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MOTHER'S DRINK MILK TO PREVENT MS

A new study shows drinking milk during pregnancy could boost protection against the debilitating condition multiple sclerosis (MS) later in life. The study included nearly 36,000 nurses whose mothers participated in surveys in 2001 noting their diets during pregnancy. Of those nurses, 199 developed MS over the 16-year period.

The authors found women born to mothers with a high intake of milk and vitamins D during pregnancy were at a lower risk of developing MS.

The risk of MS among daughters whose mothers consumed four glasses of milk per day was 56 percent lower than daughters whose mothers consumed less than three glasses of milk per day. Fariba Miraei, M.D. of Harvard School of Public Health in Boston was quoted as saying. "There is growing evidence that the vitamin D has an effect on MS. The results of this study suggest that this effect may begin in the womb."