Does Milk Increase Mucus?

The claim researchers have sought to answer centered on the question, "Does drinking milk really generate an increased mucus production?"

Most people have held onto the deeply held belief since their childhood days that drinking milk while you have a cold should be avoided due to the excess mucus it produced. This belief dates back as far as the Middle Ages when Moses Maimonides wrote about this association in "Treatise on Asthma." Another cold remedy he offered that was also included in the same book was chicken soup.

Despite these beliefs that have persisted over the years, researchers stated there hasn't been any proven correlation between drinking milk and excess mucus production. Researchers backed up their claims by performing several double-blind studies that evaluated the mucus production in different people after they drank either a glass of milk or a placebo that tasted like milk. They didn't discover any differences in mucus production in either of the groups.

Other studies involving people with asthma or those suffering from a cold revealed similar results.

The one complaint researchers found in a study on milk were the participants reporting to have a "coating" sensation in the back of their throats after drinking a glass of milk, however there weren't any signs of increased mucus production.

Based on the results from all of their findings, researchers came to the consensus that drinking milk does not contribute to an increased mucus production.

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Dr. Mercola's Comment:

The bottom line, though, is that any problems that stem from milk are most assuredly from pasteurized milk, NOT raw milk. Not only does raw milk not cause problems for most people – and it is becoming increasingly popular – but also it can actually be considered a health food for most.

If you are still drinking regular milk I would encourage you to discontinue this practice as soon as possible. The growth hormones that have been found in milk that was written about in one of my past newsletter articles are only one of the reasons why this should be considered.

The major issue is the pasteurization of the milk, which completely changes the structure of the milk proteins (denaturization) into something far less than healthy. Then, of course there is the issue of the antibiotics and pesticides and the fact that nearly all commercial dairy cows are raised on grains, not grass, like they were designed to. This will change the composition of the fats, especially the CLA content.