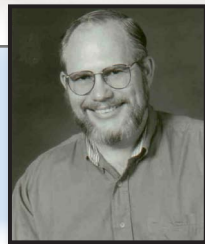


The High Road to Health™

Trusted
Nutrition
the
Natural 'Whey'

Raise a Glass of Nature's Goodness!

BY DR. THOMAS COOKE



Thomas R. Cooke, Doctor of Osteopathy; Graduated in 1976 from Texas College of Osteopathic Medicine. For over thirty years Dr Cooke has been caring for patients in a culture of holistic treatment, practicing a preventative illness approach, while teaching and encouraging patients the importance of wellness care.

"Milk, it does a body good." This was the marketing mantra employed by the cow industry in the 1980's to boost interest in cow's milk. The cam-

from goat's milk, and *this* popularity hasn't come about due to high profile marketing campaigns or big-budget advertisements. The reasons for the

Here are some reasons:

1. Goat's milk is less allergenic.
2. Goat's milk is naturally homogenized.
3. Goat's milk is easier to digest.
4. Goat's milk rarely causes lactose intolerance.
5. Goat's milk matches up to the human body better than cow's milk.



1. Goat milk is less allergenic.
In the United State the most common food allergy for children under three is cow's milk. Mild side effects include vomiting, diarrhea, and skin

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paign was wildly successful and as a result, The Dairy Farmers of America have reported sales topping 11 billion dollars in 2007. But does the overwhelming popularity of cow's milk in the United States signify that it really is the best? Should we assume that quantity equates quality when referring to a substance that is such an integral part of our food supply? Interestingly enough, when worldwide consumption of milk is taken into account, it is not cow's milk that is most popular but goat's milk. In fact 65% of the milk consumption worldwide is

worldwide popularity of goat's milk are multifaceted. First, we need to remind ourselves that "All milk is **not** created equal."

The differences between cow's milk and goat's milk may not seem apparent upon first examination. A closer look, however, reveals several key factors that play an integral part in how milk (from either cows or goats) matches up with the human body in its various stages. All humans have been created to be sustained entirely upon mothers' milk for at least the first six months of life. There is no other food in the world better than mothers' milk, and it truly shows both in the laboratory and the real world. But what about after these first few months are over, and one is faced with the rest of life? Why would someone choose goat's milk products over the far more popular and accessible cow's milk?

Take Back your Food Safety

Peruse any popular newsstand and one subject is bound to appear on virtually every publication.



Food Safety. The recent export of food products laced with melamine from China has brought *assumed competency* in our food imports to a screeching halt. Melamine is a synthesized organic trimer of cyanamide and is an industrial plastic as well as a commercial fertilizer. Products spiked with melamine appear to have high levels of protein and the result of this deception is kidney failure, bladder/kidney stones as well as bladder cancer for the unfortunate victim. Exports

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- The Amazing World of Goat's Milk
- Take Back Your Food Safety!

Milk Message

rashes and severe effects can be as serious as anaphylactic shock! Needless to say it is a serious condition. The allergic reaction can be blamed on a protein allergen known as **Alpha s1 Casein** found in high levels in cow's milk. The levels of **Alpha s1 Casein** in goat's milk are about 89% less than cow's milk providing a far less allergenic food. In fact a recent study of infants allergic to cow's milk found that nearly 93% could drink goat's milk with virtually no side effects! ¹

2. Goat's milk is naturally homogenized.

If you were to place both a glass of fresh cow's milk as well as fresh goat's milk in the refrigerator overnight, the next morning you would find that while the goat's milk looks exactly the same, the cow's milk has separated into two distinct 'phases' of cream on the top and skim milk on the bottom. This is a natural separation process that is caused by a compound called **agglutinin** and it will *always* cause the cow's milk to separate. As Americans, we like everything neat and tidy and so to get the milk to the consumer in a uniform manner, the dairy industry utilizes a process called **homogenization**. This method works by forcing the fluid milk through a tiny hole under tremendous pressure which destroys the fat globule cell wall and allows the milk and cream to stay homogeneous or suspended and well mixed.

The problem with such homogenization is that once the cell wall of the fat globule has been broken, it releases a **superoxide** (free radical) known as **Xanthine Oxidase**. Now free radicals cause a host of problems in the body not the least of which is *DNA mutations* which often lead to cancer! Thus,

the benefit of natural homogenization comes into clear view. Goat's milk has smaller fat globules and does not contain **agglutinin** which allows it to stay naturally homogenized thus eliminating the dangers associated with homogenization.

3. Goat's milk is easier to digest.

Goat's milk has smaller fat globules as well as higher levels of **medium chain fatty acids**. This means that during digestion, each fat globule and individual fatty acid will have a larger



surface-to-volume ratio resulting in a quicker and easier digestion process. Also, when the proteins found in milk denature (clump up) in the stomach, they form a much softer bolus (curd) than cow's milk. This allows the body to digest the protein more smoothly and completely than when digesting cow's milk.

4. Goat's milk rarely causes lactose intolerance.

All milk contains certain levels of **lactose** which is also known as 'milk sugar.' A relatively large portion of the population suffers from a deficiency (not an absence) of an enzyme known as **lactase** which is used to, you guessed it, digest lactose. This deficiency results in a condition known as lactose intolerance which is a fairly

common ailment. (*Lactose intolerance and cow's milk allergy (cma) are two distinct conditions. CMA is due to a protein allergen, while lactose intolerance is due to a carbohydrate sensitivity.*)

Goat's milk contains less lactose than cow's milk and therefore is easier to digest for those suffering from lactose intolerance. Now the interesting aspect to consider is that goat's milk isn't *much* lower than cow's milk (contains about 10% less than cow's milk)

and yet, countless lactose intolerant patients are able to thrive on goat's milk. Although the answer for this is unclear, it has been hypothesized that since goat's milk is digested and absorbed in a superior manner, there is no "leftover" lactose that remains undigested which causes the painful and uncomfortable effects of lactose intolerance.

5. Goat's milk matches up to the human body better than cow's milk.

This matter is both an issue of biochemistry as well as thermodynamics. Regarding the biochemistry of the issue, we know that goat's milk has a greater amount of *essential fatty acids* such as **linoleic** and **arachidonic acid** than cow's milk as well as significantly greater amounts of vitamin B-6, vitamin A, and niacin. Goat's milk is also a far superior source of the vitally important nutrient potassium which we discussed in a previous [High Road to Health](#) issue. This extensive amount of potassium causes goat's milk to react in an alkaline way within the body whereas cow's milk is lacking in potassium and ends up reacting in an acidic way.

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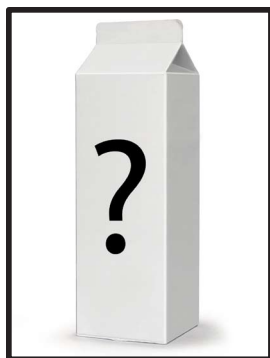
Food Safety

from China such as pet food, milk, eggs, and most outrageous of all, infant formula, have been deliberately contaminated with a literal poison. Over 60,000 infants were made ill and several died from this atrocity. And to make matters worse, of the 400,000 factories located in mainland China, less than 3% are regulated. This means that the prevalence of melamine most likely is far higher than we now realize. If this matter isn't enough to make a person shudder than I don't know what would.

As problematic as this food safety storm cloud is, there is a very definite silver lining. Some will say that the resulting distrust of the national food supply is a shame, but I say it just what we need. A healthy fear of the foods we choose is not the same thing as paranoia. There are many companies creating wonderful products that utilize safe, gentle, and proven methods. We need to take control of our food supply by refusing to support manufacturers, distributors, or raw material providers who employ unsafe practices. Here are three crucial aspects to consider when deciding upon whom to place your trust.

Milk Message

Thermodynamically speaking, goat's milk is better for human consumption. A baby usually starts life at around 7-9 pounds, a baby goat (kid) usually starts life at around 7-9 pounds, and a baby cow (calf) usually starts life at around 100 pounds. Now speaking from a purely thermodynamic position, these two animals have very significant and different nutritional needs for both maintenance and growth requirements. Cow's milk is designed to take



1. Raw Materials: A company is only as safe as the raw materials it receives. Start with contaminated raw materials and no matter how safe a manufacturer's processes are, the product will always be contaminated.

2. Processing Techniques: A company must be safe in the way it handles its raw materials but the pendulum must not be allowed to swing so far back that harsh processing applications are used to ensure safety. This is merely sacrificing quality for security. There are far too many benefits to gently processed foods to merit a safe but sterile end product.

3. End Product: The end product is the obvious culmination of all previous steps and interventions. If supreme care and safety are used in selecting good raw material providers and gentle and safe processing steps are utilized but the end product nutritionally resembles a "Twinkie", then the final product is safe but certainly not nutritious!

The final decision of whom to trust

a 100 pound calf and transform it into a 1200 pound cow. Goat's milk and human milk were both designed and created for transforming a 7-9 pound baby/kid into an **average** adult/goat of anywhere between 100-200 pounds. This significant discrepancy, along with many others, is manifesting on a national level as obesity rates sky rocket in the U.S.

To conclude, we have seen that goat's milk has several attributes that cause it to be a far superior choice to cow's milk.

when it comes to food safety is you, the consumer. The consumer is the ultimate decision maker in "who stays" and "who goes" as producers and manufacturers. With that in mind, I have a firm belief in the quality and safety of Mt. Capra Product's whole food nutritional. Mt. Capra is a completely vertically integrated company with regard to its goat milk derived ingredients. This gives the company more control over their finished products which are sourced from their farm in the Pacific Northwest, to the manufacturing processes they practice in both their processing facility and laboratory. Not only can you feel confident about these crucial aspects of food safety but you can rest assured knowing that your final end product being sourced from all natural goats milk is a nutritional powerhouse. Don't take my word on this though; visit MtCapra.com and see for yourself in a short video detailing Mt. Capra Products and their food safety from beginning to end! ♦

Goat's milk is less allergenic, naturally homogenized, easier to digest, lactose intolerant friendly, and biochemically/thermodynamically superior to cow's milk. As if these benefits were not enough, Mt. Capra's goat's milk does not contain any growth hormones or antibiotics that massive cow dairies have come to rely upon to turn a profit! So to sum up and paraphrase the cow industry catchphrase: "Goat's Milk: It Does a Body Good." ♦

1.Freund G. Use of goat milk for infant feeding: experimental work at Creteil (France). Proceeding of the meeting Interets nutritionnel et dietetique du lait de chevre. Niort, France: INRA, 1996:119-21.