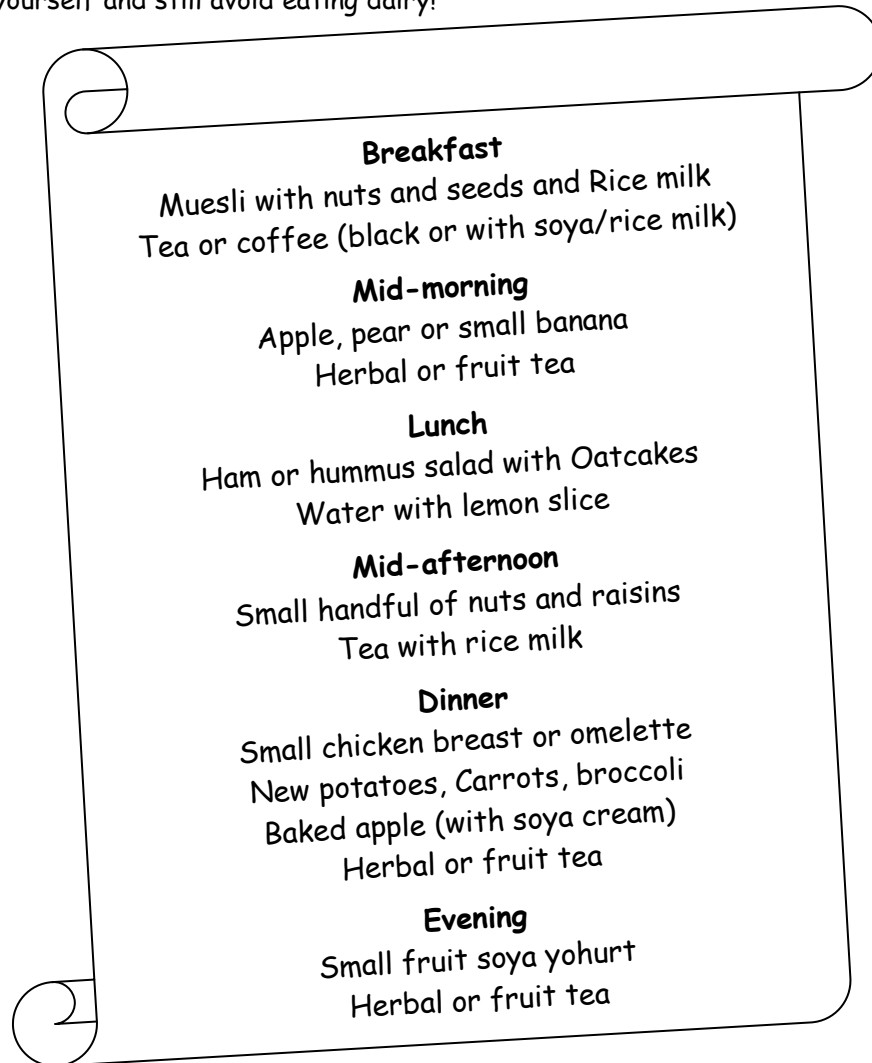


Below is a full day's menu to illustrate that you don't have to starve yourself and still avoid eating dairy!



Breakfast
Muesli with nuts and seeds and Rice milk
Tea or coffee (black or with soya/rice milk)

Mid-morning
Apple, pear or small banana
Herbal or fruit tea

Lunch
Ham or hummus salad with Oatcakes
Water with lemon slice

Mid-afternoon
Small handful of nuts and raisins
Tea with rice milk

Dinner
Small chicken breast or omelette
New potatoes, Carrots, broccoli
Baked apple (with soya cream)
Herbal or fruit tea

Evening
Small fruit soya yohurt
Herbal or fruit tea

Recipe books that will also help you plan sumptuous meals include:

The Food Doctor Everyday Diet by Ian Marber
Cooking Without by Barbara Cousins

**Malvern Springs
Holistic Clinic
66 Graham Road,
Malvern, Worcs
WR14 2HU**



**Sue Webster
Colon Hydrotherapy
Allergy Therapy**



**07817408297 or 01531 630215
www.colontherapyonline.co.uk**

Dairy sensitivity

What does this mean?

Why is it 'bad' for you?

What can we do about it?

This leaflet aims to answer these questions so that you can continue to enjoy a healthy, interesting but dairy-free diet.

Dairy products can be found in many foods and disguised in many ways. The following is a list of places where dairy can be found - or hidden!

Milk
Artificial cream
Batter
Butter
Buttermilk
Ghee
Casein
All cheeses
Cream
Crème Fraiche
Hydrolysed casein
Milk solids
Non-fat milk solids
Whey
Whey protein
Lactose
Yoghurt
Skimmed milk powder
Sour cream

This list is not exhaustive. You will need to check food labels very carefully to make sure manufacturers have not included any of the above in their ingredients.

What does it mean to have an intolerance to dairy products?

An intolerance or sensitivity to any food means any reaction that the body might make in response to you eating that food. Milk and dairy products are a common cause of food reaction and we have identified these foods as a potential problem for you.

Why is it 'bad' for you?

The exact mechanism for food intolerances is not fully understood at present. Part of the cause may simply be over eating dairy foods for many years which in the end, wears down the digestive tract causing inflammation. Sometimes it is caused by an attack of food poisoning where the 'good' bacteria that help to digest our food get washed out of the system and are not easily replaced. Repeated doses of antibiotics can also deplete friendly bacteria. Long-term food intolerances can also deplete our immune systems making us more prone to infections.

What can we do about dairy intolerance?

If you have been used to eating the above foods regularly it can seem daunting to consider eliminating them from your diet.

What is there left to eat you may be thinking?

There are alternatives to dairy which are becoming more widely available. Some (*) you will now find in the bigger supermarkets.

Others can be obtained from good health food shops.

Here is a list of alternatives to dairy products:

Soya milk*
Rice milk*
Almond milk
Hazelnut milk
Oat milk
Goat's milk*
Sheep's milk*

If you have been tested for any of these foods and been given the 'all clear' then you may confidently consume them.