

OPINION

Sibling “Diluan” Physicians Wonder Whether Diluting Milk Before Personal Use Could Dilute Lactation Stress On Mother Cows

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ABSTRACT

The question is all about lactation stress on Mother Cows induced by milk production needs to fulfill milk consumption needs of modern humans. Maybe home “adulteration” of milk with water before personal use could evolve facultative vegans to embrace “diluan” philosophy for maybe reducing if not eliminating lactation stress on Mother Cows while relishing consumption of milk in personally diluted forms.

OPINION

The question is all about lactation stress on Mother Cows induced by milk production needs to fulfill milk consumption needs of modern humans (1-2). The thicker consistency of Greek yogurt obtained maybe after straining curd to decrease liquid-content thus increasing protein content would require significantly more milk to produce Greek yogurt – strained yogurt or hung curd – as compared to produce – Indian homemade – curd (3-7). Maybe same could be true for processed salted fat-rich thicker commercially-produced yellow butter requiring more milk as compared to unprocessed unsalted less-fatty thinner homemade white butter (8-9). Maybe same could be true about overconsumption of

paneer-cheese as if drinking correspondingly excessive amounts of milk (10-12).

The question then becomes whether using-overusing-abusing milk-producing animals for the sake of milk production in normal-supranormal-excessive quantities affect those animals’ insufferable lives more than what their dead bodies “suffer” when consumed as meat (13-19). From Yuval Noah Harari’s perspective, instead of humans domesticating or enslaving wheat to improve survival of human genes, it may have been wheat domesticating and enslaving humans to improve survival of wheat genes (20). Therefore, analogously milk-meat producing animals may have been domesticating and enslaving humans to improve genetic survival

of milk-meat producing animals. Interestingly, if those animals may cease to produce milk and meat, their utility for humans may wither away thus maybe withering away those animals' survival advantage maybe just like many other animals risking their extinction since the arrival of human-centric evolution on the evolutionary theater (21-24).

Anyhow the divinity bestowed to Mother Cows may be serving good not only to the survival of humans relishing on milk production but also to the survival of cows producing milk for human consumption. However, obligate vegans never consume milk maybe due to their inability to overlook the pain and trauma suffered by animals during and after milk production (25-26). Interestingly, despite all good intentions, transgenerational dependence on milk could not be completely forgone and forsaken among facultative vegans who could be avoiding if not banishing milk consumption.

Herein, for reducing lactation stress on Mother Cows, may be the role of "diluans" who could dilute milk with water at their homes before personal consumption considering that commercial dilution of milk with water before its sale is not legally allowed as that is deemed commercial "adulteration" (27-30). Moreover, for further reducing lactation stress on Mother Cows, "diluans" could consider consuming homemade Indian curd needing less milk to make rather than strained Greek yogurt needing more milk to make. Anyhow, "diluans" could consider strictly limiting the consumption of milk-intensive paneer-cheese and replacing them with plant-based protein-rich foods like tofu in their diets; this change by "diluans" may contribute towards the ultimate reduction of lactation stress on Mother Cows (31-38).

Although while growing up in socioeconomically constrained conditions, home "adulteration" of milk with water for socioeconomic reasons could raise quite a few eyebrows at mothers efficiently managing homes with meager means, facultative vegan children awakened to the suffering of Mother

Cows could consider embracing "diluan" philosophy to maybe reduce if not eliminate lactation stress on Mother Cows while relishing their transgenerational love for milk even when consumed in personally diluted forms.

DECLARATION OF GENERATIVE AI AND AI ASSISTED TECHNOLOGIES IN THE WRITING PROCESS

The authors haven't used any generative AI/AI assisted technologies in the writing process.

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