

## Milk allergy: there's good news!

Article by Bob Fioravante, M.S. from <http://www.allergyescape.com>



Learn the facts about **milk allergy**, the three symptom types, lactose intolerance, and a breakthrough treatment that can eliminate your allergy completely!

Milk is made up of water, protein, carbohydrates (a milk sugar called lactose), minerals, fats and other substances. **Milk allergy** occurs when our bodies react to the proteins in cow's milk, casein and whey, as if they were a foreign substance. Whereas adults can suffer from an allergy to milk, children are the ones who are most affected by this allergy. Around three percent of infants are allergic to milk but most of these children will outgrow their allergy. In fact, about eighty percent of milk allergic children grow out of their allergy by six years of age.

Food allergy can appear at any time in one's life. Although babies are the ones who will most likely experience a *milk allergy*, adults can suddenly acquire this allergy in their 30s or 40s. Fortunately, in both cases the allergy can disappear and the body stops reacting to milk protein as though it were a foreign invader. The bad news is, however, that about ½ the people that experience an allergy to milk will develop allergies to other foods as well. Also, more than ½ of the milk allergy sufferers will experience allergic reactions to inhalant allergens such as pollens, dust mites, and pets.

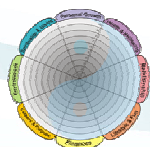
### ***Milk allergy symptoms***

Three types of milk related allergy symptoms have been established:

**Type 1** - Symptoms begin quickly after ingesting cow's milk. Reactions mainly affect the skin, causing eczema or hives.

**Type 2** - Symptoms begin several hours after ingesting cow's milk. Symptoms of this type are mainly diarrhea and vomiting.

**Type 3** - Symptoms develop more than twenty hours after ingestion. The main symptom for this type is diarrhea.



# The Wheel of Life's 8 Keys to Success

**Symptoms of milk allergy** can affect the skin, causing rashes or hives; the digestive tract, causing bloating and diarrhea, and the respiratory system, causing runny nose and asthma. Click here to learn more about [allergy symptoms](#).

A more complete list of symptoms follows:

- vomiting
- hyperactive behavior
- diarrhea
- asthma
- hives
- runny nose
- rashes
- stuffy nose
- ear infections
- bloating
- watery eyes
- eczema
- allergic shiners (black around the eyes)
- recurrent bronchitis
- failure to thrive

The above symptoms are not restricted to those people experiencing a milk allergy. When you become familiar with food allergy symptoms, you will notice that numerous foods share a variety of common symptoms, such as: bloating, rash, and runny nose.

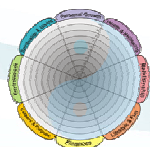
## ***Hidden dietary sources of milk***

Milk protein may be a hidden ingredient in a variety of foods. A partial list of these foods is as follows:

milk, powdered milk, evaporated milk, butter, ghee, half and half, cream, all cheeses, yogurt, many margarines, ice cream, many sorbets and sherbets, non-dairy creamers, some lunch meats, many deserts, puddings, many frostings, creamed or scalloped foods, buttered foods, breads, pancakes, waffles, mashed potatoes, croutons, many baking mixes (often labeled complete), packaged cereals, malts, granolas, breading on fried foods, nutritional protein formulas, and...

**...and foods that contain the word “casein”:**

casein, caseinate, ammonium caseinate, calcium caseinate, hydrolyzed casein, iron caseinate, magnesium caseinate, potassium caseinate, rennet casein, sodium caseinate, sodium caseinate solids, zinc caseinate



# The Wheel of Life's 8 Keys to Success

## ***Getting enough calcium in your diet***

Once you learn you are allergic to milk, you may wonder how to replace that **240 mg of calcium** per glass back in your diet. The obvious answer is to take calcium supplements on a daily basis. But there are foods that supply a good amount of calcium that you should be aware of:

- leafy green vegetables
- dried fruit
- seafood
- enriched soy milk, rice milk, or tofu
- baked beans
- almonds
- molasses

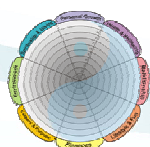
## ***Lactose intolerance***

**Lactose is milk sugar.** It is found in all kinds of milk - cow's milk, goat's milk, sheep's milk and even breast milk, as well as different types of dairy products that are made from milk. Lactose is composed of two sugars (glucose and galactose) and these sugars need to be broken down to be absorbed and utilized by the body. An enzyme called lactase performs this "breaking-down" process.

Whereas a very small percentage of the population is allergic to milk, it is **estimated that 70% of the world's population has trouble digesting lactose**, so lactose accounts for the vast majority of milk-related digestive problems. Lactose intolerance also seems to be correlated with advancing age and certain racial backgrounds. For example, about 90% of blacks will experience a lactose intolerance.

When one is **lactose intolerant**, meaning you either have too little lactase (mentioned above) or none at all, the lactose you ingest from dairy products is not digested. This lack of digestion causing a variety of unpleasant symptoms, including: gas, bloating, abdominal pain, diarrhea, and nausea. Symptoms are related to the amount of lactose you ingest, so people who have small amounts of lactose can often get away with no symptoms at all.

Unlike milk allergy, lactose intolerance doesn't mean you need to avoid all dairy products. Some dairy foods containing very little lactose include: yogurt, sour cream, and aged cheeses like cheddar, Swiss, parmesan and goat's cheese. There's another convenient way to enjoy dairy if you are lactose intolerant. The lactase enzyme can be purchased at health food stores. Simply take a lactase pill as directed before eating dairy foods and you can avoid the annoying symptoms associated with intolerance.



# The Wheel of Life's 8 Keys to Success

## **Treatment**

The main conventional treatment for food allergies is allergen **avoidance**. Thus you need to find out the foods causing your reactions, and then avoid them.

**Medical treatment** can include the following:

Epinephrine - given for severe allergic reactions. When injected, it acts as a bronchodilator

Diphenhydramine (Benadryl) - A common antihistamine

Corticosteroid - Reduces swelling and various symptoms of allergic reactions. A cream/ointment may be given for skin reactions

## **References**

Edelman, Norman H. Family Guide To Asthma And Allergies, Time Life Media, Inc., 1997.

Haas, Elson M. Staying Healthy with Nutrition. Berkely, CA: Celestial Arts, 1992.

Kwong, Frank & Cook, Bruce. The Complete Allergy Book. Naperville, Ill: Sourcebooks, Inc., 2002.

Nambudripad, Devi. Say Goodby to Illness: Delta Publishing Co., 1999.

Reader's Digest. Fighting Allergies. Pleasantville, N.Y.: The Reader's Digest Association, 2000.

Reader's Digest. The Allergy Bible, Pleasantville, N.Y. "The Reader's Digest Association, 2001.

Ross, Linda. Allergies Sourcebook. Frederick G. Ruffner, Jr., Publisher, 1997.

