

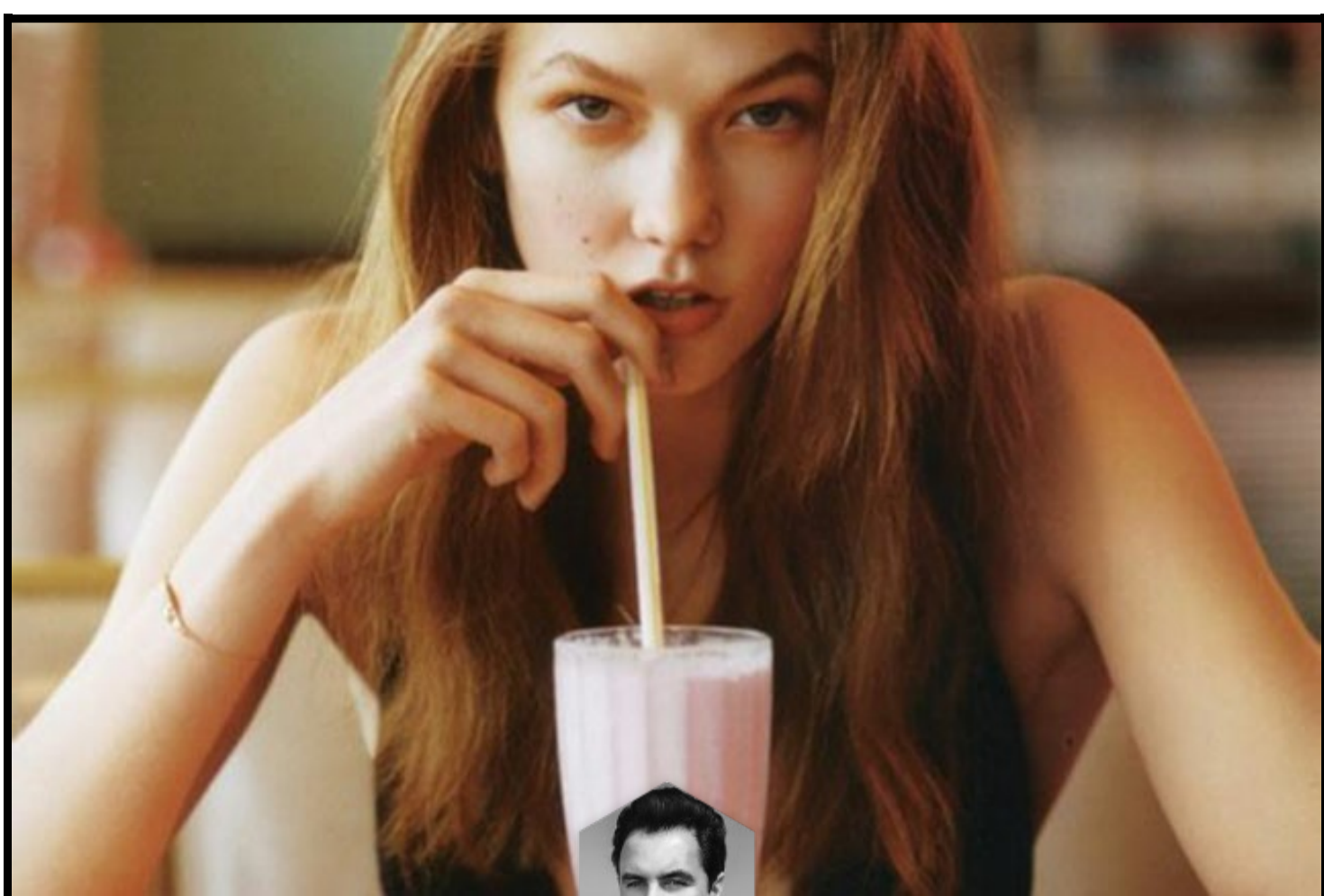


Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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# Is dairy good for you?

Dairy dilemmas



## Ricardo Riskalla

Personal trainer, author, nutrition expert and chef, Ricardo has been featured in Vogue and many publications. He is the secret weapon of many a supermodel and actor.

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## Ricardo Riskalla looks into the age-long debate on the benefits of dairy

For most of you, the facts and fictions behind the benefits of [dairy](#) is extremely blurred- and is confusing to say the least. Recently, I had a close look at studies from Cornell University, USA, where I focused particularly on the [dangers of dairy](#). Key word: *Dangers*.

[Dr. T. Colin Campbell](#) is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. Dr Campbell is the author of over 300 nutrition research papers and three books, but the one that stood out the most for me it was, *The China Study*.

Dr. Campbell was one of the lead scientists of the China-Cornell-Oxford Project on diet and disease. The study was set up in 1983 by Cornell University, the University of Oxford, and the Chinese Academy of Preventive Medicine to explore the relationship between nutrition and cancer, heart, and metabolic diseases. The study was described by *The New York Times* as "the Grand Prix of epidemiology".

Dr. T. Colin Campbell, PhD explains in the study that casein, which represents about 87% of cow's milk protein, is the actual problem in dairy. He concludes explaining that casein is the most significant chemical carcinogen ever discovered. It is a more relevant carcinogen than any pesticide, herbicide, food additive, or other noxious chemical ever tested.

I hope by now that you understand - dairy is dangerous.

But here's what you're probably thinking, what about the calcium? If you decide to remove dairy out of your diet, simply incorporate calcium rich foods instead, think: tofu, green leafy vegetables, herbs, tahini, chia seeds, and almonds. Sticking to unprocessed vegetables is the key, because if you think about it - that's where cows are getting their calcium, too.

So next time you reach for that glass of milk, scoop of icecream, or latte; consider swapping it for some [dairy-free alternatives](#).

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