

THE LEGEND OF THE FIRST MILK DRINKER

A long time ago, most adults couldn't drink milk without... let's just say... needing to find the nearest bush really fast. Their bodies stopped making the enzyme lactase, which is needed to digest milk sugar (lactose).

But then—somewhere in ancient Europe—one person was born with a mutation that let them keep producing lactase even as an adult.

Now imagine this person sitting around the fire with their tribe. Everyone else is saying:

“Ugh, don't drink that stuff, it makes my stomach sound like a thunderstorm!”

But this person chugs a whole bowl of milk, wipes their mouth, and says:

“Tastes great! And no stomach rumble!”

The others stare in disbelief. He's not doubled over! He's not running for the bushes! He's just... fine.

Soon, this “milk superhero” had a big advantage. When food was scarce, they could drink milk from cows, goats, or sheep and get extra nutrition without the painful side effects. People noticed and thought, “Maybe we should marry that guy—he seems to survive the famines better.”

And just like that, the “keep drinking milk” mutation spread through the population. Today, some people still have it, while others don't—explaining why some of us can enjoy ice cream freely and others... well... need to know where the bathroom is.

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