Acne Associated with Dairy Intake

A new Harvard study links dairy products to adolescent acne. A group of 47,000 women from the Nurses’ Health Study was asked to provide information about several aspects of their diet during high school as well as any incidence of physician-diagnosed severe teenage acne. Researchers noted a positive association with total milk and skim milk consumption, along with instant breakfast drinks, sherbet, cottage cheese, and cream cheese. No association was found with several other foods often thought to affect acne, including soda, french fries, chocolate candy, and pizza. The scientists postulate that hormones and bioactive ingredients found in milk may be responsible.


Fish May Increase Heart Disease Risk

A recently published study reveals a little-known problem with fish consumption. Finnish researchers have discovered that mercury, a heavy metal and dangerous environmental poison commonly found in fish, not only increases the risk of heart disease, but may also negate the supposed heart-protective benefits of fish. Of the 1,871 men studied in the Kuopio Ischaemic Heart Disease Risk Factor Study, those with the highest mercury content had a 60 percent increased risk of an acute coronary event and a 68 percent increased risk for cardiovascular disease overall. The amount of mercury found in the men was directly related to their fish intake.


Milk Consumption May Pose Risk Factor for Parkinson’s

A new study strengthens evidence suggesting a connection between milk intake and Parkinson’s disease. Researchers from the Honolulu Heart Program have found that adult milk intake doubles the risk for the disease. After gathering data on the diets of 7,500 men, researchers tracked milk intake, as well as intake of dietary calcium from non-dairy sources, along with other lifestyle factors, for 30 years. A significant association was found only for milk, with those drinking more than 16 ounces per day suffering twice the incidence of Parkinson’s compared to those who drank no milk at all. Researchers theorize that the contamination of milk with pesticides and other neurotoxins may play a role.

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