

Milk.

Does it do every body good?

Acne

What is the one food that increases the risk of your kid getting acne by a whopping 41%?

When scientists from Harvard and other universities studied almost 80,000 children, teens, and young adults, they found that drinking just 1 glass of milk per day increased their chances of having acne by 41%.⁷

Asthma

What food or drink increases childrens' chances of having asthma more than candy?

Researchers from Harvard and other universities explored the diets of nearly 700 children of color to better understand the link between food, inflammation, and our airways. Of all the foods they looked at (including sweets), dairy products were the most problematic, nearly doubling their odds of childhood asthma.¹⁰

Lactose Intolerance

Statistically, 1 in 3 patients in this office is lactose intolerant. Is your child?

According to the National Institutes of Health, 1 in 3 Americans cannot digest the lactose in dairy products, known as lactose malabsorption, and it makes them feel sick.⁷

Once someone who is lactose intolerant consumes cow's milk or other lactose-containing dairy products, symptoms set in within 30 minutes to two hours⁸ and the struggle is real.

Symptoms of Lactose Intolerance:

- ✗ Diarrhea
- ✗ Abdominal bloating
- ✗ Abdominal pain
- ✗ Nausea and vomiting
- ✗ Flatulence (gas)
- ✗ Headache
- ✗ Muscle pain
- ✗ Joint pain
- ✗ Mouth ulcers (sores)
- ✗ Urinary symptoms
- ✗ Loss of concentration⁹



Does your kid suffer from lactose intolerance?

Answer these 6 questions and learn what to do about it.

SCAN HERE



SCAN HERE



to read Gastroenterologist Dr. Angie Sadeghi's breakdown of lactose intolerance.

How do you know if your kid has a dairy allergy?

Dairy Allergy: What is it?

An immune response to the proteins in milk: casein and whey.¹

What are some of the symptoms?

Anaphylaxis | Wheezing | Rashes | Lip swelling | Eczema | Sinus issues | Fatigue | Hives | Acute asthma with respiratory distress | Chronic diarrhea | Poor growth (food refusal) | Iron deficiency²

So what is the solution for my kid if dairy makes them sick?

| SOY MILK | COW'S MILK |
|---|--|
| <p>per 8oz</p> <p>Calories: 95 Fat: 4g Saturated Fat: 0g Cholesterol: 0mg Carbs: 8g Sugars: 1g Protein: 8g Vitamin D: 5mcg Calcium: 300mg Iron: 1mg Fiber: 2g</p> | <p>per 8oz</p> <p>Calories: 140 Fat: 5g Saturated Fat: 3g Cholesterol: 20mg Carbs: 12g Sugars: 12g Protein: 8g Vitamin D: 3mcg Calcium: 300mg Iron: 0mg Fiber: 0g</p> <p>+ Stress hormones + Reproductive hormones</p> |

Did you know that cow's milk allergies might be more common than allergies to peanuts, shellfish, and eggs?

Cow's milk allergy mostly affects infants and children,³ but also up to 1 in 13 adults.⁴ Further, a meta-analysis of 51 studies on the prevalence of food allergies found that up to 17% of people self-report an allergy to cow's milk.⁵

The most recent U.S. Dietary Guidelines for Americans states soy milk is the only suitable alternative to cow's milk because of its similar nutrition qualities.⁶

1. Cow milk allergy. *StatPearls*. Treasure Island. 2. *Ital J Pediatr*. 2010;34:5. 3. *Curr Gastroenterol Rep*. 2018;20(5):17. 4. *Small Rumin*. 2007;86:64-72. 5. *J Allergy Clin Immunol*. 2001;103:516-58-64A. 6. USDA. DGA. 2020-2025. 7. *Lancet Gastroenterol Hepatol*. 2017;2(10):738-746. 8. Lactose intolerance. *StatPearls*. Treasure Island. 9. *Nutrients*. 2018;10(8):1049. 10. *Ann Allergy Asthma Immunol*. 2015;115(4):288-293.e1.