

Re: More Bad News About Dairy

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On Sat, 26 Mar 2005 10:13:48 -0500, "Bob (this one)" <Bob@nospam.com> wrote:

>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...

Most possibly it is opposite. There was nomad cultures drifting cow herds long time before that revolution. Those people was lactose tolerant. These nomads who also seemed to have used horses are thought to have been around and north of Caspian sea for long periods.

Agriculture revolution came around when they understood to grow wheat (precursors of wheat) and refine them by selection of the seeds that was not easily dropping of the stem. And in turn, understood how to irrigate the fields, thus leaving the non-irrigated land (gann edin in sumerian (very alike gan eden in hebraic which is Paradise, but probably originally gann edin))