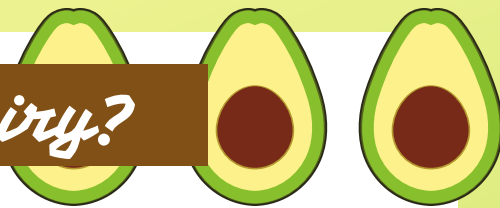


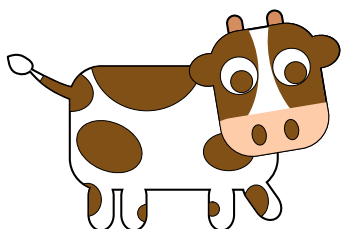
Do I Need To Break Up With Dairy?



Many people confuse lactose intolerance with a dairy allergy, so let's clear that up. There's also a lot of people who don't realize that their bowel, auto-immune, or quite possibly any disease could be related to a dairy sensitivity! Learn more about this below!

FYI- Dairy Details

- Dairy from cow, goat, or sheep are typically consumed in this country, some we tolerate, some we don't. We can react to each of them differently.
- The components of dairy that cause issues are two proteins: lactose and casein.
- Lactose and casein are in cheese, yogurt, milk, ice cream, and very commonly found in most processed products (read labels!).
- Many consider eggs to be in this category- they aren't!
- It wasn't always a problem for humans to eat/drink dairy but we weren't really meant to mass produce and consume it the quantities we do now.



Intolerance vs. Allergy

Allergy

Dairy **allergies** can be identified with an immunoglobulin E (IgE) antibody blood test or with a skin prick test. Typically it's the milk protein, casein, that the immune system reacts to.

According to Food Allergy Research & Education, 50-60% of these tests reveal false positives. It is, however, less likely to have a false negative. You can also ask your doctor to order a hydrogen breath test which could tell you if you're lactose intolerant, but this is also about 60% accurate..

Intolerance

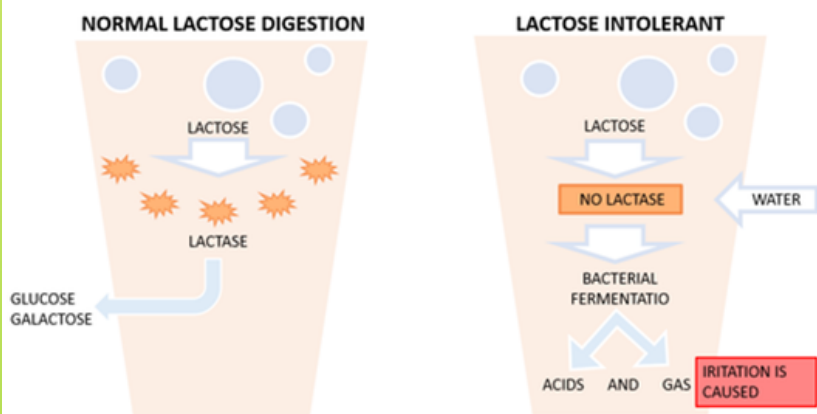
A dairy **intolerance** usually presents as an intolerance to lactose, not casein. This means that the digestive tract is probably not producing enough lactase (the enzyme to break down lactose) which causes a the side effect of gas, bloating, pain and diarrhea. This is not the same as an allergic reaction, which could be life threatening. A lactose intolerance is just uncomfortable and can lead to disaster pants.



Test yourself for dairy issues

If you're tested by your doctor and it's negative, dairy could still be related to certain symptoms you experience! It's a common problem that isn't identified. That's frustrating. BUT, you can do your own experiment that will be 100% accurate, 100% free and 100% safe! Yay! Here's how:

- #1** Eliminate ALL dairy products for 2-3 weeks. Avoid anything made with whey, lactose, milk, cheese, butter, yogurt, casein, sour cream, etc.
- #2** Most people feel better within a few days if symptoms are gut-related. Other symptoms like skin issues, joint pain, headaches, fatigue or anything else you experience will likely take longer to improve if they're related to dairy products because you're not tolerating lactose and/or casein at the cellular level and need to "detox" a bit longer.
- #3** At 2 or 3 weeks, start reintroducing one type of dairy product at a time and wait a few days between introductions to see if you have a return of symptoms. Add dairy back in order of ascending lactose content, for example: butter (almost no lactose), then aged cheese (a little more lactose), then soft cheese (more), yogurt (more), fresh cheese like ricotta, fresh milk or ice cream (highest lactose).
- #4** Keep notes of the foods you reintroduce and reactions you have. If you do notice something, you likely don't tolerate that type of dairy very well. If you *can* eat the low-lactose foods (butter, aged cheese and soft cheese), then lactose is likely your issue and not casein. If you *can't* tolerate ANY dairy product without a return of symptoms, you may be sensitive to casein and lactose and should continue to avoid all types of dairy. Boo.



How to handle the results

1. if you're allergic or intolerant to dairy, the best thing to do is avoid it completely to keep systemic inflammation down. :(
2. if you find you can tolerate some dairy some of the time, you can consume it if it's too hard to give it up and you don't have other reactions to it.

Either way, there are plenty of dairy alternatives you can find in any grocery or health food store. Test them all to find your favorites!