

Breast milk consumption trending among body builders

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(HealthDay)—Some bodybuilders are drinking human breast milk in the mistaken belief it will give a boost to their muscles.

There are dozens of online forums and articles about this growing trend, and some online [breast milk](#) banks are paying women up to \$1,200 a month for selling extra breast milk, according to *ABC News*. Experts are concerned.

"I would discourage anyone from purchasing breast milk from those untrusted sources," said pediatrician Lana Gagin, M.D., *ABC News* reported. "The way this milk is stored and processed is not always safe. There is nothing in breast milk that can be of benefit to a healthy adult [and] there is nothing in breast milk that would enhance your physical performance," Gagin noted.

Breast milk isn't "harmful" to adults, but there is no evidence that demonstrates the benefits of adults consuming human milk, said registered nurse Emily Pease, *ABC News* reported.

More information: [Health Highlights: Feb. 18, 2015](#)

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