

Re: More Bad News About Dairy

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-03/1262.html>

From: Bob (this one) (*Bob_at_nospam.com*)

Date: 03/26/05

Date: Sat, 26 Mar 2005 10:13:48 -0500

Pizza Girl wrote:

> *Sorry. Lactase is a product.*

You seem to think that it's just some kind of supermarket thing to buy; a pill to make everything all better. Better living through devilish chemistry.

Um, well, it is and it isn't. First, it's an enzyme that humans are born with – we make it – to help us digest our mother's milk. Pretty much *all* humans have it as infants, but the majority of the world's population stops making it between their third and fourth year. That's when milk becomes indigestible to them and creates laxative effects. All milk, including human milk.

The tablets are an effort to put some lactase in the system to be able to enjoy ice cream or a nice creamy dessert or a rich cream soup. Not much sinister there.

You really ought to try to learn at least a little about the subject before you run in these circles flapping your arms and screaming out your ignorance.

> *Lactose is the phoney problem the dairy*
> *industry made up so they could resolve something that was killing their*
> *industry.*

Right. They've stopped opening Baskin-Robbins stores because the dairy industry is being killed. Coffee is no longer served with cream. No more milk with your tea.

Lactose intolerance is actually lactase deficiency. Not enough lactase being made by the body to digest dairy. I happen to think that, while I like dairy, it's another food family with no demonstrated need in human nutrition. It's a fairly recent addition to our diets (since the agricultural revolution) and we haven't adapted to it as a species very well. Maybe in another quarter million years...

But you're just silly. <LOL>

Pastorio

> *"Bob (this one)" <Bob@nospam.com> wrote in message*
> *news:114a3j472lsp793@corp.supernews.com...*
>
>> *Pizza Girl wrote:*
>>
>>
>>> *Tell us then why, half the people in the world get deathly sick from*
>>> *consuming dairy products, milk man?*
>>
>> *L-A-C-T-A-S-E...*
>>
>> *Look it up. All will be made clear. Mysteries will be cleared up. You*
>> *will be able to bask in the serenity of complete understanding.*
>>
>> *No need to thank me. And "deathly sick" is a bit over-the-top, don't you*
>> *think?*
>>
>> *Pastorio*
>>
>>
>>> *"Alf Christophersen" <alf.christophersen@basalmed.uio.no> wrote*
>>>
>>>> *On Thu, 24 Mar 2005 07:40:08 GMT, "George Lagergren"*
>>>> *<gel44@earthlink.net> wrote:*
>>>>
>>>>> *But whether one drinks "real" cow's milk or "phony" cow's milk,*
>>>>> *doesn't the heavy, thick casein protein remain in the cow's milk? I*
>>>>> *thought the main concern about cow's milk is whether many humans can*
>>>>> *digest the high protein level contained in cow's milk.*
>>>>
>>>> *Casein is also in mothers milk.*