

LIVING naturally

# Milk not 'perfect food'

By Kathleen O'Bannon

The Milk Commission advertizes that milk is "nature's most perfect food." And, in a way, it is. Milk was meant for the total nutrition of babies. For this reason, we humans have lactase in our systems to digest milk.

Most humans, according to Dr. Ellis who specializes in milk related allergies, manufacture lactase until the age of 18 to 24 months, the length of the time that most humans consume breast milk. After this it is hit and miss whether we have it or not. When he was in Toronto last year at the Consumers Health Association Convention he stated that about 80 per cent of whites and 90 per cent of non-whites are actually allergic to milk because of this enzyme deficiency. This means that most children and adults are not able to digest milk, cows' milk that is. This is why so many people have a lactose intolerance, lactase is the milk sugar that lactase digests. A milk allergy or intolerance can produce stomach ache, diarrhea, vomiting, headache, loose stools, irritability, or even coma-like symptoms in severe cases.

According to Dr. Abraham Hoffer, the pioneer of Mega-vitamin Therapy, the most common foods that cause allergies are: milk, eggs and chicken, wheat and gluten, oranges, and potatoes; followed by chocolate and sugar. This is corroborated by most allergy information in medical texts and from the allergy association. Many people who are allergic to milk do not know it and they usually suffer from poor health needlessly. Two diseases that can be brought on by a hidden allergy to milk are senile diabetes and over or underweight. These things generally start to clear up once a person is off milk for several weeks.

According to a recent study, done at the State University of New York's Upstate medical Centre in Syracuse, drinking milk robs the body of chromium. Dr. Richard Doisy found that chromium is responsible for helping insulin to regulate the levels of blood sugar in the body. Chromium is now being called the "Glucose Tolerance Factor" because of its important role. One of the main sources of chromium is brewers type yeasts. Many people with blood sugar problems are finding that the addition of Engevita yeast or brewers yeast to all dairy products is helpful in preventing the chromium deficiency. Others find that it is necessary to eliminate milk completely.

Over the past eight months I have tested the work of Dr. Richard Mackarness laid out in

the book "Not All In The Mind" of the relationship of milk allergies to overweight and have found it to be true in four out of five patients with overweight problems. Of course these patients also had blood sugar metabolism problems as well.

The common test used, and also outlined by Dr. Mackarness, is the elimination diet. Eliminate the suspected food for four days completely. Then on the afternoon or evening of the fifth day ingest the food. Or eliminate the food for one week, eat it for one week, and eliminate it for one week and keep a log of all reactions. With the four-five day elimination diet the symptoms usually become severe on the second and third day and then begin to clear up.

Many people go through a withdrawal time when they get sick in some way other than the overweight such as a cold, headache, stomach ache, weakness, flu, fatigue, etc. If you are so 'addicted' that you 'must have it' then you can feel pretty safe in assuming that you are allergic to it. All dairy products must be eliminated for the testing to be effective. This means butter, milk, yogurt, cheese, cottage cheese, cream, margarine with milk solids, or even baking that contains milk or milk powder.

I would not suggest you try this milk elimination if you are a diabetic or hypoglycemic without the knowledge of your doctor. She or he will probably say it won't make any difference. You might want to start by trying the brewers yeast with all dairy products to see if it makes any difference. Most of the people in the Syracuse tests responded when this was done. Some didn't respond until all milk was eliminated.

According to Dr.

Paavo Airo, the noted nutritionist and naturopathic doctor, "goats' milk is better than cows' milk because its protein and mineral ratio is more similar to human mothers' milk. Goats' milk has more niacin and thiamine, and better quality proteins than cows' milk. The fat in goats' milk is naturally homogenized, and is therefore more easily digested and assimilated. Goats' milk is also not mucous-forming."

It is for these reasons that I always drink goats' milk. It is not legal to sell unpasteurized milk for human consumption in Ontario, although it is legal in other provinces. Many health food stores sell pasteurized goats' milk for humans and unpasteurized goats' milk for pets. If you owned your own goat, you could, of course, drink the milk however you like. That is what I do. I have a goat which I lease/own that a goat herder keeps for me.

This way I know exactly what has been fed to the goats in the form of food, chemicals, drugs, etc. Although I do not have a milk allergy or intolerance I do prefer to eat and drink everything as natural as possible including milk. This is why I drink goats' milk. I find that it makes a better textured and better tasting yogurt than cows' milk. The texture is different because the curds of goats' milk are smaller.

According to an article written by Dr. D.L. Salter in the Dairy Goat Journal in 1977 goats milk is higher in calcium, phosphorus, choline, magnesium, potassium, and lower in sodium than cows' milk. It also contains more manganese and copper. Goats' milk also contains more of the vitamins A, B3 (niacin), choline, and inositol than cows' milk. The research for this particular article was done by Dr. Salter at Cameron Farm in Notawa, Ontario.

Loss of one's mate and the living alone that often follows is a difficulty that the widowed must solve in their own way. Finding new partners is a 'satisfactory solution for some. Silly segregation of the sexes in old-fashioned "old folks homes" is something I have written about before. Even with the growing recognition in seniors' homes that men and women are designed for mutual enjoyment of each other's company, the bureaucrats still try to separate couples for simpler administration. Some seniors circumvent the sexual frustration of such segregation or of insufficient privacy by marrying another resident of the "home". Sometimes this is frowned upon and life for the man and the woman continues to be unsatisfactory.

Send comments and questions (Long stamped, addressed envelope for reply) to Stouffville Tribune, c/o P.O. Box 1506, Guelph, Ontario N1H 6N9.

Retirement

## THE FOURTH QUARTER

By LESLIE HOLBROOK

A young cynic tells me: "Old folks should be less romantic as they grow more rheumatic". (He couldn't spell "rheumatic".) Oh, come now. Just because the old bones creak a bit doesn't signal sexual collapse.

More mail

Beauty in names

Dear Sir: I am writing in regards to the article in last week's edition entitled, "A street by any other name." For years I have desired to see the new streets in this town named significantly. All over Canada and the United States, towns have the same names for their streets, such as William, Edward, Mary, etc. - they mean nothing to anyone. I see beauty in names of Canadian birds - robin, blue jay, cardinal, yellow warbler - or our wild or cultured flowers, our wild animals or our native trees. These are names that sing a song of Canada, beauty and

adrenal gland production of the hormone cortisone and because of the physical activity involved," say Butler and Lewis in their good book "Love and Sex After Sixty".

There is general agreement among ex-

perts that, barring some physical reason due to illness or accident, there is no need to forgo one of life's greatest blessings just because a certain number of years have hurried by.

Earlier in these columns I quoted Canadian authorities, recording evidence that men and women can maintain active sex lives into the advanced 80's and beyond.

Saskatoon doctor William Chernenoff regards the sex act as an integral part of communication between two people. It is important therefore in helping older people to continue a satisfactory woman/man relationship. Sex is out of the closet for younger folk but there is still the nutty notion that it is smutty or something when you reach "the fourth quarter".

Dr. Bette Stephenson, past president of both the Ontario and Canadian Medical Associations, maintains that a full sex life is one of the greatest needs of older folk. She

joins other authorities in maintaining that the premature halting of sex can hasten the aging process.

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