can turn on our cancer-promoting genes.<sup>(3)</sup>

### **Hormones:**

- 60-80% of the estrogen we consume comes from cows' milk.<sup>(4)</sup> Research has found an association between excess estrogen and increased risk of breast cancer, fatigue, and weight gain.<sup>(1)</sup>
- In pregnant women, cows' milk consumption increases serum levels of IGF-1, which can lead to higher birth weight, and neonatal size.<sup>(5)</sup>

### **Bones:**

- Research has found that women consuming the US Dietary Guidelines recommended 3+ glasses per day of cows' milk had a whopping 60% greater hip fracture rate than those consuming less than 1 glass per day.<sup>(6)</sup>

### **Environmental Toxins:**

- Cows' milk is a source of environmental toxins, known as POPs, which mimic our estrogen hormones.<sup>(7)</sup> In women, this can lead to estrogen dominance symptoms, including:
  - Weight issues
  - Endometriosis
  - PMS, fibroids
  - Breast tenderness
  - Acne
  - Fertility issues

- Hormone-dependent cancers such as breast and endometrial cancers

### References:

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