

The mistake when drinking milk turns it into a poison in the body

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Milk, a food that many people use every day to supplement nutrients, but not everyone knows how to use it correctly. There are still misunderstandings, wrong use for milk, accidentally turning this nutritious food into a poison.

Here are the misunderstandings surrounding the uses and benefits of milk.

1. Drinking milk at night helps to sleep?

Many people think that the best time to drink milk is at night (to help sleep better) and in the morning (when the body absorbs the best nutrition). However, up to now, people have not found the basis to confirm these two opinions.



Milk helps some cells in the body relax but very little because the number of such cells is not much. In addition, whether you drink milk in the morning or evening, the amount of nutrients absorbed into the body are equal.

In fact, the best time to drink milk for the body during the day is 30 minutes before a meal. Drinking milk then will effectively reduce blood sugar after meals, helping to prevent excess fat in the body.

2. The more expensive milk is, the higher the nutritional value

There are two types of milk we usually use: paper in a box (package) of paper can be stored for 30 days at room temperature and pasteurized milk stored in the freezer, only shelf life within 7 days.

Pasteurized milk is significantly more expensive than milk that can be stored at room temperature. So, which milk is better?



According to a nutritionist, pasteurized milk (or milk that must be stored in the freezer) is a pasteurized milk at low temperatures that retains only healthy bacteria and nutrients, Pathogenic bacteria have been removed.

Milk can be stored at room temperature instantaneous disinfection at high temperatures to eliminate most of the microorganisms in the milk so it can be stored for quite a long time at room temperature. However, this type of milk still contains a lot of good nutritional value for health, meeting the nutritional needs of the body.

3. The higher the milk content of calcium, the healthier it is?



This is not true because excess calcium can have negative consequences for the body. The excess of calcium can make the body tired, nausea, digestive disorders, reduce nutrient absorption and susceptible to a number of diseases such as kidney stones, cardiovascular disease, hyperthyroidism .

There is no need for calcium-rich milk, 300ml of milk a day plus a reasonable diet can provide enough calcium needed for the body.

4. Warming milk in the microwave?



The milk carton (package) is made of a soft, lightweight material that is not manufactured to be a heating device, so do not heat the entire carton in the microwave. So, if you want to heat the milk with a microwave, you should pour the milk into a specialized microwave appliance and reheat within 1 minute, so don't take too long.

5. Do not drink milk when hungry?



Many people think that drinking milk when hungry will cause bloating, indigestion, even diarrhea. However, this only happens to people who are lactose intolerant. In fact, humans were born only drinking milk. Milk contains a lot of water and is processed by the stomach faster than solid foods so it quickly creates a feeling of fullness. So we can safely drink and give milk to children when hungry.

For lactose intolerant people should eat a little starchy food before and should be taken in small amounts divided into several times

6. Drink milk before and after taking the medicine?



Milk can reduce the effects of drugs, even alter and increase the toxicity of the drug. Therefore, absolutely do not drink milk before or after taking the medicine, especially for the elderly, people with chronic diseases.

Should take medication before or after at least 1 hour when drinking milk.

Here are some special medicines that cannot be used with milk, you should note when using.

Digoxin Calcium in milk may increase the toxicity of digoxin. Anti-diarrhea medicine Milk will create a membrane around the tablet and make it denatured. Tetracycline antibiotics in milk will combine with the intel complex (chelate) in the intestine to reduce the absorption of the drug. Drugs containing calcium and iron in milk reduce the ability to absorb the drug. Levodopa Large amounts of amino acids generated during the breakdown of milk in the intestinal tract will prevent levodopa from being absorbed in the gut. Milk Estrogen reduces the effectiveness of the drug.

1. Why should eat tomatoes every day
2. Do not sleep while sleeping and this is the reason

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