

# ALLEVIATING THE ALLERGIES

**with special attention to food Allergy (particularly milk) and their substitutes, by Leonard S. Girsh, M.D. Adjunct Professor, Univ. of Wisconsin, visiting Guest Professor at Oxford**

*This is an interim paper based on the televisual presentation at our Conference, which was prepared jointly by Dr Girsh and Dr Haenlein. Numerically the crude data used came mainly from two separate questionnaires collected from our own sheep's milk customers. A scientific paper giving a more exacting analysis is in preparation, a copy of which is promised for a later issue.*

A study of 206 individuals from the UK, 195 of whom were intolerant to cow's milk (11 were tolerant to cow's milk.) demonstrated the advantageous nature of using sheep's milk for treatment of food allergies and symptoms associated therewith. These individuals listed other offensive dairy products (containing cow's milk) such as custard, chocolate, yogurt, milk puddings, butter, cheese, cream and ice cream. Symptoms noted most frequently were diarrhea, nausea/vomiting, headache, irritability, stomach ache, bloating, skin rash, eczema, nasal congestion, migraine, hyperactivity (in childhood).

Of the 206 participants in the study, tolerance of sheep's milk was near unanimous; 99% tolerating sheep's milk with 83% preferring it. Other probable milk substitutes, during the initial comparative trial period., gave responses of approximately 36%, leaving sheep's milk as the product most relied upon in this one year observation study. It is remarkable that the multiplicity and severity of allergic symptoms produced by cow's milk were relieved by the simplistic substitution of sheep's milk. Other time honoured comparative substitutes (during the initial trial period for each participant), were much less satisfactory, averaging 36%, (33% to 39%)

<b>Cow's Milk Substitutes</b>			
Substitute	Total	Tolerated patients	Preferred
Sheep	199	198	164 (83%)
Soya	101	95	39 (38.6%)
Goat	92	90	32.6%
Rice	50	50	34%
Miscellaneous substitutes		Tolerated	Preferred
Oats		11	3
Coconut		4	2
Almond		1	

The presence (found in all mammalian milks) or absence (in all animal milk substitutes) of lactose did not appear to be a factor. Additionally, it should be noted that commercially produced reduced lactose milks are treated with enzymes such as lactase, and may have undergone modification of glycoproteins found in the milk when lactose is split off from the protein.

Clinical symptoms typically seen with cow's milk allergy include

- 1 Colic to 3 months
- 2 Eczema (asthma of the skin) 3 months to 3 years
- 3 Bronchial asthma 2 - 3 years onwards\*

An example of the many patients I cared for - A patient was admitted to the emergency room, age 20, with asthma; upon rolling up his sleeves, eczema was observed in the bends of his arms, possible life time stigma of cow's milk allergy. With the stopping of milk and milk products the asthma was relieved.

Another example - a group of 73 participants (in total of 206) all now on sheep's milk , showing improvement of symptoms, 35 reported almost instant improvement of symptoms and 26 reported a gradual improvement of symptoms. (incomplete answers were provided by 7 participants).

Most common other offending foods (other than dairy which was 100%) were chocolate (79 of 133) wheat 37 of 133 and beef 30 of 133. Four breast feeding mothers noted the disappearance of their infant's colic, almost instantly, when the mothers discontinued ingestion of cow's milk and dairy products, and used sheep's milk as a substitute (emphasising how milk can be a vector for foreign proteins ingested by a lactating mother, either human or animal [e.g. cows]) I have also been able to alleviate symptoms associated with arthritis and joint pain by eliminating milk (cow's milk) and beef from the diet of the subject.

This observation has been extended to other chronic arthritis patients (i.e. the elimination of cow's milk or beef from their diet). This observation demonstrates the therapeutic potential of this diet as a treatment modality for progressively severe arthritics. It might even include arthritis cases of such severity that joint replacement is being considered.

<b>More Specific Diagnosis</b>	
Eczema/Rash	29
Diarrhea	29
Irritable bowel (including colitis and Crohn's disease)	21
Arthritis/ Joint pain	21
Asthma	21
Migraine	18
Dyslexia	9

Detecting casual factors of dyslexia can be illustrated as follows: Two brothers whose parent, a teacher, noticed changes in behaviour after the ingestion of milk further noted changes in handwriting after the ingestion of milk or milk products. By daily charting of handwriting it was possible to note the deviation from diet correlating the behavioural changes and induced learning disabilities -one child became dyslexic and the other developed phonetic spelling (manifested in the reversal of the letter L to J and 9 to P and could not follow the lines on a page

In conclusion we have found in this study that sheep's milk represents a significant breakthrough as a milk substitute in cow's milk allergy and intolerance, along with a high rate of acceptance.

### **Acknowledgements**

I would like to express my sincere appreciation and gratitude for the invaluable help of Dr. George Haenlein and the following, who enabled me and who generously contributed of their time knowledge and effort, in the initiation and completion of this UK-US cooperative study and its presentation on November 10/2001

George Haenlein, PhD Professor, University of Delaware, USA  
Alan Duffield, Chairman of the B.S.D.A,  
Doctors Gil Hardy and Neil Heppel, Professors, Oxford Brookes. UK

*(From Sheep Dairy News, Vol.18, No.3)*