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**Subject** – Is It Safe to Avoid Dairy?

Hi,

How many of us have been raised to believe those dairy products are the healthiest food items we can eat? Even the USDA food pyramid recommends that you need at least three glass of milk per day. So, does that mean your paleo diet is actually keeping you away from a holy grail of health?

Not really.

We are living in modern times, and it is time to use scientific research and Paleolithic knowledge to debunk such myths.

There are many reasons dairy is not a part of paleo diet. First of all it is because it is not a part of natural human diet. Our prehistoric ancestors probably knew the fact that cow milk is supposed to consumed by calves and not by humans and their babies.

Secondly, dairy product, nowadays, come from cows that receive heavy doses of steroids and hormones. These are the adversities that enter your system through the milk and can cause a large number of diseases including osteoporosis.

And finally, dairy products are metabolized into acids putting the whole PH level of your body off the balance.

So, would your really trust your health with products that come from cows that feed on GMO loaded food and live in unhygienic conditions?

Think about it!

With this through, we take our leave until we return with some more information regarding health and lifestyle.

Thank You