

Dairy - yes or no?

January 2, 2020 | 1 upvotes | by [ArnoldT1000](#)

Been debating cutting out dairy due to possible effects on acne, bloating, and hormones. Main logic behind it is that dairy isn't really meant for human consumption - when you think about it it's literally breast milk from another animal.

The main negative of cutting it out is it's fucking great for gains. Perfect macros and an easy way to rack up calories. Would be more of a pain in the ass to meet daily calorie and macro goals without it, so it better be worth it.

That being said, has anyone here cut out dairy and experienced positive effects - on acne, hormones, or general well being?

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Comments

RedSkeller • 7 points • 2 January, 2020 08:52 PM

Vegan retard here. Cut it out, I had really positive effects with it, and avoiding it isn't a big deal anymore. I had bloating even though I was low body fat and working out, my abs especially. Probably lactose intolerant, my face really cleared up too.

Terdmuffin • 2 points • 2 January, 2020 10:25 PM

I think the argument that it's "breast milk from another animal and therefore not meant for human consumption" is flimsy at best. If you can digest it without ill effects then it's perfectly suitable for human consumption. Not every person reacts to food the same way. Some people can't eat wheat, some can't eat nuts, some can't eat berries...these are all foods deemed "suitable for human consumption".

Whitefarmer • 1 point • 3 January, 2020 01:46 AM

Nobody mentions that the baby's of these animals grow into ferocious beasts in a short time!!

Terdmuffin • 3 points • 3 January, 2020 03:28 AM

I just don't get how "cow milk is bad for humans because it comes from cows" makes sense. It's high in a lot of nutrients. Does it have nutrition readily available to humans?

Whitefarmer • 1 point • 3 January, 2020 01:43 AM*

I filter all my water through a cow before I drink it!!! If half these studies are true I should be dead by now but I'm 6 foot 180 lbs 10% and wake up with a morning wood . never been to a gym but I work on a farm all day

theUnBannableHulk • 1 point • 2 January, 2020 08:42 PM*

Depends on race.

Northern Europeans have evolved to have a very high tolerance to dairy due to adaptation pressure living in areas with food scarcity for 1000s of years.

Southern Europeans and below always have lactose intolerance to various degrees .

If you're White/Scandinavia/Northern European/Central European/Slavic etc you're fine

If you're from the jungles of Africa you know you're 100% lactose intolerance more than any other race Mr. Nappy

If you're from anywhere else then cutting out dairy will help you as you do NOT have the degree of biological enzymes or capacity required to digest lactose.

All this BS about being not natural is made up crap to make non-whites feel good.

Also, if you live in some of the cucked countries full of GMO and Glyphosate, Monsanto and subsidiaries and roided-up cows then you're better off cutting out milk as this is just an unnatural clusterfuck. Looking at you - USA, South America, Canada, UK and Oz.

[deleted] 2 January, 2020 09:26 PM*

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rhinoglue • 1 point • 3 January, 2020 12:48 AM

It burns your tongue?! This is the first time I've ever heard of something like that, but that's fucking crazy.

LucidBananna • 1 point • 2 January, 2020 09:41 PM

Try fair life milk, better macros and it's filtered so no lactose.

Red_Pill_Brotherhood • 0 points • 2 January, 2020 10:25 PM

This.

vandaalen • 0 points • 2 January, 2020 08:08 PM

We are not your mommy. Don't come here for approval. Try it out yourself and see if anything changes and to what effect.

ArnoldT1000 • 4 points • 2 January, 2020 08:09 PM

I'm not asking for approval lmao I'm asking what people's experiences are so I don't waste my time if it isn't worth it

Protocol_Apollo • 1 point • 2 January, 2020 08:18 PM

Different people react differently to dairy.

Nobody can guarantee if it will get worse or better for you when you remove it from your diet.

ArnoldT1000 • 1 point • 2 January, 2020 08:20 PM

Fair enough, but I'm still interested in hearing others' experiences with cutting out dairy

vandaalen • -3 points • 2 January, 2020 08:15 PM

You'll get one million opinions even before the vegan retards discover this thread. How is leaving something out of your diet even "wasting time"? It costs nothing. Not even time.

ArnoldT1000 • 3 points • 2 January, 2020 08:20 PM*

It would cost time because I'd have to put more effort/time into preparing meals instead of getting easy calories and protein from dairy

I'd rather avoid that if cutting out dairy isn't worth the trouble