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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Do You Have Milk Allergies?**

**By Cari Haus**

Do You Have Milk Allergies? Copyright 2005 Log Cabin Rustics

As a nation, we have been raised with milk on our breakfast cereal, ice cream as a reward, sour cream on our potatoes, and milkshakes at the local fast food restaurant. Dairy products are in the majority of our recipes, served in our school lunch programs, and a part of American life.

**MY STORY**

When my daughter suffered from respiratory infections, ear infections and sinusitis, I did not know that what I fed her could be contributing to her problems. At nights she would wake up screaming that she couldn't breathe. My husband and I would run into her room, grab her and take her into the bathroom. We would run the shower's hot water till the bathroom became steamy. Soon she could breathe and would start to calm down. Sometimes that wouldn't work and we would have to go to the emergency room where they would put her in an oxygen tent to relieve her gasps for air.

A friend suggested I stop giving her milk. I was annoyed as the only milk she ate was on her cereal. I decided to try it and almost immediately, she was having more restful nights. There was a backlash when she spent time with others that fed her ice cream, but otherwise, her ear infections and breathing problems stopped.

I started to research this issue learned that that "At least 50% of all children in the United States are allergic to cow's milk, many undiagnosed. Dairy products are the leading cause of food allergy, often revealed by diarrhea, constipation, and fatigue. Many cases of asthma and sinus infections are reported to be relieved and even eliminated by cutting out dairy." Natural Health, July, 1994, Nathaniel Mead, MD

A few years later, I began having regular bouts with sinusitis. Soon I was taking antibiotics on a regular basis. After awhile, they didn't work anymore and I had to take stronger antibiotics. When I complained to a coworker, she told me of a physician that made a huge difference in her life by working to see if she had any allergies. The physician had taken her off milk, and this made a huge impact on her sinus infections.

## Do You Have Milk Allergies?

I went to see the physician, who, after looking at my nose, asked me to keep a food diary. I was annoyed. I thought I was a healthy eater and this was a waste of my time. However, as I wrote down what I ate. I found that every time I ate dairy products, my nose began to run. Like my daughter, I too had a milk allergy.

I switched to soy milk and my sinusitis completely ceased. I was sorry that I hadn't known this years before, when I had round after round of sinus infections in college. I had found that I could save time in the college cafeteria by grabbing a shake and a sandwich. I probably had allergic reactions to the ice cream in the shakes.

### A Frequent Problem

Allergists say the most common allergen is dairy products. Dairy products (milk, cheese, yogurt, cottage and cream cheese, buttermilk, butter, sodium caseinate and lactate) are the cause of 60% of food allergens. There are also secondary chemicals that travel through the food chain in meat and milk such as chemicals, hormones, drugs and wheat, peanuts, etc. (

<http://web.mit.edu/kevles/www/nomilk.html>

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### Symptoms of Milk Allergies

According to Dr. Agatha Thrash, (Ucheepines.org website), milk allergies aren't only sinus infections, rashes or a leaking nose. They can also lead to confusion, poor brain function in children and much physical suffering. Babies suffer the most since their nutrition comes mostly from a diet of milk. Children may experience pain, loss of appetite, itching or burning of the mouth with ulcerations of the lining of the mouth, all due to cow's milk.

Swelling of the lips, tongue, chronic coughing, asthma, rhinitis, bronchitis, urinary bleeding, constipation, and recurrent pneumonia can be symptoms of milk allergies. Because of diarrhea, vomiting, abdominal pain, gastrointestinal problems can occur. Ulcerative colitis has been shown to have acute exacerbations with the use of milk. "In reality, cow's milk, especially processed cow's milk, has been linked to a variety of health problems, including: mucous production, hemoglobin loss, childhood diabetes, heart disease, atherosclerosis, arthritis, kidney stones, mood swings, depression, irritability, ALLERGIES." Townsend Medical Letter, May, 1995, Julie Klotter, MD.

Many adults have some degree of lactose intolerance. For them, eating or drinking dairy products causes problems like cramping, bloating, gas, and diarrhea. It may manifest as breathing difficulty, hives and rashes, or serious pain in the gut leading to inability to get nourishment from food and dangerous weight loss. These symptoms can range from mild to severe (

<http://web.mit.edu/kevles/www/nomilk.html>

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## Do You Have Milk Allergies?

According to some authors about one–fifth of children with cow's milk allergy have central nervous system disorders. Bedwetting has been ascribed to milk allergy along with cystitis and the nephrotic syndrome. Failure to thrive and sudden infant death syndrome has been felt to be due to milk allergies. In adults the tension–fatigue syndrome may be due to milk allergy. It can also cause migraines, sleep difficulties and asthma. Israel Journal of Medical Sciences 1983;19(9):806–809 Pediatrics 1989;84(4):595–603

### WHAT ETHNIC GROUPS GET THIS?

Certain ethnic groups are much more likely to have lactose intolerance. For example, 90 percent of Asians, 70 percent of blacks and Native Americans, and 50 percent of Hispanics are lactose–intolerant, compared to only about 15 percent of people of Northern European descent. (Harvard School of Public Health)

### CONCLUSION

In conclusion, consider this quote from Family Corner.com: "Lastly, it is important to note that the milk we drink was created by God to feed baby cows. It is full of essential nutrients to grow a nice big cow, not a baby human. Nowhere in nature will you find adult animals drinking milk. Only the babies drink milk. Why should humans be any different? Cow's milk is for baby cows; human milk is for baby humans. Save yourself a multitude of health problems and make the switch to soy or rice milk. Or

better yet, give it up completely."

Laurie Snyman is co–owner of The Vegetarian Express,

<http://www.thevegetarianexpress.com/>

, a

website offering easy–to–prepare vegan food mixes and seasonings.

### **Food Allergies**

**By Steve Wilcott**

An allergy can be described as a malfunction of the immune system, an exaggerated response to certain substances. Your body mistakenly believes that something it has touched, smelled or eaten is harmful to it and your body releases massive amounts of chemicals, such as histamine to protect itself.

It is believed that 11 million Americans suffer from food allergies. These allergies are as varied as food itself is. Some people suffer from an allergy to one food, some to many. The most common food allergies are generally eggs, milk, peanuts, tree nuts (such as walnuts), fish, shellfish, soy and wheat.

## Do You Have Milk Allergies?

Symptoms of food allergies are varied and range from a tingling of the mouth to swelling of the tongue and throat to difficulty breathing to hives, cramps, diarrhea, vomiting and in some instances death.

There are ways to help you or your loved one manage your food allergies. First seek the help of an allergist. Your allergist will perform a patch test to determine the exact cause of allergic reactions. This will be the guideline you use as you develop a diet based around your food allergies.

As with other types of allergies there is no cure for a food allergy. Some children do grow out of some food allergies as they age although allergies to peanuts, fish, shellfish and nuts are often considered lifetime allergies. You or your loved one must simply avoid the food that causes the allergy. This can be difficult, especially when eating out in a restaurant. Depending on the severity of allergy, even slight cross contamination of food products can cause reactions.

Food labeling is a very important component of avoiding foods that trigger allergies. Since 2000 the FDA has been presenting information on allergy risks and labeling requirements to manufacturers. They seek to have manufacturers change some labels to be easier to read, using plain language like "milk" on a label instead of "caseinate".

In the case of a milk or egg allergy there are alternatives that can be used when cooking or baking. There are many online sites dedicated to supplying information, education and support to those with food allergies.

This article courtesy of

<http://www.allergies-questions.com>

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