**Is milk bad for you?**

People have been saying that milk from cows are bad for you and that there is nothing good about cow milk whereas many other people believe that cow milk is a good source of calcium and other nutrients so… is milk actually bad for you?

According to peta.org, milk can increase the chance of breaking bones, increase the chance for prostate or ovarian cancer, increase the chance of acne and/or increase severity, increase cholesterol and saturated fat levels , and increases the chances for viral superbugs, bone loss, and weight gain. All this “increasing” sounds very scary and might convince you never to drink cow milk ever again but let’s not jump to conclusions yet!