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# 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.

## 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.

## Dairy Products

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

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.



# Dairy Sensitivity

## 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 dairy 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.

These are 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.

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 yoghurt  
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