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Subject: DHT und Milch

Posted by [Figaro03](#) on Thu, 21 Jun 2007 17:20:55 GMT

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Ich habe nichts nachgeprüft.

Fand einfach nur mal interessant zum Posten.

Es geht um Akne und Milchkonsum.

Aber trifft wohl dann auch den HA.

Zitat:

Avoid androgenic hormones such as DHEA, testosterone, and androstenedione. Acne is definitely aggravated by androgens and certain hormones. Pregnenolone may also cause acne.

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Reduce intake of milk products, including ice cream and cheese. There is a high amount of hormones produced in the milk of cows, particularly in the milk of pregnant cows, which makes up the bulk of marketed milk and dairy products. Milk from pregnant cows contains progesterone, 5-alpha reduced steroids, and other steroid hormones. These hormones, when consumed, can break down into dihydrotestosterone (DHT), the final molecule that turns on oil-making cells. Studies show there is an association between milk consumption and acne, and it didn't matter whether the milk was whole, low fat, or skim. For those who eliminate or significantly reduce milk products from their diet, calcium supplements could be helpful. Consider soy milk as a partial alternative. Buy unsweetened soy milk and sweeten it with stevia. Milk also contains high levels of iodine which may be an additional reason to avoid excessive dairy consumption.

<http://www.raysahelian.com/acne.html>

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