

## Dairy-Free Diet and Challenge Test

What to avoid: Anything containing milk, buttermilk, yogurt, kefir, ice cream, cheese, butter or butter oil, ghee, most forms of margarine, cream, sour cream, curd (cottage cheese), whey, casein or caseinate, goat's milk products, malted milk, dried, powdered or canned milks, whipping cream, modified milk ingredients, lactose; many sandwich meats, wieners, and sausages also contain added milk products. In Canada, the Freybe sausage company advertises that they use no lactose or milk in their products.

**Read all prepared food labels** - you'll be surprised how many things, including many tablets, contain milk ingredients.

Milk Alternatives: Soya milk, rice milk, nut milks, Tao (potato milk), etc.

Butter Alternatives: Fleischman's Lactose-Free margarine, vegan "butter" alternatives, lecithin spread, olive oil etc.

Challenge Test: After you have been strictly off all of these products for one month, if there is any doubt in your mind whether dairy is a problem, do a test, i.e, drink a glass of milk or eat a generous piece of cheese, have some ice cream etc.

If you feel **anything** negative over the next few hours or the next day - whether it be mood changes, fatigue, headache, sinus problems, phlegm (post nasal drip), digestive upset (cramps, pain, gas, bloating, diarrhea or constipation), skin rash, body pain, red ears or cheeks, irritated nose, nasal mucous, plugged and/or itchy ears, excessive ear wax, swollen or red eyelids, dark circles under eyes, water retention, cravings for that food, and so on, means dairy is a problem and must be avoided.

No one will have **all** these symptoms, but there seems to be an endless variety of allergic symptoms depending on the target organ or organs.

Also, for some people with allergies there is a threshold effect. In other words, you may not react to the first few times because your body has had a rest from the offending substance. So be aware that if you start feeling worse some time after going back onto dairy products these may still be a problem, even though the symptoms did not show up right away.

After some months you may want to test goat or sheep milk products to see if you can tolerate these; if you can, you might then be able to use them every 4 or 5 days. Consuming the same food items only once or twice a week reduces the risk of developing sensitivity to these products.