D
tors of chiropractic have long been advocates of transforming health from the inside out. As we seek to better our patients’ health, there is one particular healing food that has been revered for centuries: goat milk and goat-milk-derived products.

Goat milk has extensive healing properties. Research shows that goat milk has better digestibility, buffering capacity and alkalinity than cow milk.\(^1\)^\(^2\) Several properties testify to the superiority of goat milk. First, goat milk biologically resembles human milk. Second, goat milk contains a low level of allergy-producing substances. Third, it digests quickly and absorbs completely. Last, goat milk is an alkaline powerhouse.

**Biological Resemblance to Human Milk**

Goat milk has a similarity to human milk that is unmatched in bovine (cow) milk, which may be at the root of goat milk’s healing properties. A study by the *International Journal of Food Science Nutrition* found that “goat milk has a very different profile of the non-protein nitrogen fraction to cow milk, with several constituents such as nucleotides (DNA structure) having concentrations approaching those in human breast milk.”\(^2\) So at the very base of the DNA structure of goat milk are similarities to the DNA structure of human milk. Another study concluded, “The oligosaccharide (prebiotic) profile of goat milk is most similar to that of human milk.”\(^3\) The same study went on to state, “Goat milk oligosaccharides could be included in infant formulas to improve the nutrition of infants.”\(^3\) These prebiotics are on the cutting edge of digestive health.

Goat milk also resembles human milk in the protein structure. Beta casein, the major casein protein found in both goat and human milk, is different from the casein found in cow milk.\(^4\) Also, the peptide mappings of these alpha-lactoalbumins and beta-lactoglobulins in goat and human milk are completely different from those of cow milk.\(^4\) Another publication found that the micelle structures of the casein between human and goat milk had a prevalence of beta casein unmatched in cow milk.\(^13\) Furthermore, “...milk samples from women and goats were found to contain significantly higher concentrations of selenium than samples from cows.”\(^5\)

**Low Level of Allergy-Producing Substances**

Perhaps one of goat milk’s most famous attributes, low allergenicity, is vital to keeping each patient in optimum health.
Health Implications: Now What?

For the past 30 years, I have been using and recommending a goat-milk-based mineral/electrolyte supplement known as Capra Mineral Whey. This supplement is produced by Mt. Capra Wholefood Nutritional, a unique company that has its own farm (complete with free-range goats) and a separate FDA-approved processing facility (www.mtcapra.com).

Goat milk is a very fragile and time-sensitive product, so Mt. Capra has developed a proprietary system for gently drying the goat milk to preserve its bioavailability. It has an entire product line devoted to wellness-enhancing products sourced from goat milk. In addition to the mineral whey, Mt. Capra offers a whole protein supplement known as Caprotein, which combines natural ratios of goat milk whey and casein protein to stimulate lean body (muscle) growth. Mt. Capra also supplies goat milk colostrum (CapraColostrum) and probiotics (Caprobiotics) for enhanced immune and digestive support, as well as CapraFlex, which targets bone and joint health.

Goat milk has a similarity to human milk that is unmatched in cow milk, which may be at the root of goat milk’s healing properties.

Rapid Digestion and Complete Absorption

Digestion is defined as catabolism (break-down) of food into elemental food particles (fats, proteins, carbohydrates) in the stomach, while absorption is the uptake of the food particles in the small intestine. Goat milk has better digestibility and absorption than cow milk for several reasons. When the physicochemical make-up of these two milks are compared, a stark difference in the amount of short-chain fatty acids (SCFA) and medium-chain fatty acids (MCFA) arises. Goat milk is much higher in SCFA and MCFA than cow milk. This means that those

SCFA and MCFA have a larger surface-to-volume ratio and are better digested and absorbed than the long-chain fatty acids (LCFA) prevalent in cow milk. In fact, a recent study found that “levels of the metabolically valuable short- and medium-chain fatty acids—capric, caprylic, capric and lauric—are significantly higher in...goat (milk) than in cow milk.” These higher levels of easy-to-digest SCFA and MCFA are broken down quicker and more completely than the LCFA abundant in cow milk.

Goat milk also contains proteins that digest in a superior manner. A study in-

Alkaline Powerhouse

Many foods cause the body to become acidic, which can lead to a host of health issues. An accurate way to indicate if a food is acid-forming is to examine its buffering capacity, or rather its ability to reduce acid load. A study from the Journal of Dairy Science examined the buffering capacity of goat milk, cow milk, soy milk, and antacid drugs. Now, in theory, the antacid drugs should have proven to have the best buffering capacity since their function is to reduce acid. However, the study found that goat milk overwhelmingly exceeded the buffering capabilities of the other three samples tested. Another study in the Journal of Nutrition found that oligosaccharides (prebiotics) from goat milk very likely play a
major role in intestinal protection and repair.\textsuperscript{12} This is important because acidic diets often cause damage to the gastrointestinal lining. Practitioners would be wise to use alkalizing goat milk products to help patients with acidic GI tracts.

As chiropractors, we must keep ourselves on the cutting edge of nutritional supplementation. Isn’t it time you started healing with goat milk?\

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