

Camel Milk For Autism: The Cure For Children With Autism

According to the personal experience of proponents, raw camel milk for autism can be very helpful. Does camel milk for autism work? In this article, we will see what proponents have to say and how well their claims are aligned with the available scientific data. Before that, you need some awareness about the disease.

Autism is a brain development disorder that impacts the patient's ability to perceive and socialize with others. This causes social interaction and communication problems. The term autism spectrum disorder describes a group of neurodevelopmental disorders. Autism spectrum disorder patients have repetitive, restrictive and stereotypical behavior patterns or interests. The risk of autism development in boys is higher than girls with the male-to-female ratio being 4 to 1. According to the Centres for Disease Control and Prevention, in 2014, 1 in 59 children had ASD symptoms. Studies indicate that the number of ASD patients is increasing. Experts attribute this to environmental factors.

Clinicians use the Diagnostic and Statistical Manual of Mental Disorders to diagnose various psychiatric disorders.

According to the recent edition of the manual, the following are the five subtypes of autism spectrum disorder:

- Autism with catatonia
- Autism associated with another behavioral, mental or neurodevelopmental disorder
- Autism associated with an unknown genetic or medical condition or

environmental factor

- Autism with or without language impairment
- Autism with or without intellectual impairment

An autism patient can be diagnosed with one or more types of autism disorder. Before the Diagnosis and Statistical Manual of Mental Disorders, ASD patients were diagnosed with the following:

- Asperger's syndrome
- Autistic disorder
- Childhood disintegrative disorder
- Pervasive developmental disorder not otherwise specified

The symptoms of this disorder become evident between the age of 12 and 24 months. The symptoms of autism may appear later or earlier. The following are the two categories of autism symptoms:

- Communication and social interaction problems
- Restricted or repetitive activities or behavioral patterns

Is there any camel milk and autism research conducted to examine the claims of camel milk for autism? Let's see.

Camel Milk For Autism Spectrum Disorders

People living in deserts have used camel milk to meet their diet and therapeutic requirements. You may also have read many articles about camel

milk for autistic spectrum disorder. However, is there any camel milk and autism research conducted in controlled settings? Or, are there any real stories to read about camel milk for Autism disorder? According to a patient report published in the National Center for Biotechnology Information, camel milk for autism has worked for a boy diagnosed with autism disorder at the age of 3. When the boy reached the age of 9, he started drinking one cup of raw camel milk a day. The boy experienced overnight improvements in autism symptoms. This regular raw camel milk consumption was associated with six consecutive years of sustained symptom improvements.

When the boy was 15 to 18 months old, he experienced the loss of language and attention. He also experienced the following symptoms:

- Sensitivity to noise
- Hyperactivity
- Fixation on water and objects
- Aggressive behavior such as biting
- Interaction problems
- Food allergies and intolerance
- Auditory processing delay
- Skin conditions
- Intermittent tic disorder
- Constipation

After a camel farmer told her about Middle Eastern hospitals using camel milk for babies, she started researching camel milk for autism. She spoke to people familiar with the use of camel milk for autism. After studying raw camel milk for two years, she decided to give her boy the goodness of non-allergenic and nutrient-rich camel milk. Her boy drank raw, unheated camel milk on October 10, 2007, for the first time and showed significant improvements in communication, eye contact, emotional expression and self-organization. He continued daily consumption of 4 oz of camel milk. He also showed improvements in vocabulary, language and other academic skills.

However, his behavior began to deteriorate when he stopped drinking camel milk for autism spectrum disorder. Symptoms were once again greatly improved after the boy resumed camel milk consumption. This story shows that camel milk for autism spectrum disorders along with medications and dietary management offers sustained benefits.

Camel Milk Benefits For Autism

The camel milk benefits for autism are also examined in several studies. The results of these studies show that camel milk for autism recovery is beneficial.

The risk factors for autism spectrum disorder include:

- Environmental factors
- Immune factors
- Genetic factors
- Neurochemicals
- Oxidative stress

According to extensive studies, the role of oxidative stress is vital in the pathology of neurological diseases such as down syndrome, Alzheimer's disease, Parkinson's disease, bipolar disorder, schizophrenia and autism.

When reactive oxygen species (ROS) levels exceed a cell's antioxidant capacity, this causes oxidative stress. It is necessary to control ROS production for physiological function. The antioxidant defence mechanism neutralizes reactive oxygen species within the cells. Increased ROS production in the plasma and the brain may reduce brain cell number and cause autism apoptosis and

pathology. Several studies show that oxidative stress contributes to autism development.

Camel milk has potential therapeutic effects to help patients with autoimmune diseases such as diabetes mellitus, food allergy, autism, and hepatitis B. Camel milk has a unique composition that is different from other ruminants' milk.

Raw camel milk contains lower fat, lactose and cholesterol than cow milk. It also has the following minerals:

- Iron
- Calcium
- Copper
- Magnesium
- Potassium
- Zinc

The milk also contains the following vitamins:

- A
- B2
- E
- C

Raw camel milk does not contain beta-casein and beta-lactoglobulin which are responsible for causing allergy due to cow's milk. Camel milk also provides you with various protective proteins especially, enzymes known for exerting antiviral, antibacterial and immunological properties. These are crucial in food allergy prevention and immune system rehabilitation. Camel milk helps treat food allergies owing to its hypoallergenic properties, inflammation-inhibiting

proteins, and smaller-size nanobodies. Nanobodies of camel milk have shown to be promising in immunity and infection.

The study we are discussing in this article evaluated the camel milk consumption's effects on oxidative stress biomarkers in children with autism. The study measured the plasma levels of superoxide dismutase, glutathione and myeloperoxidase.

The study included 60 patients with an autism spectrum disorder. Subjects were 2 to 12 years old children with allergies or food intolerances. Researchers used the fourth edition of the Diagnostic and Statistical Manual of Mental Disorders for clinical diagnosis. Subjects for the study were recruited from King Saud University's Autism Research and Treatment Center. The Institutional Review Board of Faculty of Medicine provided ethical approval for the study. Researchers randomly divided the subjects into the following three groups to observe camel milk benefits for autism:

1. Group I subjects were given raw camel milk for autism.
2. Group II subjects were given boiled camel milk.
3. Group III subjects were given cow milk as a placebo.

Instructions and volume of milk were the same for all groups. Researchers instructed parents to add 500 mL of camel milk to their children's daily diet for two weeks. No other pharmacotherapies or supplements were added or removed from their daily diet.

Researchers used the Childhood Autism Rating Scale to measure symptom severity. Parents rated the behaviour of their children on The Wing Subgroups Questionnaire that includes the social approach, communication, play, motor behaviour and ten other behavioural domains. Researchers calculated a summary score for each subtype. The highest summary score indicated the

subtype.

After fasting overnight, they collected 10 mL blood samples in EDTA tubes after two weeks. After centrifugation, researchers obtained and froze plasma and red blood cells until further research. The measurements of: followed this

- Glutathione (an antioxidant that prevents damage to cellular components due to free radicals, lipid peroxides, peroxides and heavy metals)
- Superoxide Dismutase (an enzyme that prevents damage to tissues by breaking down potentially harmful oxygen molecules in cells)
- Myeloperoxidase

Statistical Analysis and Results

Researchers analyzed the data and checked statistical differences in measurements before and after the study. The objective of the study was to study how the consumption of camel milk affects oxidative stress. They measured the plasma levels of the following:

- Myeloperoxidase
- Superoxide dismutase
- Glutathione

They observed significant changes in all the parameters after the consumption of camel milk for autism for two weeks. There was a substantial increase in plasma GSH levels in group I and group II subjects. However, no such changes were shown by group III subjects. Group I and Group III subjects showed no significant difference in plasma SOD levels. However, the subjects of group II showed statistically significant changes. MPO elevation was significant in

group I and group II. Both groups consumed camel milk.

Studies suggest that ASD patients are more vulnerable to oxidative stress. When the antioxidant defence mechanism fails to counter the sources of reactive oxygen species, this causes oxidative stress and damage. High oxidative stress contributes to the sleep disorder, gastrointestinal disturbance and sleep disorder in autistic children. Increased oxidative stress can also cause developmental delays due in children with autism. This study shows that camel milk for autism helps in improving autism spectrum disorder clinical outcomes. As camel milk alters levels of antioxidant enzymes and nonenzymatic antioxidant molecules, it helps in oxidative stress.

This, as a result, improves autistic behaviour. Although the results of this study are significant, large scale studies are required to determine the right dosage of camel milk and period for the treatment of autism spectrum disorder.

How Much Camel Milk To Drink For Autism

Now you know that camel milk benefits for autism are clinically proven. You may have one question. How much camel milk to drink for autism? Before we talk about camel milk autism dosage, let's see nutrient content of 120mL of camel milk:

Vitamin C	5% of the DV
Phosphorus	6% of the DV
Potassium	6% of the DV
Calcium	16% of the DV
Riboflavin	8% of the DV
Thiamine	29% of the DV

Carbs	5 grams
Fat	3 grams
Protein	3 grams
Calories	50

Here DV is daily value.

Now, let's get back to camel milk autism dosage. The boy in the story we shared started with 4 oz of thawed raw, unheated camel milk. However, you should keep in mind that the boy was given other treatments as well. Subjects in the study we have discussed were instructed to consume 500mL of camel milk with no changes in their daily diet. However, it is advised to not consume 500mL of camel milk for autism on the very first day. Begin with small camel milk autism dosage and gradually increase to 500 mL.

In addition to autism, camel milk can also help patients with milk allergies or lactose intolerance, high blood sugar level, and weak immunity. If you have milk allergies then you can consume 1 cup (250 ml) of camel milk. Drinking 2 cups (500 ml) of camel milk can improve your insulin sensitivity.

Where To Buy Camel Milk

If you are living in a desert region, you don't need to Google "where to buy camel milk" or "camel farm near me". Camel milk is very readily available in desert regions. However, there are camel farms in the United States as well. You don't need to drive to one such farm to purchase camel milk for autism. You can buy camel powder online. Desertfarms.com is a website that has started the camel milk revolution in the United States. The online store sells a range of camel milk packages. If you want to test camel milk before adding it to your diet, the website also offers a camel milk free trial package.



Camel Milk



Camel Milk Powder



Camel Milk Trial

Conclusion

Many people have shared their experience of camel milk for autism spectrum disorder. Those who consume camel milk daily have a lot of positive things to say about it. People living in deserts have used camel milk for hundreds of years to treat many health problems. Even clinical studies show that camel milk for autism decreases oxidative stress and as a result, helps in autism treatment.