

# **Dr. Camel Answers Frequently Asked Questions About Camel Milk**

## **Top 10 Questions on Camel Milk**

### **1) Q. How much camel milk should I give my autistic child?**

A. Each child is different. Some may only be able to tolerate 1 tablespoon two times per day to start and then gradually build up. But as a general rule: Start with 1 ounce two times per day on an empty stomach. Increase the dosage gradually every 3-5 days until a maintenance dosage of 8 ounces total per day is reached. Note: Most children need only 8 ounces per day as a maintenance dosage.

### **2) Q. How do I know if my child is having an allergic reaction to the milk?**

A. If your child develops a rash, eczema, loose stools or excitable behavior, then they may be allergic to the milk. Stop the milk for 72 hours, then restart at the beginning dosage. If the symptoms recur, then more than likely your child is allergic to the milk.

### **3) Q. What is the shelf life of camel milk?**

A. The refrigerator shelf life for the raw milk is best within 5 days. The refrigerator shelf life for pasteurized milk is best within 7 days. The freezer shelf life is best within 4 months but can be stored up to 6 months. Although

the fat may separate from the milk more and the milk may seem clumpy or grainy, this is perfectly natural and does not indicate anything wrong with the milk. Just shake the thawed milk well and strain it to remove any clumps.

#### **4) Q. I am diabetic. How much camel milk do I need to drink?**

A. Each diabetic is different in the amount of milk needed just as they vary in the amount of insulin needed. As a general rule: One glass of 8 ounces each twice per day on an empty stomach should lower blood sugar levels.

#### **5) Q. How much milk should my mother drink? She has cancer.**

A. Cancer patients vary in the dosage they need, but as a rule: Three glasses of 8 ounces each three times per day on an empty stomach is the maximum dosage. This must be introduced gradually. Many cancer patients cannot tolerate elevated dosages due to the effects of chemotherapy and radiation. Therefore the milk must be started at a low dosage and increased gradually over a period of time due to the patient's weakened immune system.

#### **6) Q. Is it OK to mix honey or chocolate in the camel milk for my autistic child? He does not like the taste of the milk.**

A. No. Honey can cause blood sugar levels to spike. Organic Grade B maple syrup is best. It helps regulate insulin output from the pancreatic cells and does not cause blood sugar levels to spike. Chocolate can over stimulate autistic children and is not recommended. Fresh fruit that the child can tolerate is OK to add to the milk in the form of a fruit smoothie.

## **7) Q. When is the best time to drink the milk?**

A. It is best to drink camel milk first thing in the morning and last thing in the evening on an empty stomach.

## **8) Q. Is it OK to take my supplements with the milk?**

A. Camel milk can act as a carrying agent to transport nutrients to cells, therefore it is OK to take some supplements with the milk. However, it is not acceptable to take any herbal supplements with the camel milk. Combining herbs with milk can affect the effectiveness of both.

## **9) Q. If I heat the raw milk will it destroy the nutrients?**

A. It is best not to boil or microwave raw milk in order to maintain the highest level of nutrients, immunoglobulins, and antibodies present in raw milk.

## **10) Q. My child has low iron levels and is taking an iron supplement. I read that camel milk has elevated levels of iron. Do I need to continue his iron supplement?**

A. It is always best to check with his physician. Camel milk does have elevated levels of iron and over time your child may not need to continue on his supplement. If he becomes constipated on a combination of the camel milk and iron supplement, it could be an indication that his iron levels are elevated. Therefore a periodic check of his iron level is recommended

# **General Questions on Camel Milk**

## **Q. What ages can drink camel milk?**

A. All ages (infants and adults).

## **Q. Who is benefiting from this milk?**

Anyone who drinks it

## **Q. Has anyone been completely healed from camel milk?**

Yes.

## **Q. List of illnesses you have dealt with patients.**

Autism, cancer, Crohn's, colitis, chemical sensitivity, Lyme, Alzheimer's, shingles, hepatitis, AIDS, HIV, osteoporosis, eczema, heavy metal toxicity, diabetes, PANDAS, Down Syndrome, Gulf War Syndrome.

## **Q. List of symptoms or die-offs.**

Can be a runny nose, slight fever, headache, earache, flu-like symptoms, chills, joint pain, nausea.

## **Q. What are signs of allergies?**

Rashes, diarrhea, loose stools, excitable or aggressive behavior, eczema

## **Q. What are signs of detoxing?**

Symptoms of each illness may be different. For example, autistic children may get more excitable for a few days. There should be no signs of detoxing with camel milk. There may be signs of "die-off" or allergies, but this is not detox.

## **Q. Is it OK to give goat milk in combination with camel milk?**

It is best not to mix animal milk due to the size of the molecules and the chance of allergy to goat milk.

## **Q. What about cow milk?**

Same answer.

## **Q. Can I mix camel milk with almond milk or coconut milk?**

It is always best to consume the milk alone, but it is OK in small amounts if there is no allergy to the almond or coconut milk.

## **Q. Is camel milk a good substitute for breast milk?**

Yes. We share more genes with the camel than any other milking animal. Camel milk is very close to human milk.

## **Q. Is there any benefit to camel milk vs. human milk?**

Camel milk is higher in some nutrients than human milk, therefore it could be better for a child with failure to thrive syndrome or when the mother does not have enough milk to supply the child with the daily requirement of nutrients.

## **Q. What about formula milk. Is camel milk a good substitute?**

It is better. The formula has artificial ingredients and camel milk is a complete food with all the nutrients in a natural form very close to human milk.

## **Q. What are great compliments to camel milk?**

The milk can be enhanced with a small amount of maple syrup or fresh fruit in a smoothie if desired. I do not recommend honey since it causes blood sugar levels to spike. Dried fruit should be avoided due to the high sugar content.

## **Questions on Using Camel Milk:**

### **Q. How do I know when to increase for more benefit or decrease to avoid symptoms?**

If you have not received any benefits or reduction of symptoms of your illness, then the milk can be increased every 3 days until you begin to see a reduction in symptoms. Children should not exceed 16 ounces per day and should not remain on this dosage any longer than 6 months. Decrease milk if symptoms get worse. Decrease milk if you have been on an elevated dosage for an extended period of time and begin to become constipated or more agitated.

Call my office for consultation if you have questions. Office phone 919-928-0821.

### **Q. How long on camel milk before notice any improvements in gut health?**

In many patients, there will be noticeable improvement within 3-5 days but some patients need up to 2 weeks to notice an improvement

### **Q. Can I add sugar?**

No. Sugar can cause blood sugar levels to spike. Sugar can also add to the proliferation of fungi and other pathogens. Organic Grade B maple syrup is best.

### **Q. Will it help me gain weight?**

For patients that are underweight, the milk can help to add the nutrients that will allow for healthy weight gain. For overweight patients, it can address

problems of food allergies and malabsorption that can cause weight gain and help with weight reduction.

## **Q. Is camel milk a lifelong treatment?**

No. Once the symptoms are resolved and the underlying cause of the illness is addressed, then the patient should remain on the camel milk for 4 more months, then they may stop the milk. If symptoms recur, then the patient has not resolved the underlying cause of the illness. Many patients do not need any camel milk once their symptoms are resolved.

## **Q. When do I stop?**

Once the symptoms have resolved. Wait 4 months to help with any gut issues that need to be healed. If symptoms recur, then the initial underlying cause of the illness must be addressed.

## **Q. Why do we have to start so slow with camel milk?**

Camel milk has wonderful healing properties. If consumed too fast at too high of a dosage, the patient can experience discomfort and confuse it as a reaction to the milk, when in actuality it is a healing process or “die off” of pathogens due to the antibacterial, antiviral and antifungal properties of the milk.

## **Q. I have been on camel milk for about 2 weeks, now at first I noticed extra gas and upset stomach. Is this normal?**

You may be consuming too high of a dosage of the milk. Or you may be developing an allergy to the milk. I suggest you set up a consultation with me to determine what needs to be corrected. Office phone 919-928-0821.

## **Q. Is high speed blending safe to use with the**

## **camel milk?**

It is best to blend the milk at a lower speed due to the amount of froth or bubbles the high-speed causes. There is no significant loss of nutrients from high speed, but a lower speed is best.

## **Die-Offs:**

### **Q. What is a die-off?**

A die-off or Herxheimer reaction occurs when yeast, bacteria or virus cell are rapidly killed and metabolic by-products are released into the body.

### **Q. What are the symptoms of die-off?**

The symptoms vary and can include brain fog, low grade fever, chills, earache, headache, sore throat, runny nose, fatigue, nausea, swollen glands and/or lymph nodes, gas, bloating, diarrhea, joint and muscle pain, rash, hives, sweating, sinus infections, vaginal or prostate infections.

### **Q. When does the die-off period start?**

Die-off usually does not occur unless too much camel milk is consumed at too high of a dose too fast or if it is combined with specific nutrients. It is best to set up a consultation if this is a problem. Office 919-928-0821. The die-off can be within the first few days of consuming the camel milk and should dissipate within a week.

### **Q. How long does die-off take and should I discontinue giving milk?**

It is best to stop the milk until the symptoms of the die-off have been resolved, and then start again at a lower dosage, and only continue to “up” the dosage every 5 days instead of every 3 days. The entire maintenance dosage may need to be regulated. Please contact my office for a consultation if there are questions. Phone number 919-928-0821.

## **Q. Can die-off cause eczema?**

It can cause hives, rashes, and itching, but usually, eczema is caused by a food allergy. Contact my office for a consultation if there is a question of eczema coming from an allergy or a die-off. Phone number 919-928-0821.

## **Q. How can I deal with yeast die-off from camel milk?**

Stop the milk until the symptoms dissipate. You can take a homeopathic remedy for candida die-off. Reduce any probiotics that you might be consuming and call my office so that we can determine if it is candida or bacteria or a virus. The treatment would be slightly different. Obviously, you will want to increase your water intake to flush the body. Adhere to your antifungal diet.

## **Q. Does raw camel milk contain probiotics? How much? Is this the reason**

Camel milk does contain probiotics. The three most prevalent probiotics are Lactobacillus Plantarum, Lactobacillus pentosus, and Lactococcus lactis. Die-off symptoms are from consuming too much of the milk in too high of a dosage too fast. The probiotics in the milk then begin to kill off the bacteria, viruses, fungal too fast for the immune system to handle and a “die-off” effect happens.

## **Q. My son’s yeast is out of control. Does camel milk help killing yeast?**

Yes. Camel milk has antiviral, antibacterial and antifungal properties.

## **Q. Does camel milk get rid of yeast?**

Yes, absolutely.

## **Q. Are there any adverse side effects or any bad**

## **symptoms after going off camel milk?**

No. There should be no adverse side effects.

**Q. My son has been on a cup a day, but we recently ran out and had to order more. He has gone 5 days without it. Can he start back at the same amount since he missed 5 days, or do I need to do a little at a time?**

He should be fine to continue at the dosage that he was on previously. Five days is not an overly long time. If he had been off of the milk for several months, then the dosage would need to be adjusted.

**Q. If I have been off camel milk for a while should I continue the same amount as I left off or start over with a recommended dosage?**

If you have been off of the milk longer than 3 weeks, then the dosage may need to be adjusted. You may contact my office for the correct starting dosage based on specific health issues and the last dosage that was consumed. M

**Q. I have Mast Cell Disorder and react to all food. I am looking into camel milk as a supplement. I react to camel meat. Do you think I would react to the milk as well?**

Not necessarily. The content of the camel meat is somewhat different than camel milk. If you do not have a diagnosed casein allergy, you could try starting with a small dosage and increase the dosage very gradually. If any symptoms occur you may stop and call your doctor for a consultation so that we may determine if it is anything that might be causing a problem.

## **Q. Does anyone have experience with using camel milk with Mast Cell Activation Disorder?**

Yes. Most people with Mast Cell Disorder have elevated levels of heavy metals and oxidative stress markers that are elevated. Camel milk has elevated levels of zinc which is counteractive to copper. Patients with Mast Cell Disorder should avoid foods high in copper. I have had excellent results using camel milk to alleviate many of the symptoms of this disorder.

## **Q. Does camel milk help with Lyme Disease?**

Yes, I have had much success with Lyme patients and camel milk due to the antibacterial and antifungal properties of the camel milk. The Lyme spirochete is a bacteria. Many Lyme patients have been on elevated dosages of antibiotics and have fungal overgrowth as well as Lyme due to the antibiotics. The antifungal properties of the camel milk help with this as well. Brain fog clears, joint pain dissipates, nausea and fatigue disappear when patients are able to drink the camel milk as part of their overall therapy.

## **Q. What's the recommended dosage for Crohn's disease?**

Each patient is different. There is no specific dosage. But as a rule, the patient should start out at a low dosage of 2 ounces twice per day and increase the dosage by an ounce every 3 days until the desired dosage is reached. For some individuals, it is 8 ounces, but for others, it can be as much as 16 ounces per day.

## **Q. How does camel milk help Crohn's disease?**

The antibacterial properties in the camel milk help regulate the overactive immune response to the bacteria in the gut of Crohn's individuals. Crohn's disease is an inflammatory bowel disease and an autoimmune disorder. The elevated level of polyunsaturated fats in the camel milk also help to reduce the inflammatory effect of Crohn's and to heal the gut tissues.

Questions on Ordering Camel Milk:

## **Q. Is fresh better than frozen?**

There is little change in fresh vs. frozen milk. Studies have been conducted and the results stated, "there is no significant difference in fresh milk versus frozen camel milk."

## **Does the milk lose any nutrients when you freeze it?**

Studies have shown that there is no decrease in the enzymes in the milk when it is frozen. There is only a very slight loss of vitamin C. Studies state, "there is not enough significant loss of vitamin C to be of any concern to the value of the milk."

## **Q. If there are any worms (parasites) in camel milk, would freezing the milk kill them?**

Yes and No. Freezing can kill some parasites, but not necessarily the eggs. But, buying milk from a Grade A dairy eliminates most of the problem. Grade A dairies must meet very specific regulations and testing of their milk to determine if there are specific pathogens in the milk.

## **Q. How important is it to buy from a Grade A dairy?**

Grade A dairies must meet specific inspections by local, state and federal agents. They are subjected to random inspections of every aspect of their dairy, from the feed, sanitation, machines, labels, and bottles. Everything is tested daily to make sure that there is no contamination of the milk and that the dairy meets the highest standards of sanitation. We recommend buying from Desert Farms as they are the company certified Grade A

## **Q. How do we measure the purity/quality of camel milk?**

Camel milk must be tested for antibiotic residue and specific pathogens

common to milk. This is done by testing the milk daily by a Grade A dairy. An antibiotic residue kit is required by all dairies to test the milk for antibiotic residue and for somatic cell count of the milk. Grade A dairies do this daily.

## **Q. What's the healing difference between raw and pasteurized? Should I drink raw or pasteurized?**

Since the camel milk is done with a very low temperature, we recommend the pasteurized because we saw no difference in healing between the two

## **Q. Does pasteurized milk have the same die-off effects and can we increase the dosage quicker?**

Because much of the probiotics and antibacterial and antifungal properties of the milk are reduced with pasteurization, there is no danger of die-off effects. Anyone starting a milk dosage should start it slowly to allow the body to adjust to the new milk. If the milk is started with elevated dosages and the individual has a reaction, it is difficult to determine if it is an allergic response to the milk or something else. It is best to start slow and gradually increase.

## **Q. Is the dosage of the colostrum the same?**

No. Very little colostrum is needed. I usually recommend only 1 ounce of colostrum combined with 4 ounces of camel milk. Then that dosage is given in divided dosages twice per day. Many patients do not need colostrum.

## **Q. Does kefir offer the same health benefit? What is it good for and is it effective?**

Yes, kefir offers many of the same health benefits. Kefir is fermented milk and has less lactose than milk which may be good for lactose intolerant individuals. More strains of probiotics may be found in kefir. I like to suggest both to my patients. They both offer many of the same benefits. Camel milk has higher levels of B12 which is important for the nervous system and brain but kefir has

more vitamin A. Therefore I suggest using both products.

## **Q. Is there any benefit to camel urine?**

Yes. Camel urine has been used for thousands of years to treat illnesses. There have been several studies utilizing camel urine antibodies in the treatment of cancer. Camel urine has been successful in treating specific skin ailments, such as ringworm and abscesses.

## **Q. Can I serve the milk warm?**

Yes, the milk can be served warm. But warming the milk can destroy some of the nutritional value of the milk. Therefore I suggest that the temperature is kept very low to barely warm the milk if it is warmed and never warm the milk in a microwave. Microwave can destroy much of the nutritional value of food.

## **Q. Does the powder have the same effect if it is freeze dried?**

We saw no positive effects on the freeze-dried powder. We recommend going for the regular powder

## **Q. Has anyone had a positive experience with blood sugar control in a Type 1 diabetic using camel milk?**

Yes, absolutely. The insulin-like properties of camel milk have been shown to reduce insulin requirements in Type 1 as well as Type 2 patients. One of my patients reduced her insulin from 4 injections per day to only 1 injection per day within a ten-day period.

## **Q. What about Type 2?**

Yes.

## **Q. How does camel milk help cancer patients?**

It reduces the negative side effects of chemo and radiation. The lactoferrin in the milk protects the DNA from oxidative damage. The small size of the antibodies enables them to penetrate cancer cells and destroy them from within.

## **Q. Does camel milk help arthritis?**

Arthritis is an autoimmune disorder that attacks the joints. Allergens contribute to this disorder. The immunoglobulins in camel milk prevent allergens from attacking the immune system.

## **Q. Has anyone had good success using camel milk to help with sinus issues and did it get worse before better?**

Camel milk is good for treating sinus issues if the problem is due to fungal overgrowth or bacteria. The antifungal and antibacterial properties of the milk will help alleviate the problem. But if the sinus problem is derived from a food allergy such as dairy, then the camel milk may not help, and if the individual has a diagnosed casein allergy, then it may make it worse.

## **Q. Does camel milk help with cerebral palsy?**

Yes. Due to the high levels of B vitamins which help with the brain and nervous system and the nutritional value of the camel milk to supply nutrients to the cells which supply energy to the muscles, it has shown to have a positive effect in cerebral palsy patients.

## **Q. Does camel milk help with Alzheimer's patients?**

Yes, absolutely. The antioxidant properties in the milk have been shown to reduce oxidative stress found in patients with neurological diseases such as Alzheimer's.

**Q. When drinking grass-fed cow's milk, the Weston Price organization recommends drinking it during the rapidly green growing grass seasons (early spring and early fall) for extra health benefits. Does that apply to camel milk since they are desert animals? Is 100% grass-fed camel's milk better?**

The nutritional value in the milk has more to do with the level of antibodies and immunoglobulins in the milk and this is determined by the lactation period.

For instance, camels that have recently had a baby have higher levels of nutrients than any other time. It has nothing to do with the grass. Of course, grass-fed is best, but the camel here in the U.S. are fed very specific diets that are rich in selenium and other nutrients that camels need. Not all grass can provide 100% of the nutrients they need.

**Q. Will camel milk produce phlegm in babies?**

Any milk can produce a certain amount of phlegm. It also depends on the baby. Some individuals have more mucus produced when drinking milk than others.

**Q. Does camel's milk support the adrenals?**

Yes. The nutrients in the milk support the adrenals. Also, camel milk has elevated levels of thyroxin which supports the thyroid as well as the adrenals.

**Q. Anyone with Soil Based Organism (SBO) get relief from camel milk?**

Yes. The antifungal, antibacterial, antiviral properties of camel milk help with reducing the level of SBO in the gut.

## **Q. My son is suffering from chronic fatigue syndrome. Does camel milk help?**

Chronic fatigue patients have viruses such as Epstein Barr Virus and the lactoferrin in the milk as well as the antiviral properties of the milk help with the symptoms of chronic fatigue. Although the patient should also address the underlying causes, such as heavy metals and other toxins which can contribute to the problem.

## **Q. Does camel milk diet trigger any allergies or symptoms?**

It can. If the patient has a diagnosed casein allergy there is a chance that they may develop an allergy to camel milk. If they have lactose intolerance they should do well on the milk.

## **Q. Does camel milk help with seizures?**

Yes. Many of the autistic patients that have come to me no longer have seizures.

## **Q. Can my pets benefit from camel milk?**

Yes. Many pet owners and breeders have pets on camel milk. Many breeders supplement the mother dog's milk with camel milk and note that the puppies are healthier with better coats than the puppies on only the mother's milk. There are dogs and cats with autoimmune disorders that have had amazing recovery on camel milk.

## **Q. We just tested high positive for binding assays igG FRA. Do we have to stop drinking camel milk?**

There is no definitive evidence of any correlation between camel milk intake and inhibited folic acid binding to FR alpha. Antibiotics can block the enzyme that converts folic acid to folinic acid. Therefore patients with this problem

should only take folic acid. Many patients with this problem actually did better on the camel milk. Although, any patient with a diagnosed casein allergy may develop an allergy to the milk.