**Arlington Holistic Health**

**4304 SW Green Oaks Suite 150**

**Arlington, Texas 76017**



**Dairy Allergy**

Dairy allergies are the most common food allergy found. Many patients (or their families) with dairy allergies tend to have (or have a predisposition to) the following:

* Heart or Cardiovascular Problems:
  + Hypertension.
  + High Cholesterol & Atherosclerosis (hardened fatty deposits in the arteries).
  + Myocardial Infarctions (Heart Attacks).
* Diabetes (Adult onset)
  + New England Journal of Medicine (July ’92)
* Diabetes (Childhood)
  + “It has been suggested that proteins contained in cow’s milk may be an environmental trigger for type I diabetes… Bovine serum albumin is homologous with subunits of MHC Class II proteins… thereby eliciting the production of auto reactive antibodies.”
    - Pathology, 2nd Ed., Rubin and Farber, p.1152 Diabetes (Childhood)
* The cells of the pancreas which produce insulin (islet cells of Langerham) have the identical 17 amino acid structure as cow’s milk proteins (i.e., they look the same). In some people the body gets confused and the antibodies produced by the immune system in response to the milk also attack the cells of the pancreas, thereby decreasing the amount of insulin that can be produced.
* Asthma, Airborne allergies, excess mucus production.
* Arthritic Conditions.
* Ear infections in children.

Allergy is a protein phenomenon. It is the protein in the dairy products that the patient has an allergy to. Many people think they have a lactose problem, and they may, but most are also allergic to one or more of the specific proteins in dairy products. Therefore Lactose-free milk is not a good alternative unless patient *only* has a lactase deficiency and does not have an allergy to the milk proteins (rarely the case).

* Specific dairy proteins:
  + Whey
  + Casein(ate) (often in the form of Sodium Caseinate or Calcium Caseinate)
  + Lactalbumin
    - Patients may be allergic to one, two or all three of these proteins.
* Cow’s milk contains all 3 of these proteins.
* Cheese contains only whey and casein.
* Goat’s milk very rarely is an allergy (excellent choice for babies when no longer breast-feeding).
* **Substitutes** may be used, such as:
  + Rice milk (liquid or frozen- like ice cream- frozen only found at health food stores.)
  + Soy milk (liquid or frozen- like ice cream); lower in sugars than rice milk; also soy yogurt.
  + Cheeses: Goat’s (feta) or sheep or buffalo (mozzarella). Whole Foods has harder block cheddar and mozzarella goat cheeses- excellent for homemade pizzas.
  + Tofutti and Toffutti Cuties (frozen sandwiches) - frozen, similar to rich ice cream.
* Avoid:
  + All types of milk including skim milk, all fat percentages, half-and-half, canned or condensed buttermilk.
  + All yogurt and ice cream.
  + Sour cream, cream gravies, cream soups, sauces made from milk (Alfredo sauce), cream, cheese, puddings and shakes.
  + Salad dressings like Ranch and Blue Cheese
  + Watch for “non-dairy” creamers. They often contain a milk protein such as caseinate.
  + All cheeses unless you are *only* allergic to lactalbumin and *not* allergic to casein and whey.
  + Usually very small amounts mixed in things like batter (pancakes, cakes, etc.) are not a problem.
* Note: It is *not* a problem to have butter, due to the fact that it contains fat and no protein. In fact, it is recommended over margarine, which contains hydrogenated and/ or partially hydrogenated oils. Watch labels and avoid (partially) hydrogenated oils, also known as trans fats- these do not exist anywhere in nature and are very unhealthy.