

# The Main Differences Between Camel Milk And Soy Milk



Camel milk is surprisingly jam packed with a ton of nutrients you probably would never guess it would have. It has 5 grams of protein per cup, which equates to 10 percent of the suggested daily intake of protein. Aside from it being only 110 calories per serving, here are the other nutrients packed in camel milk:

- Potassium
- Calcium
- Folate
- Phosphorus
- Thiamin
- Zinc
- Selenium

# What Nutrients Are in Soy Milk

For people who are lactose intolerant, have a cow milk allergy, are vegans, or are vegetarians, soy milk is a great alternative. With just 100 calories, each 8-ounce serving of soy milk provides 8 grams of carbohydrates and 7 grams of protein. Here's what's in soy milk:

- 0.5 milligram of riboflavin (more than a third of the USDA's recommended 1.3 mg)
- 299 mg of calcium
- 119 IU of vitamin D
- 1.2 gram of sugar (in the form of sucrose)

## Is Soy Good For You?

Soy was popularized when we found that it was being consumed frequently by Japan, where many people believe is the healthiest place on earth. One food the Japanese ate a lot in particular is natto - fermented soybeans that contain tons of probiotics.

Most soy contain phytoestrogens, which mimic estrogen in the body, and having too much estrogen could throw off your body's balance. If you're a woman consuming too much estrogen, it could increase your risk of breast cancer, cervical cancer, polycystic ovary syndrome (PCOS), and other hormone imbalance-related disorders.

Another issue is that 90 percent of soy today is genetically modified, and foods that are genetically modified are linked to many health problems as they kill good bacteria in your gut. Good news is that there are ways to help counter that with foods and drinks packed with probiotics, like camel milk.

But of course, with the bad, there is the also the good.

Some benefits of soy milk include:

- Reduces risk of prostate cancer
- Lowers blood pressure
- Boost calcium and iron intake

- Relieves certain menopausal symptoms
- Improves heart health

From what I've gathered, consuming soy is a good thing as long as you stick to non-GMO and organic products, and don't consume too much (as with anything, right?).



## **What is a Casein Allergy**

Casein is a protein 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

## **Benefits of Camel Milk**

Like soy milk, camel milk is also a great alternative for people with cow milk allergy or lactose intolerance. Here are some great benefits of camel milk that even babies can reap!

### **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.

### **Helps treat 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.

# **Where Can You Buy Camel Milk**

You can buy your next order of camel milk online from Desert Farms!