What causes Dairy Intolerance?

Pasteurized and homogenized milk have a high fat content and low calcium content. They retain the toxins that are concentrated in the fat, if not organic. **No other species on this earth drinks milk as a natural element of the diet after being weaned and no other species drinks the milk of another species.** We think it’s totally natural and healthy. How else do you get your calcium, right? How’s that for the power of advertisement!

Lactase is an enzyme produced by the small intestines of young children that is needed to digest lactose (milk sugar). Lactose is found in milk and dairy products. Lactase production generally declines with age making most adults and even some children unable to digest the lactose found in these products. This condition is known as lactose intolerant. Many respected organizations believe that almost 70% of the world’s population cannot tolerate lactose and develop symptoms such as gas, bloating, diarrhea, and congestion in the throat and sinus cavities.

Cheese and soured or cultured products may be tolerated in small amounts by those with sensitivities because cheese only has about 2% lactose and the lactose in soured/cultured products, such as yogurt, is already predigested by the fermenting bacteria. Greek yogurt is even lower.

Not as commonly known is casein intolerance. Casein is the principal protein found in the milk of all mammals. Usually found combined with calcium in milk to form calcium casein or caseinogens which is casein in small particles. It can also be labeled in hidden form. Many people lack the enzyme to properly digest lactose or casein.

As with meat, there can be problems with contamination of milk and dairy products which is another reason we eliminate them while cleansing the body. Exclusive to the contamination of dairy is the genetically engineered recombinant bovine growth hormone (BGH), which is injected into cows to force them to produce more milk. It is used in about 4-5% of all U.S. dairy cows. This hormone is banned in Canada and Europe and scientists have warned this controversial hormone can translate into many of the health risks associated with hormone additives such as increased risk of breast, prostrate and colon cancers as well as pre-mature puberty.

With genetic manipulation and intensive production technologies, it is common for modern dairy cows to produce 100 pounds of milk a day — ten times more than they would produce naturally.

But the question still remains, “how do I get calcium if milk isn’t really that good for me?” The answer, once again is vegetables and natural foods. Dark green leafy vegetables, nuts, seeds, and tofu are excellent sources of calcium. Not only do they provide calcium to the body, they do it without adding the negative components found in dairy. Also, rice milk and almond milk are good substitutes and are fortified with calcium and vitamins just as dairy milk is.