

SWITCH4GOOD

FACT SHEET: Dairy's Effects 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.⁽¹⁾
- Cows' milk increases our levels of circulating IGF-1 and estrogen which can promote tumors and increase the risk for breast cancer.^(1,2)
- 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.⁽³⁾

Hormones:

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

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.⁽⁶⁾

Environmental Toxins:

- Cows' milk is a source of environmental toxins, known as POPs, which mimic our estrogen hormones.⁽⁷⁾ 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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