

# Exposure to exogenous estrogen through intake of commercial milk produced from pregnant cows

54 upvotes | 7 May, 2021 | by boy\_named\_su

---

<https://doi.org/10.1111/j.1442-200x.2009.02890.x>

---

Archived from [theredarchive.com](http://theredarchive.com)

---

# Comments

---

SomeSadBoi123 • 27 points • 7 May, 2021 04:29 PM

Why does everything have plastic and estrogen in it?

pyriphlegeton • 16 points • 7 May, 2021 08:45 PM

The estrogen part is obvious. Milk is produced by mammals to feed their babies. Therefore it's high in calories and hormones to trigger and support their development. Useful if you're a calf trying to gain hundreds of pounds in a few months, not so useful if you're an adult human.

Dust-specks • 0 points • 17 May, 2021 10:53 AM

It's non-obvious and claimed to be an artefact of modern breeding procedures.

In case you haven't noticed, people have been drinking milk before history began.

pyriphlegeton • 1 point • 17 May, 2021 11:21 AM

That's absurd. Please substantiate your claim that estrogen in cow's milk is merely an artefact of modern breeding procedures.

Mammals constantly produce hormones which are found in varying levels throughout their body. So of course, if you eat parts of their body, you'll ingest hormones. Breast milk has evolved specifically to support developing mammals and therefore naturally contains (among others) sex hormones and growth hormones.

To completely sidestep the breeding procedure issue, human breast milk does so as well [1], [2].

Quoting another study: "The **naturally occurring hormones** in dairy foods have **biological effects in humans** and animals, which are ranging from **growth promoting effects** that related to sex steroids (9), to **carcinogenic properties** that associate to some active metabolites of oestrogens and IGF-1." [3]

[1] <https://pubmed.ncbi.nlm.nih.gov/31395844/>

[2] <https://pubmed.ncbi.nlm.nih.gov/28835965/>

[3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4524299/>

Dust-specks • 0 points • 17 May, 2021 01:25 PM

Abstract of the OP said so. Anyways, if milk drinking had deleterious effects then it'd not have spread to the point of widespread lactase persistence evolving.

pyriphlegeton • 1 point • 18 May, 2021 11:36 AM

That conclusion doesn't follow. Something must only increase the probability of successful procreation to be evolutionarily conserved. Something could kill you 10 years after you had a child and the trait would still be passed on.

Milk provides lots of calories which was incredibly important to our ancestors, when food security was low. Also cheese is a great way to have a high-calorie, storable food.

All that does not mean that it's healthy to consume in a time when you have basically unlimited access to calories as well as more healthy sources of it (fruit, vegetables, whole grains, legumes, etc.).

Also regarding OP's abstract: cows continuing to lactate during pregnancy **increases** the hormones. That doesn't mean that those hormones aren't present in milk that's produced after pregnancy to sustain the calf. Again, mammal milk is a secretion that's specifically tailored to raise a young mammal. That includes containing sex- and growth hormones.

Carkudo • 7 points • 8 May, 2021 04:19 AM

The estrogen craze seems like such bollocks to me. So we actually know that putting it in one's *stomach* causes it to feminise one's body?

rockhardcowpoke • 7 points • 8 May, 2021 01:31 PM

Yeah I kinda have doubts as well. I would imagine most or all would be destroyed in the stomach, just as you can't just eat testosterone - you have to inject it. Further, a healthy body will try to maintain a certain balance of hormones. Even if there were a mild increase in estrogen it is likely that other hormones would alter their production to compensate.

My real concern is the human waste of the 60% of the population on pharmaceuticals, which are not removed fully before being recirculated into the water

boy\_named\_su[S] • 2 points • 8 May, 2021 06:17 AM

think about how birth control pills works

llightbringer • 3 points • 8 May, 2021 06:46 AM

You can't compare a natural food to something that was designed to bypass the stomach acid and be absorbed by your gut.

boy\_named\_su[S] • 3 points • 8 May, 2021 06:50 AM

Cool, man. Read the study

Carkudo • 2 points • 8 May, 2021 05:58 PM

How *do* they work?

Dust-specks • 1 point • 17 May, 2021 10:52 AM

Huh.

I mean, the N is 11 so this looks really underpowered.

short-cosmonaut • 5 points • 7 May, 2021 09:56 PM

Milk is the new soy.

pyriphlegeton • 2 points • 17 May, 2021 11:25 AM

Which was obvious from the start.

Soy contains compounds which are chemically similar to mammalian estrogens, mimicking some effects at high doses. At normal levels attainable through a balanced diet, soy has been proven to lower breast cancer risk, yet increase bone strength. That's because multiple types of estrogen receptors are present in different tissues. So at reasonable intakes, soy is actually very healthy and advisable to eat.

Cow's milk contains **actual mammalian estrogen** which exerts identical effects at identical doses.

IamYodaBot • -3 points • 7 May, 2021 09:56 PM

**the new soy, milk is.**

*-short-cosmonaut*

---


Commands: 'opt out', 'delete'

unyoda-bot • -2 points • 7 May, 2021 09:57 PM

**Milk is the new soy.**

*-short-cosmonaut*

---

Submit Feedback | I just undo what IamYodaBot does. . It's literally just for fun... relax bro)

ununyoda-bot • -4 points • 7 May, 2021 09:57 PM

**the new soy, milk is.**

*-short-cosmonaut*

---

I just undo what unyoda-bot does