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Dr. Stephen Wangen

## Most Dairy Reactions Are Not Lactose Intolerance

Most reactions to milk are mistakenly considered to be lactose intolerance. Lactose intolerance is defined by a person having a deficiency in the enzyme lactase. Lactase is needed in order to digest the sugar component in milk called lactose.

Many people are lactose intolerant, but millions more have an immune reaction to dairy. Unfortunately, most people don't recognize that there is a difference between the two issues. These people usually do not figure out that dairy is causing their symptoms because they never actually eliminate dairy from their diet, only lactose. Avoiding lactose only partially helps their condition and often doesn't help at all. What they don't realize is that even though they are avoiding lactose, they are not avoiding dairy.

The most blatant example is lactose free milk. Lactose free milk is still a major dairy product. If you are drinking lactose free milk you haven't even begun to eliminate dairy from diet, only lactose. Dairy is used in many products that are considered to be lactose free. Whey protein powder is essentially dried milk, without the lactose. Whey is not only sold as a protein powder, it is also used as an ingredient in hundreds of different food products from bread to soup to candy.

If you have an immune reaction to milk, then you have a dairy allergy. Any form of dairy in any food product is then a trigger for you. This includes all milk, cheese, whey, casein, cream, half and half, and even butter.

Symptoms can range from virtually any digestive problem to eczema, headaches, fatigue, joint pain, and even chronic sinusitis. In fact there are hundreds of symptoms that can result from a dairy allergy.

(For more visit [www.CenterForFoodAllergies.com](http://www.CenterForFoodAllergies.com))

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The **IBS Treatment Center** is the nation's leading facility for the successful treatment of Irritable Bowel Syndrome

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Many, many infants react to dairy, which is typically the first food introduced to an infant in the form of infant formula. Dairy can cause reflux, vomiting, colic, poor development, and inability to sleep.

The only way to avoid all sources of dairy is to read all ingredients and to find acceptable alternative products. There are now hundreds of good dairy free foods on the market, and the list is expanding every day. Although traditionally these have typically been soy based, there are many other options these days. Earth Balance brand margarine, for example, is an outstanding butter substitute.



Soy, rice, almond, oat, hazelnut, and even coconut milks are now widely available. Coconut, rice and soy ice creams are wonderful ice cream alternatives. Even dairy free cheese is improving since the introduction of the Daiya brand line of cheeses. They are used in Amy's brand dairy free macaroni and cheese, a surprisingly rich and tasty product.



If you haven't ever tried eliminating dairy from your diet, but suspect that it may be a problem for you, you really should get tested for a dairy allergy. Your health is worth it! It is by far the most problematic food seen at our clinic and readily shows up as positive lab work with the advanced food allergy testing we use.

And there is no need to worry about not getting enough calcium. There isn't a single animal on the planet that drinks cow's milk as an adult (including cows!), and none of them has issues with bone density. We simply don't need it, and in millions of cases suffer more than we benefit.



Much more on calcium on my blog at:

<http://ibstreatmentcenter.blogspot.com/2010/12/how-much-calcium-do-you-need.html>

or <http://ibstreatmentcenter.blogspot.com/2010/12/sources-of-calcium-in-food.html>

or <http://ibstreatmentcenter.blogspot.com/2008/06/dairy-not-related-to-bone-density>.



## Summer Greetings from Seattle & the IB Treatment Center

While we sympathize with those around the country suffering from sweltering heat, we here are suffering from a lack of actual summer days, er...minutes...

**Recent local news report:** This summer in Seattle it has been 80 degrees or warmer for only 78 minutes! Or, breaking it down, 12 minutes on July 2, and 66 minutes on July 6.





## The Gluten & Allergen Free Expo brings experts and chefs to Dallas, TX

Vendor Fair and Cooking Classes  
October 1-2, 2011

**Discount tickets for the Expo cooking classes are available until August 1st:**

### Saturday classes

Bread and Beyond -- early bird price \$80. Regular price, after August 1, \$100.  
Blissful Baked Goods -- early bird price \$65. Regular price, after August 1, \$80.

### Sunday classes

Happy Holidays -- early bird price \$65. Regular price, after August 1, \$80.  
Healthy Living -- early bird price \$65. Regular price, after August 1, \$80.

Attendees to the cooking classes enjoy free admission to the vendor fair (\$20. value)

For more information and to purchase tickets

[www.gfafexpo.com](http://www.gfafexpo.com)

## Request for public comments on treatment for parasites

[Although IBS Treatment Center does not have a position on this study, we are sharing the information with our readers.] A research project is currently being conducted by [RateADrug.com](http://RateADrug.com) to collect primary user data about side effects and benefits from commonly used treatments for parasites. The goal is to build a large, public access database of unbiased, anecdotal data about parasite treatments.

Patients are invited to participate in this study. Individuals who have had treatment for parasites can add/share their experiences with a particular treatment and learn more about how the treatment is affecting them by taking a short, confidential survey. They can also use [RateADrug.com](http://RateADrug.com) to compare aggregate data for different parasitic treatments- both conventional and alternative- and forward the results of their own surveys to their doctors or family members.

\*Survey Instructions\* 1) Go to [www.rateadrug.com](http://www.rateadrug.com) 2) Scroll down to the box [Evaluate Your Treatment]. Enter the name of the prescription, then click Go. 3) Take the survey. 4) \*\*\*IMPORTANT: under "How did you hear about us?" Select PPREP Student Intern. A new box will appear to the right. Type AMoody for the Student Alias and submit

RateAdrug.com is an independent data gathering and information website that does not accept funding or advertisement from drug companies. Questions, please contact Ashley Moody at [moody.ashley1@gmail.com](mailto:moody.ashley1@gmail.com)

