

Objectification Processes on Adolescents' Negative Body Feelings, Dietary Restraint, and Binge Eating" (the headache I mentioned earlier). These articles were similar in that they were scholarly, written by doctors with PhD's in psychology, and both had the same conclusion: media has negative effects on body image. The only difference was the first article was an actual experiment to see if subvertising and disclaimers helped at all with these negative body feelings. "In Study 1 (N=1268), adult women exposed to disclaimers or subvertising did not report higher body state satisfaction or lower drive for thinness than women exposed to unaltered images," (Frederick, Sandhu, Scott, & Akbari, 2016). The conclusion was disclaimers and subvertising do not help at all with body satisfaction when viewing thin-promoting media. Though this topic was somewhat interesting, I didn't care enough about it to continue research and I switched to "why humans should drink less cow milk." I found it interesting that Dr. Verma (2014) wrote, "Human milk is very different in composition from cow's milk or goat's milk or any other mammal's milk." She then proceeded to discuss how cow milk has three times the amount of protein as human milk and how this can actually be harmful to our bones. This seems to be consistent with "Breastfeeding vs. Formula Feeding" which discussed what breast milk is composed of—lactose, protein, and fat—and how those ingredients perfectly fit an infant's essentials to grow ("Breastfeeding," 2017). This will help show that I'm not arguing we should stop drinking milk all together; human milk is fine for humans. I'm arguing we should stop drinking milk from cows—or at least cut back our intake tremendously.

Evink and Endres (2017) get more in detail with larger dairy farms specifically stating, "From 2000 to 2012, the percent of milk production coming from farms with more than 500 head increased nearly 3-fold in the 4-state upper Midwest region, including Minnesota, Iowa, South Dakota, and Wisconsin," (p. 9466). I primarily want to focus on 'conventional' dairy farms for

Good detail

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what is this?

this project and will explain how buying locally-milked cow milk may have its benefits.

Thompson (2017) gets more into this concept in her article, "Experts Explain the Real Difference between Organic and Non-Organic Milk" where she starts off by explaining what organic milk is defined as: "According to strict organic regulations put in place by the USDA, organic milk must come from a cow that has not been treated with antibiotics, has not been given hormones — for either reproduction or growth — and has been fed at least 30 percent of its diet on pasture."

Finally, I looked into the dairy cows' side of life. I visited PETA's website and found that cows only naturally produce enough milk to feed their young. In order to force the cows to produce more for human consumption, they are artificially inseminated yearly and hooked up to a milking machine a few times a day. Their young is typically taken from them within the first few days of birth so they aren't able to drink all the milk before it's collected for human consumption ("The Dairy Industry," 2017). It is a heartbreaking reality.

In conclusion, I am not arguing that humans shouldn't breastfeed their young. This is a normal part of life and all mammals do it. However, the strange part is that we continue drinking it our whole lives, and we don't even continue drinking human milk—we switch to cows'. People may say it is good for our bones, but the research shows otherwise. In fact, the ingredients found in milk could actually cause a calcium-deficit in your diet. Pretty ironic right? In addition, the dairy cows' perspective is terrible. It's one thing for animals to be humanely raised and slaughtered for meat, but to think dairy cows spend their whole lives miserable and hooked to an electronic milk machine, just to face the same fate, is something else. I understand it will be hard for us to steer away from drinking milk, as it has been part of our routine our whole lives. However, the first step is to simply cut back your intake. From there, you can start making substitutions like almond, soy, or coconut milk. It will take some time, but I think it's

worth a try. Not only does it lack all the health benefits we thought it provided, but it strains and
distresses the many dairy cows used in producing mass amounts of milk for our consumption.