

**Does consumption of diary products lead to an  
increased mucus formation?**

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## **Does milk consumption lead to increased mucus formation?**

There is a belief among some freedivers that the consumption of milk and dairy products increases the production of mucus in the respiratory system and the sinuses, and therefore inhibits the ability to equalise. However, a review article which explored the field couldn't find any association between the intake of dairy products and mucus production (1). The review showed that people who believe that milk increases mucus formation are more likely to report changes in sensory perceptions related to mucus after drinking milk than those who do not hold the same belief (1). In a double blind trial, symptoms of increased mucus formation were detected by healthy adults after consumption of both cow's milk and a non-milk beverage with similar sensory properties (1). Furthermore, persons who were convinced of mucus formation due to milk consumption showed more respiratory symptoms (1). The sensation of increased mucus production could be due to aggregation when mixing saliva and milk.

I am not telling freedivers to start drinking milk since there can be other problems related to that. For instance, most of the people in the world are more or less lactose intolerant. The "sensation" of mucus production may feel uncomfortable and therefore inhibit the performance. However, if a freediver don't have these problems, there is probably no reason to stop drinking milk or eating dairy products for this purpose.

More articles on this topic: (2-6)

### Reference List

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