

Lactose Intolerance and Wholly Milk

(A statement by one of our customers)

I found out that I was lactose intolerant by accident. I had experienced occasional mild bloating, gas and nausea for a few years which got worse over time but thought nothing of it as I thought it could be side effects of the medication that I was taking at the time, which can cause similar symptoms. I did mention it to my GP who told me that is wasn't the medication. I was not convinced as I couldn't think what else could be causing the symptoms.

The penny finally dropped one day when I spent the day with my sister, I had a late breakfast of porridge made with half milk and half water. Then we spent the morning at the Quays. Whilst there we stopped for coffee. Having had such a late breakfast, I didn't feel hungry so just had a latte. We did stop for lunch as my sister was hungry, but I felt bloated and just had a cold drink. By the time we got home I felt nauseous and had the most awful stomach cramps. That is when I realised that it must have been the milk. As all I had eaten all day was the porridge and latte which consisted mainly of milk. I explained this to my GP who advised me to cut out all dairy products for a few months and then to introduce them back into my diet one at a time. I did this and experienced no symptoms of lactose intolerance for the next few months. The minute I introduced milk back into my diet the unpleasant symptoms returned. I was not impressed as I love dairy products.

I have since tried alternative milk products as I love milky coffee. I have tried almond and soymilk which I have found so unpleasant tasting as they taste nothing like milk. I had been using Lactomilk for a while, which is nice but not a real substitute for milk.

Then I got speaking to Jerry after church and we got onto lactose intolerance. He told me all about the A1 and A2 enzyme in dairy products and recommended that I try A2 milk. I brought a carton and gave it a good try and found that I experienced no unpleasant symptoms.

I have since found out that Wholly Milk now produce their own milk which has a large percentage of the A2 enzyme, which I also tried and found that I can drink this milk without any side effects.

It is delicious and tastes exactly how milk used to and I can also eat Ice cream again. I now use this milk all the time. Also recommend it to my friends.

Note:

Here at Wholly Milk & Gelato we know that not everyone can take milk, but what we do know is many people who have an intolerance to dairy can take Wholly Milk because of the high percentage of the A2 gene in our herd – please check before you try it