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Persuasive Speech: Dairy Milk

Specific Purpose: To persuade my classmates to stop drinking dairy milk.

Central Idea: Drinking dairy milk negatively affects you, your environment, and the cows.

### Introduction

Today, I'm going to talk to you about dairy milk. Specifically, the reason I stopped drinking dairy milk last year. I grew up hearing "drink four cups a day" and "build strong bones" and "Got Milk?". That's because that's what the milk industry wanted me to hear, so they could sell me more milk and make more money. What I didn't hear was the other side. I didn't hear about how drinking dairy milk was negatively affecting me, my environment, and the dairy cows. And I wish I knew that earlier, so I could've made the informed decision to stop drinking dairy milk earlier. Today, I'm going to give you that information and encourage you to stop drinking dairy milk as well.

### Body

#### Main Points

- I. The first reason I stopped drinking dairy milk is because it's harmful to your body.
  - A. When I started drinking dairy milk, it was because I was told that it would help me grow. Milk is designed for babies, so it contains IGF-1, which is an insulin-like growth factor. It makes milk great for growing children, but we're not children, and when we have too much IGF-1, instead of helping *us* grow, it's helping *cancer cells* grow. That's why dairy milk is linked to both prostate and ovarian cancer.
  - B. Nonetheless, I continued to drink dairy milk because I was also told that it was a good source of calcium, and you need calcium for strong bones so you don't get osteoporosis when you're older. It turns out that's been disproven in numerous studies. Instead, calcium is correlated with a *higher* rate of osteoporosis, and *exercise* is correlated with bone density.
  - C. Furthermore, dairy milk is linked to acne and weight gain, so that was another incentive.
- II. The second reason I stopped drinking dairy milk is because it's harmful for the environment.
  - A. I'm from California, where there isn't always an abundance of water, so I grew up learning to take short showers. The average American shower uses *17 gallons* of water. Imagine my surprise when I found out that the production of 1 gallon of milk takes over *100 gallons* of water. That's the equivalent of *6* showers!
  - B. As even more incentive, livestock contribute more greenhouse gases than cars, planes, and all other forms of transportation *combined*. Cows, specifically, emit 80 gallons of methane a day, contributing to more than a third of the world's methane emissions. And that's important because methane emissions are 23 times stronger than carbon dioxide emissions at warming the planet.
  - C. On the bright side, you can use this methane to produce electricity. If you google "cow fart backpack" you can read about the scientist who connected an inflatable bag to his cow's stomach to store its methane. However, there are 9.3 million dairy cows in the US, and President Trump isn't funding these backpacks for any of them. It turns out, not everyone cares about the environment. Which brings me to my third point.

- III. The third reason I stopped drinking dairy milk is because our consumption of dairy milk is harmful for the dairy cows.
- A. Harmful is really an understatement. After the cow is impregnated artificially, their gestation period is 283 days, which is slightly over 9 months, similar to our own species. Except unlike us, their babies are taken away from them *at birth*, and are either destined to become veal or suffer as dairy cows. And when I say, “suffer”, I mean it. These cows are genetically manipulated to produce 10 times more milk than natural. They spend their lives constantly bloated and in pain.
1. The lifespan of a regular cow is 18 to 22 years. The lifespan of a dairy cow is 4 to 5 years. To put that in perspective, the human lifespan is about 80 years, and I’m 20. If I were a dairy cow, this would be the last year of my life. That’s a sobering thought...

#### Conclusion

Despite all these problems—despite the cancer, osteoporosis, acne, and weight gain—despite the hundreds of gallons of water and greenhouse gases—despite the suffering of these animals—despite everything, people still drink dairy milk. Because it’s not just about giving up dairy milk; it’s about giving up lattes and cereal with milk. Well, luckily, there’s a super simple solution: almond milk. Or soy milk, or coconut milk, or rice milk... the list goes on. The best thing about dairy milk is that there are so many alternatives. Not only is dairy milk bad for you, your environment, and the cows, it’s also entirely unnecessary for human consumption.

#### Sources

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