

# SUSTAIN

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## Drink Your Way to Great Health

NUTRAMILK: MAKING YOUR ALTERNATIVE MILK DREAMS COME TRUE

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As someone who considers themselves to be a relatively healthy person, I was very intrigued when I found out about the many different types of milk alternatives. Growing up, I was really only aware of “normal” milk and I had lactose-intolerant friends who drank soy milk. To say that I was overwhelmed with all of the different types of milk alternatives and their benefits to not only your health but also the planet, would be an understatement. I had so many questions. Would my body be getting the necessary nutrients needed to sustain itself? How were these milk alternatives made? Were they really any better for me and the planet? Luckily for me (and all of you lovely readers), we have the Internet.

An article listed on Women's Health Magazine titled [\*6 Foods that Cause Inflammation\*](#), stated that milk is designed for calves and since we are not calves, our bodies do not need milk. The article went on further to say that our bone strength does not come from consuming milk, and dairy milk actually causes inflammation in our body (hello acne). Alternative milks such as oat milk however, have the ability to lower cholesterol and they contain [\*more than half the sugar\*](#) that is in dairy milk— the health benefits are clear!

I was initially intrigued by these milk alternatives and their relationship to our health, but it quickly became clear that the dairy industry was not so great for our environment either. There are currently about [\*9 million cows living in the United States\*](#) and a single cow can use up to 4,954 gallons of water PER DAY. The article also stated that 21% of the cow population is in California. We often talk about the drought in California, but do we ever really consider how much dairy contributes to this? To top all of this off, cows can produce between 250 and 500 liters of Methane gas PER DAY. Not only is this horrible for the environment, but as someone who lives relatively close to a dairy farm, this is frightening in regards to personal health.

After discovering all of this information, I decided to make a conscious effort to start drinking dairy milk alternatives. I realized however, that there weren't a lot of cost-effective options for alternative milks without a significant amount of ingredients that seemed unrecognizable to me. This was until I stumbled upon a brand called NutraMilk. Finding them was a game changer. Not only could I make the milk alternatives myself at a fraction of the price, but the machine actually did the work for me. Unlike traditional ways to make your own nut/grain/seed milks, there is no soaking required and the machine filters it for you. According to NutraMilk, their machine allows you to keep a 15% nut content in your milks, rather than the 2-5% that the store-bought brands contain. You are causing less waste by using more of the nut/seed/grain, and also by bottling the milk alternative yourself.

An added benefit to this machine is that it also makes nut/seed butters and acts as a blender. After testing it out for several weeks, it's a product that I would highly recommend investing in. Though the initial investment may be costly, I truly believe it is cost-effective in the long term. It only costs me around \$1 to make my weekly oat milk. Not only is it an investment for your health, but for your wallet as well. Have you tried any alternative milks? Let us know your favorite!

P.S. As a special offer to our readers, NutraMilk has offered \$50 off and free shipping when you enter SUSTAIN50 at checkout.