



DAIRY SENSITIVITY

It is estimated that upwards of 75% of the world population suffers from dairy sensitivity. A dairy sensitivity can go undiagnosed or misdiagnosed as something else for years and years. The most common symptoms of dairy sensitivity are gastrointestinal (stomach) problems.

The Difference Between Sensitivity, Allergy and Intolerance

Dairy sensitivity is not the same as *lactose intolerance*, nor is it the same as an *allergic reaction to dairy*. However, each shares some common symptoms. Lactose is a sugar found in dairy products. When a person is dairy intolerant they do not have enough of the enzyme lactase to break down the lactose. Dairy sensitivity is often a general gastric (stomach) intolerance to dairy foods or simply patients produce more mucus or have more nasal congestion when consuming dairy products. Whey or casein are two protein components in milk and are often what trigger sensitivity. An allergy to dairy triggers an immune response to the components of milk. The immune system malfunctions and sees the dairy food as an invader. This then triggers a cascading chemical response to fight off the perceived invader and can result in anaphylaxis (hives, shortness of breath, swelling and generalized itching).

Symptoms of Dairy Sensitivity

Because there are numerous and various symptoms with dairy sensitivity, it can be difficult to diagnose. The 5 most common symptoms are:

- 1) Nausea
- 2) Stomach pain/cramping
- 3) Bloating
- 4) Flatulence
- 5) Diarrhea
- 6) Nasal congestion/ excessive mucus production



Causes of Dairy Sensitivity

The two main causes for dairy sensitivity are:

- 1) Sugar in dairy – Lactose
- 2) Proteins in dairy- Casein or Whey

Using lactose-free dairy products or taking a chewable enzyme to help you break down lactose can treat lactose intolerance.

When casein is the problem, avoiding all things containing casein is the first step. Besides the obvious dairy products, these are some other common foods which contain casein:

Milk • Lunchmeat • Spaghetti Sauce • Cheese • Potato Chips • Hot dogs • Yogurt • Bread.

Treatment for Dairy Sensitivity

Avoidance and outright abstinence of any form of dairy product or its derivatives would solve the problem for one who suffers from sensitivity. This can be very difficult since so many products are made from or contain milk or components of milk.

While it is not 100% fool-proof, the easiest way to test for sensitivity is to take note of what foods you are eating and how they make you feel afterward. Then eliminate all dairy of any kind from your diet entirely for 21 days. After three weeks see how you feel. If a noticeable difference is seen, then it might be appropriate to schedule with a dietician/nutritionist to establish some healthy guidelines for you and your dietary needs to help supplement the reduced dairy in your diet.