

## PROBLEMS WITH DAIRY By Stephen Macallan

A stroll down the supermarket milk aisle, both chilled and long-life will reveal a multitude of milk substitutes, made from rice, oats, soya, almonds, soon there will be one made from peas!

It seems that every almost every other person is allergic/intolerant to cow's milk produce.

Why? What's going on?

There are multiple problems with cow's milk these days:

Pasteurisation results in the destruction of the enzymes normally present in raw milk which aid digestion.

Homogenisation is a process whereby the fat globules, normally quite large, are reduced to micro globules which are more difficult to digest.

In recent years non-organic milk comes from cows fed on a non-organic diet which includes genetically modified soya and GM soya is linked with playing havoc with intestinal bacteria in the animals consuming GM soya and hence in the animals and persons consuming those animals and their products, e.g. milk and meat.

If mother has any food intolerances then these are frequently passed on to her off-spring. This not a genetic issue, this is an issue arising from the fact that mother's intestinal flora provides the seed from which baby's intestinal flora develops.

Dietary allergies in general arise from disturbed intestinal flora. People's gut bacteria has been under assault for several generations these days, by antibiotics, steroids, synthetic hormones (the contraceptive pill/implant/coil/etc) and a wide range of pharmaceutical drugs. Mercury amalgam fillings play a part in this tragedy – mercury continually evaporates from the fillings and some of that mercury enters the digestive tract where it combines with the hydrochloric acid in the stomach and forms mercuric chloride which enters the intestinal tract killing and mutating the bacteria. We are seeing a situation of gut flora deteriorating generation by generation – mum's gut bacteria are not great as a consequence of medical interventions and baby's gut bacteria start off not great, baby grows up and has off-spring and so on. The net result is that children these days have gut bacteria vastly different from a few generations ago. The science is not really in on this and cannot now ever be, because gut bacteria have not properly been studied until very recently and even though science now recognises the massive importance of gut bacteria it is still not the subject of massive investigation! Much of what we know about gut bacteria nowadays and historically is by observational inference.

My own work in my clinical practice (25 years plus now) is very much based around gut function and improving gut function improves health generally and often (but not always) resolves food allergies.