



Surprising Camel Milk Health Benefits

Malnourishment is one of the biggest global problems we are facing. Considering the nutrient content and camel milk health benefits, it has the potential to prevent malnutrition. The problem of malnourishment is likely to become more serious with the rapidly increasing population. Moreover, there is no support for vegetation in hot and arid zones across the world. Raising food can be very challenging in such regions. Animals are the only source of food in such regions. Camels and a few other animals not only survive in deserts but are also very beneficial for the human population.

One humped camel is found in semi-desert and desert areas all across the world. However, people in southern Arabia were the first to domesticate one humped camel about 3000 BCE. They relied on the animal for its milk and meat. Camels are still used for riding, carrying loads and as work animals. They also provide hair and hides. Water and feed scarcity and heat of the desert seriously affect cows and other animals that provide milk humans can consume.

After originating in North America, camels migrated to other parts of the world and eventually disappeared from the place of their origin. We have different breeds and types of camel family because the animal adapted to different environments during its evolution. They migrated to the Middle East and northern Africa. Camel remains have also been found in old Palestine.

Two-humped camel was first domesticated in Turkmenistan and Iran. From there it migrated to areas bordered by China, Mongolia, southern Siberia and Crimea.

To get camel milk health benefits, camel-owning tribes have to make sure that camels are fed well. Therefore, they continually look for grazing and water. These tribes wander over 1000 km in a season. How far the tribe will travel depends on the availability of feed and water.

Camels are also a part of the cultural and social heritage of the tribes. Camels were introduced in the US, South Africa, Spain and Italy as pack animals. People of the Canary Islands have used camels in agriculture. The world's largest population of one-humped camels is in Sudan.

Camels are very useful animals, especially in desert regions. However, in this article, we will cover the camel milk health benefits as milk of this animal is used worldwide. The nutrient content of camel milk is also ideal for those who cannot drink cow milk due to intolerance.

What are the benefits of drinking camel milk?

A lot of people Google "what is camel milk good for" or "what are the health benefits of drinking camel milk", especially for kids suffering from autism. Camel milk helps in reducing oxidative stress. Oxidative stress occurs due to an imbalance of antioxidants and radicals in the body. This imbalance can cause tissue and cell damage. Oxidative stress is a part of the aging process.

There is no shortage of fresh camel milk in deserts. However, camel milk is available in all parts of the world. There are some camel farms in the United States as well. According to an estimate, there are roughly 3000 camels in the country. Most of the camels are in private hands. You can

also get fresh camel milk if there is a camel farm in your neighborhood. However, websites like Desert Farms supply pasteurized camel milk in the United States. People are aware of the health benefits of raw camel milk. However, online camel milk sellers sell pasteurized milk. Some people may question pasteurized camel milk benefits.

Does the process of pasteurization degrade the nutrient content of camel milk? Pasteurization is done to make sure that milk is safe to drink. This process also ensures that milk maintains its quality from packaging to consumption. You can get raw camel milk benefits if you can drive miles away from your city to a camel farm to buy milk. However, camel milk retains most of the nutrients and health benefits after the process of pasteurization.

Check out the amazing health benefits of camel milk

1. Rich Nutritional Value

Camel milk provides you with many nutrients your body needs for overall health. [Camel milk's nutritional value](#) holds a lot of have a lot of health benefits. Protein, calorie and carb content present in the camel milk make the milk comparable to whole cow's milk. However, the saturated fat content of camel milk is lower.

It also provides you with health benefits of potassium, iron, calcium, B vitamins and vitamin C. Camel milk also provides unsaturated fatty acids, linoleic acid, long-chain fatty acids and other healthy fats. These are good for the health of your brain and heart.

Half cup of camel milk provides you with 50 calories, 3 grams protein, 3 grams fat, 5 grams carbs,

29% of the daily value thiamine, 8% of the daily value riboflavin, 16% of the daily value calcium, 6% of the daily value of potassium, 6% of the daily value phosphorus and 5% of the daily value vitamin C.

2. A Cure for Autism Spectrum Disorders



Camel milk also helps with autism spectrum disorder and brain conditions. A lot of parents have shared stories of their kids suffering from behavioral conditions. They claim that drinking [camel milk has improved autism](#) and other behavioral conditions in their kids. However, these anecdotes cannot serve the purpose of evidence.

The effects of camel milk on behavioral conditions in children have been studied in several studies. However, the number of subjects has been small. Researchers divided subjects into three groups. Researchers have compared the results of giving cow milk, raw camel milk and boiled

camel milk to children with autism. The group that was given camel milk showed significant improvement.

3. An aid for digestion

Camel milk is a healthy replacement of other types of milk. You can consume it plain or use in your tea, coffee, baked goods, smoothies, Mac and cheese, soups and pancake and waffle batters. Keep in mind that camel milk from different regions may have different tastes. For example, American camel milk is slightly salty, sweet and creamy.

On the other hand, milk from camels from the Middle East has a smokey and nutty flavor. Both raw and pasteurized camel milk are easy to digest. As processing camel milk can be challenging, butter, yogurt, soft cheese and other camel milk products are not widely available. As it contains vitamin C, camel milk is acidic in nature. This makes it easy to absorb nutrients in the intestine.

The milk can be very helpful for people with stomach and intestinal disorders.

4. An Aid for Diabetes

Diabetes is a big health problem not only in the United States but also in other parts of the world. Camel milk can be used as a potential [medicine for diabetes](#).

According to research in India, the levels of insulin are sufficient in camel milk to help prevent and

even treat type 1 and type 2 diabetes. India is a country with over 60 million diabetics and the number is likely to reach 100 million by 2030. China has 1000 million diabetics and the United States has 30 million diabetics. However, it has been found that the incidence of diabetes is very low in camel breeders in the Rajasthan state of India.

Camel milk is a dietary staple for these tribes. According to the National Research Center on Camel (NRCC), the prevalence of diabetes is zero percent in some tribes.

5. Immunity Booster

Compounds present in camel milk fight various disease-causing organisms. Following are the two main components in camel milk:

- Lactoferrin
- Immunoglobulins

These proteins are known for giving a boost to your immune system.

Lactoferrin has the following properties:

- Antioxidant
- Anti-inflammatory
- Antiviral

Antifungal
Antibacterial

It prevents the growth of organisms that can cause the following severe infections:

C. albicans
S. aureus
H.pylori
Clostridium
K. pneumoniae
E. coli

In a clinical trial, camel milk protected a rat against:

Leukopenia
Cyclophosphamide's side effects

This is the reason why camel milk has immune-boosting properties.

6. Improves gut health

Improving gut health is one of the diverse functional effects of camel milk. This milk is an important source of nutrients that are good for your gut health. The influence of camel milk has

been studied on the gut microbiota of mice. Studies show a lot of benefits of [camel milk for gut health](#). The analysis after the study found that Bacteroidetes and Firmicutes were responsible for more than 80% presence of bacteria. The most abundant gut microbiota were:

Lactobacillus

Bifidobacterium

Romboutsia

Akkermansia

Allobaculum

Akkermansia and Allobaculum were responsible for 7.85% and 40.42% of the bacterial presence. Camel milk reduced the relative abundance of Desulfovibrio, Turicibacter, Lactobacillus and Romboutsia in the gut microbiota. Camel milk increases the presence of organisms that are good for your gut health.

7. Great alternative for people with milk allergy or lactose intolerance

Millions of Americans have lactose intolerance. They cannot digest lactose in milk and milk products. This is an uncomfortable condition that can be managed but not cured.

Lactase is an enzyme that breaks down lactose in your body. Your body can easily absorb it. However, the small intestine of people with lactose intolerance does not produce enough lactase. Camel milk contains less lactose than cow's milk.

8. Superfood for babies/infants



The composition of camel milk is similar to that of breast milk. If you are struggling to lactate, camel milk is a good alternative as it is good for your baby because of the following reasons:

It is good for neurological development

Its fat content is low

It supplies minerals and vitamins

It is a good source of protein

It strengthens the immune system

It controls type 1 diabetes

Camel milk is better than cow milk when it comes to allergies

It protects the liver against damage

It reduces autism symptoms

Check out the [benefits of camel milk for babies](#).

9. Good for liver health

The benefits of [camel milk for liver health](#) have also gained strong support from the scientific community with other health benefits it offers. It is very useful for body aches, weaker eyesights, ascites, obesity, joint problems, hepatitis and other ailments.

A well recognized US physician Dr. Hinkle is pleased with the results of camel milk in hepatitis patients. She has seen many cases of hepatitis patients getting the benefits of camel milk. This milk can be a herbal remedy for alcoholism as well.

10. Amazing for skin care

You can drink camel milk to smoothen your skin and treat Psoriasis, eczema, dermatitis, acne and other skin conditions. A 'high amount of a -hydroxyl acid in camel milk is great for your skin.

There are so many [benefits of camel milk for skin](#) as it brightens and tightens your skin as Vitamin C present in the milk promotes the production of collagen. You can use it as a moisturizer as well. The milk gets its antibacterial and antimicrobial properties from lactic acid. It removes dead skin cells and germs. Camel milk reduces oxidative stress to prevent cell damage.

11. Great ingredient to make healthy meals

Camel milk is also used as an ingredient in a range of recipes including Pancakes, Latte, Chicken and Milk Tagine, Ice Cream, Waffles, White Chocolate, Crockpot Caramel Sauce, Hot Chocolate, Chicken Dinner with Sauce and Jalapeno Egg Cups.

Check out some of the most delicious [camel milk recipes](#).

Where To Buy Camel Milk

After reading about all these benefits of camel milk, you might want to know where to buy camel milk. Camels are very common in desert regions. So, you can get camel milk from a local camel farm. Whether you will be able to find a local camel farm or not, this depends on your location.

If you are living in the United States, there are some camel farms that you can visit to get fresh camel milk. However, you cannot find a camel farm on the outskirts of every major city in the country. In this case, you can buy camel milk online from the website of Desert Farms and be a part of the camel milk revolution. Online stores typically sell camel milk powder.



Buy Camel Milk Powder



Buy Camel Milk



Camel Milk Free Trial

Get a free camel milk free trial package from Desert Farms.

Conclusion

The health benefits of camel milk have been long known to tribes in the desert region. The scientific community has recently started showing interest in the health benefits of drinking camel milk. From skincare to liver health, camel milk has proven to be a magical drink.

When it comes to humans, most researchers recruited a small number of subjects for clinical trials. There are a lot of people who have some good stories to tell about the use of camel milk. However, we still need a large scale study.