

The Benefits Of Camel Milk For Babies



Before your child even comes into the world, you're already thinking of what is best for them. As a parent, you wonder about all these what-ifs, and what you can do to keep your child as healthy as he or she could be.

There are a million things that could scare parents or to-be parents, whether it's their child being born with a condition, or developing a disease or other health problems. Topics surrounding parenthood and babies range from formula or breast milk to co-sleeping or not co-sleeping, and there is always more than one point of view.

One thing we can't avoid hearing about is baby formula. It definitely is easier than pumping from breasts and nursing, and even for mothers who nurse might look for alternatives. So the happy medium seems to be to look for what baby formula is similar to breast milk.

Camel Milk For Babies?

Camel milk is said to be the most like breast milk in terms of composition, and could be a useful supplement to breastfeeding. There are also claims that feeding camel milk to babies under 8 months can damage or irritate the baby's developing digestive system due to a much higher amount of protein in camel milk than breast milk.

Some say breast milk should still be the only thing to feed your baby. But the reality is that many mothers struggle to lactate, so they must turn to other solutions like formula or milk alternatives. So if one were in search for a good alternative to milk, camel milk has shown to come out on top of the list.

Camel milk can be good for babies because it:

- has less fat
- is good for neurological development
- has a good source of vitamins and minerals
- is rich in protein
- strengthens the immune system
- can control type 1 diabetes
- is a good alternative to milk for kids with cow milk allergies
- protects and repairs damage to liver
- shows potential in reducing symptoms in autism

One could consult a doctor to see what works best for them or try making a camel milk formula with this recipe.

Raw Camel Milk Benefits

Camel milk is the most widely available raw milk today. This isn't because there are so many camel milk farms, but because raw camel milk can be legally shipped to your door anywhere in the U.S., Canada, United Kingdom, and EU.



Here are some benefits of choosing raw camel milk:

- Nutritional and enzymatic structures are more powerful in their raw state
- Heating it can make it difficult or even impossible for our bodies to absorb the nutrients, so boiling camel milk is not recommended if you want the full benefits
- Raw milk can help restore gut health
- Much lower in fat than cow or goat milk
- It has 10 times more iron and three times more vitamin C than cow milk
- It is antibacterial
- Low in lactose.

Camel Milk For Autism Recovery

Autism is a severe neurodevelopmental disorder characterized by impairments in social orientation, communication, and repetitive behaviors.

Studies have shown that oxidative stress plays a vital role in the pathology of

several neurological diseases like Alzheimer's, down syndrome, schizophrenia, and autism - causing alteration of antioxidant enzymes.



Camel milk has shown to have therapeutic effects and act as an antioxidant to counter the effects of oxidative stress. Also, that casein- and gluten-free diet improves autistic behavior, possibly by reducing excess central opioid effects.

The magnesium content in camel milk also helps reduce oxidative stress and enhances vitamin E and C absorption.

So if you're looking for a way to treat or alleviate symptoms of autism, there is no harm in trying camel milk as an option.