

The Main Differences Between Camel Milk And Cow Milk



Camel milk is packed with nutrients like vitamin E, zinc, selenium, and more. Here are some of the most abundant nutrients in just one cup of camel milk:

- 10% DV of protein
- 30% DV of calcium
- 11% DV of potassium
- 70% DV of vitamin B1
- 15% DV of phosphorus

What is a Casein Allergy?

Casein is a protein that can be found in all mammals' milk and dairy products. A casein allergy happens when your body's immune system mistakenly thinks casein is harmful and produces allergic antibodies for protection.

The interaction between these antibodies and casein triggers the release of chemicals like histamine and can cause symptoms like these:

- Skin reactions such as hives, rashes, or itchy skin
- Swelling of the lips, throat, tongue, mouth, or face
- Sneezing, runny nose, itchy eyes, coughing, wheezing, or nasal congestion
- Anaphylaxis, a life-threatening reaction that happen very quickly

Cow milk has A1 beta-casein proteins, the protein that people who are lactose intolerant or have a cow milk allergy react negatively to. Camel milk, on the other hand, contains **A2 beta-casein proteins** [insert Casey's "Everything You Need To Know About A2 Beta Casein and Camel Milk"], which studies have shown for people with cow milk allergies and who are lactose intolerant can consume without adverse reactions.

Camel Milk vs. Cow Milk

Before nut and soy milks came into the market, there was always cow milk. Now that there is camel milk, let's explore some differences between cow and camel milk.

- Camel milk has A2 beta-casein protein, cow milk has A1 beta-casein protein.



A1 beta-casein is what causes people who have cow milk allergy or lactose intolerance to experience adverse effects like gastrointestinal inflammation, acne, and increased risk of heart disease and diabetes. Camel milk:

- Is 50% lower in fat and saturated fat than cow milk
- Has 10 times more vitamin C and iron than cow milk

Camel Milk and Autism

A 2005 study showed that when a 4-year-old female consumed camel milk for 40 days, a 15-year-old boy consumed camel milk for 30 days, and a few 21-year-old autistics drank camel milk for two weeks, their autism symptoms disappeared. Patients also seemed quieter and less self-destructive.

It has also been found that the high levels of magnesium, zinc, and vitamin E in camel milk can increase glutathione production, which helps decrease oxidative stress in people with autism. Magnesium is known to reduce oxidative stress and enhance vitamin E and C absorption, while zinc increases total glutathione levels.

Camel Milk and Diabetes

Research has shown that camel milk has been used in the Middle East to treat, prevent, and control diabetes, which can't be said about cow milk and most, if not all, other milk alternatives. And unlike other milks, camel milk doesn't cause a rise in blood sugar.

Other Benefits of Camel Milk

It's no surprise now that camel milk is packed with nutrients to help you meet many of your daily recommended intake of certain minerals and nutrients. But camel milk also has other noteworthy benefits to consider.

Similar to breast milk

The composition of camel milk comes closest to that of human milk compared to other milks, making it safe to feed camel milk to babies and children.

Great alternative for people with milk allergy or intolerance

If you have a cow milk allergy or intolerance, camel milk is a great option since it lacks the A1 casein protein and lactoglobulin found in cow milk.

Heart and blood health

The monounsaturated fats in camel milk give it some of the same benefits as olive oil. It also contains A2 beta casein, which is different than the A1 casein found in most dairy milk. The A2 beta casein may be responsible for protective effects on the heart and immune system.

Where To Buy Camel Milk

You can buy camel milk from Desert Farms, or at one of these many **locations** [hyperlink to "Where To Buy Camel Milk"].

Let us know how camel milk can help you or has helped you!