

Milk Allergies

More and more people are recognizing that they or a family member is intolerant of lactose. Scientists have made great inroads in the past decade regarding this phenomenon, but have yet to come up with a simple cure.

It is often hard on a person to be lactose intolerant. If you suffer, you know that such great foods as yogurt, cheese, and ice cream are sold and consumed everywhere you go. Cheese is a cooking ingredient that is frequently used in so many dishes that it is hard to eliminate.

Lactose is a sugar found in milk and dairy products that is broken down in the lower intestines. The organ that helps the body digest the substance usually produces its own lactase, and in a way cancels out the ingested lactose. You may find that a medication taken before consuming dairy products will help your digestive capabilities. Other people will need to eat substitutes.

Some doctors recommend taking a calcium pill so you can receive nutrients needed for your teeth and bones that you may not get enough of when you avoid dairy products. You may also need to take a digestive aid pill after eating to help coat your stomach to reduce side effects.

If you are lactose intolerant you likely find that it's hard for you to digest dairy products. The first reaction is often your tummy. But you may feel sick, dizzy, and generally unwell after consuming these products. You may also develop systemic problems in your lower intestines.

This is because your body cannot process dairy matter and it can get lodged in your waste track and cause pain. In some people, the pains may be so severe that they are unable to function normally. Thus it is important that you learn how to balance your need for dairy and your allergic reactions.

Many people are forced to find their own path through the dairy eating world. Whatever works best for you is what you should do. Of course, milk has calcium, which our bodies need. If you are unable to consume milk or dairy products as part of your diet, then you will be required to take supplements. Some infants who are found to be lactose intolerant are fed special soy formulas to help the child get enough nutrients.

You should not hesitate to contact your doctor about supplements. He or she may even suggest that you drink soya milk. Soya milk, or soymilk, is produced by processing soybeans and contains no lactose. Many brands of soymilk are calcium fortified so that you can get the same amount of calcium as you would with a glass of milk. Recent enhancements in flavor, and texture of soymilk has sparked a growing industry, and most stores now contain at least one brand. Lactose intolerant people are not the only purchasers, as many other folks recognize the health benefits of soy, and the harm of consuming too much dairy. So experiment, test your reactions, and you should be able to live comfortably with your allergy.

About the Author

John Brown contributes to several web sites, including <http://rawboned.com> and <http://club-healthy.com>

Source: <http://www.healthcrazed.com>