

Reasons to Consider Raw Goats Milk

Phil Harris*

Bachelor of Theology (Christian Life School of Theology), Iran

***Corresponding Author:** Phil Harris, Bachelor of Theology (Christian Life School of Theology), Iran.

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When Comparing milk from cows and goats, clearly there are key differences in terms of nutrition, composition and overall health effects. In comparison to cows' milk, raw goats milk contains less alpha-S1-casien, a protein found in cow's milk that has been identified as an allergen. Goats milk however offers a softer curd leading to greater digestive health support. The fat content of the two milks is similar, yet the fat globules from goats' milk are much smaller, making it easier to digest. Goats milk also contains less lactose, which reduces lactose sensitivity. When consuming raw goats' milk, you benefit from 50 nutrients, including vitamins A, C, B-complex, amino acids, fatty acids, zinc, calcium and many more. When choosing raw goats' milk over pasteurized, the associated benefits are greater because the process of pasteurization ends up destroying key enzymes, effecting the absorption of the vitamins and minerals in the milk. When consumed raw, 100% of these remain alive and active and are highly absorbable. In addition, goats' milk is higher in oligosaccharides, providing an amount that's resembles human milk. These beneficial probiotics support the growth of good bacteria promoting gut health. If you are considering making the switch from cows' milk to goat, here are some key benefits as to why you should. Goats milk is alkaline, unlike cows' milk and most other animal milks which are acid forming. When your body becomes too acidic, disease and other damaging condition can arise and thrive. Humans need more alkaline foods to keep body pH leaning toward alkaline on the acid alkaline scale. You can directly affect your body's pH through your eating habits. Pasteurized goats' milk is slightly acidic, but when raw offers enough calcium to affect a higher pH making it alkaline forming. Goats milk is superior in terms of medium chain fatty acids which have been shown to reduce overall cholesterol by preventing and dissolving cholesterol deposits. Although goats and cow's milk share similar proteins, goats' milk has been widely studied based on its level of tolerance among children. Stated in the study published in "Bio-information", approximately 26% of children suffer from cow's milk protein allergy. When this same group of children were given goats milk, 93% of them had no adverse reaction. When 38 infant children were studied over a five-month period drinking goats milk compared to cows, it was found that they experienced better development of weight, skeletal mineralization, height, and blood serum levels of niacin, riboflavin, calcium, vitamin A, hemoglobin and thiamine. Lastly, it is my opinion that cow's milk whether raw or pasteurized should never be fed to an infant. Cow's milk is too high in protein and minerals for a young human, resulting in stress to the kidneys, causes digestive problems and can cause diarrhea, colic, constipation, and is potentially the sole cause of the eustachian tubes backing up and needing artificial tube implants to assist in drainage. Pediatricians who recommend parents feed infants cow's milk are misinformed and wrongly trained. In virtually every case I have dealt with in 30 plus years of wellness practice, I see case after case where this condition is resolved when getting rid of cows' milk and switching to raw goats' milk. Nursing when at all possible is obviously best, but when not possible, cows' milk should never be the replacement. Here is a suggestion for homemade formula when needed: All organic equal parts of: Make fresh raw carrot juice, use raw goats' milk, reverse osmosis water, juice ½ stalk of celery for B vitamins. {Note: Organic canned or powdered goats' milk is allowed where raw goats milk is not available}. Using enzymatically dead canned formulas will also cause digestive issues with infants, and microwaves should never be used to heat formula or breast milk as they kill enzymes which destroys 90% of their nutritive value. Best of health to you and your family!

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