

Cow's Milk Allergy and Intolerance

If the result of your IgG Food Intolerance test has shown up a reaction to cow's milk you will either have to eliminate (strong reaction) or reduce and rotate consumption (borderline reaction) for three to six months whilst you build or improve your digestive health.

It is important to note that in some cases some people who are intolerant to cow's milk may develop an intolerance to sheep's or goat's milk. Be mindful of this if you decide to switch to goat's milk.

Avoiding milk is very challenging and difficult for many; it requires a lot of effort, as milk and milk products form a major part of the western diet. You will not usually have to eliminate milk 'forever' but only for a while whilst we take steps to heal the gut.

There is often great confusion regarding cow's milk allergy and Lactose Intolerance, with the terms often used interchangeably despite both being separate disorders and very distinct.

Food allergies/intolerance to cow's milk involves the immune system reacting against milk proteins. Lactose intolerance on the other hand describes a form of food intolerance caused by deficiency of a specific enzyme in your digestive system and does not involve the immune system.

Cow's milk allergy is caused by an abnormal immune response to harmless milk proteins and generally results in the rapid appearance of symptoms (allergy) or a delayed appearance of symptoms (intolerance) after consumption of cow's milk.

Despite some similarities between the proteins found in human and bovine milks, cow's milk proteins can still be recognised as "foreign" by the human immune system.

In the majority of individuals the immune system recognises these proteins as harmless and tolerates them in the body, however in allergic or intolerant individuals, the immune system becomes sensitized and reacts to the proteins by mounting a damaging inflammatory response.

Products derived from milk		
Butter	Demineralised whey	Non fat milk
Butter Oil (ghee)	Fat replacement	Non fat milk solids
Calcium caseinate	Lactalbumin	Sodium caseinate
Casein	Light Cream	Sweet whey powder
Caseinate	Milk Powder	Whey
Cheese	Skimmed milk powder	Whey protein concentrate
Chocolate	Milk Solids	Whey Solids
Cream		

Nature Systems: Nutritional Notes

The above ingredients are found in a variety of foods including:

- Baked goods (cakes, doughnuts, waffles, scones, biscuits, pancakes, etc.), bread, pizza, gravy
- Instant mashed potato, creamed soup, ready meals, processed meats and sausages
- Packet snacks, chocolate, confectionery
- Custard, puddings, sauces, yoghurt, fromage frais, ice-cream, spreads

Milk Alternatives: There are a number of other milks that you can substitute for cow's milk. These may include rice milk, soya milk, **coconut milk (by far the best)**, potato milk, oat milk, and potato milk goat or sheep milk. You can also include nut (if tolerated) creams instead of cream, soft tofu instead of fromage frais. Try tahini as a spread. Use EV olive oil or coconut oil instead of butter.