



Cow's Milk- Allergy and Intolerance

The reason for allergies to food is proteins in them and so since milk is a good source of protein it also causes some food allergies. Besides, the milk sugar: lactose is harmful for people with lactose intolerance. Common symptoms associated with an allergic reaction to food include: chronic gastrointestinal disturbances; frequent infections, e.g. ear infections, bladder infections, bed-wetting; asthma, sinusitis; eczema, skin rash, acne, hives; bursitis, joint pain; fatigue, headache, migraine; hyperactivity, depression, insomnia.

Cow's milk is one of the foods most commonly associated with allergic reactions. Other foods commonly associated with allergic reactions include: wheat, soy, shrimp, oranges, eggs, chicken, strawberries, tomato, spinach, peanuts, pork, corn and beef.

Lactose Intolerance

Lactose, or milk sugar, forms about 4.7% of the solids in milk. Many individuals lack the enzyme, lactase, which is needed to digest lactose. For this reason, food intolerances to cow's milk are among the most common food intolerances seen by healthcare practitioners.

rBGH: recombinant bovine growth hormone

Cows may be treated with a compound called recombinant bovine growth hormone rBGH. Canada has banned the use of this hormone in cows, based on research from Canadian scientists. The best way to ensure that you buy milk that has not been treated with rBGH is to buy organic dairy products.

Cow's Milk-rBGH: Good news for EFA

People these days have understood the importance of EFA (essential Fatty Acids). They have at last got their due among consumers. Omega 3 fat, alpha linolenic acid is found in good quantity in

cow's milk. It is a good substitute for vegetarians who do not consume fishes. New research from the University of Aberdeen, Scotland states that organic milk is a better source of omega 3 fats, as compared to conventional milk. Organic milk had 71 % more omega 3 fats than normal milk.

Cow's Milk-Vegetarian or Non-vegetarian

There is a raging controversy about whether milk is a vegetarian food or non –vegetarian. Skeptics say that since it is an animal origin food it should be designated as non-vegetarian and not consumed after infancy as it is then not required. On the other hand, pro-milk drinkers say that milk is a vegetarian food since it is not procured by killing the animal and does not consist of any animal part. Vegans do not consume any milk or milk based product.

Whatever the case, milk is a highly nutritious food and fulfills almost all nutritional requirements of humans.