

In many cases of allergies there is an intolerance to cow's milk as basic allergy

Today for many patients cow's milk is absolutely harmful. Klaus Keller explains how milk causes metabolism disorders thus triggering allergies.

Milk is so healthy - this is the common opinion.

However, especially for allergy-sensitive children and adults there is nothing worth but consuming milk and milk-based products. For our organism cow's milk represents a foreign kind of protein against which the body has to defend itself, in severe cases by means of allergies or excretory disorders.

Nowadays these extreme reactions become more frequent in people since our immune system is weakened by immunizations and abuse of antibiotics which disables the body to cope with foreign proteins.

Cow's milk is not meant for use by humans: in calves it stimulates the necessary growth processes. For this purpose cow's milk contains 21% protein in order to double the calf's body weight within 47 days. It is exactly tailored to the calf's needs: fast growth, strong bone structure, full fur - however moderate brain development. A tumour patient must not consume milk products any more.

Inside the human gastrointestinal tract proteins are not broken down into single amino acids - like wrongly assumed. Instead, proteins reach the blood as macro-molecular polypeptides. The human body then is not able to integrate the foreign protein in its own metabolism but deposits it on the walls of the blood vessels, in the cells of the organs (fatty liver), in the extra cellular space, in the joints (rheumatic diseases), in the connective tissue structure, and in the organs of the immune system (Mesenchym, lymph system).

Many diseases have its origin from protein mast - like Prof. Wendt called this phenomenon, the most important being: clogging of the arteries, malfunction of the brain and the organs, joint diseases, juvenile rheumatism, Fibromyalgien, osteoporosis.

Additional metabolism problems are caused by denaturisation processes: When pasteurizing the milk, the protein structure and the enzymes are altered in such a way that the digestion (=Umwandlungsmöglichkeit) through metabolism (i.e. xanthine oxidase) is further impaired. This in turn promotes the development of the above described diseases.

When reducing the milk's fat content, the milk's relative protein content increases even further. It is commonly believed that one may consume higher amounts of the skim milk since it provides less calories. Reducing the fat also means reduced content of essential nutrients. Through homogenizing processes the milk's structural processes are altered in such a way that the milk's character as a nutritious food is lost completely. Phytate and oxalate form a chelate compound with the calcium and the magnesium ions that can not be broken down by the organism.

These structures also cling to the erythrocytes which leads to a reduced ability to transport oxygen to the cell and also to carry away waste products and toxins back from the cell's metabolism. The high amount of phosphate binds calcium in the colon; calcium phosphate with an excess of phosphate atoms is formed. This new chemical element has an affinity to calcium thus depleting the body from calcium instead of supplying calcium. The excess in phosphate worsens the food allergies and leads to mental disturbances, especially in children (hyperactivity, aggressions, depression).

Allergization

It is important to comprehend the origin of the allergies which become more and more frequent. The main trigger is milk protein. About 70-90% of all Central Europeans react very sensitive if

not even allergic to cow's milk products, the cause being the infant's nutrition and the mother's nutrition prior and after pregnancy.

During the first nine month's of the infant's life the colon is permeable to foreign protein since it is focused on mother's milk as nutrition. For digesting mother's milk there are less enzymes required, and the milk contains immunoglobulin A (IgA) and immunoglobulin G (IgG). Now, if during this period "regular" baby milk is administered instead of mother's milk, - no matter if hypo-allergic or with hydrolyzed cow's milk protein - , the colon is being overtaxed by the ingested antigen. The colon reacts hypersensitive (allergic) by releasing prostaglandin, a preliminary stage of histamine. This leads to altered fission products that need a lot of enzymes which are mostly not present. The colon's mucous membrane - being the basis for a normal development of the bacterial colonization - is being altered, and the fission of the food is effected insufficiently, resulting in production of gases (flatulence). This in turn increases resorption of toxins and bacteria thus leading to a further weakening of the body. A disturbed colon mucous membrane produces less antibodies. This way the basis for all allergies is created. The circulus vitiosus is perfect: an overload with metabolism waste products and a weakness of the immune system at the same time. The overstressed immune system does not necessarily create allergic reactions against the milk protein which makes the allergy non-detectable for allergy-testings with regular methods. Subsequently, it seems like almost no patients have a milk protein allergy!?! But the organism suddenly reacts far more sensitive to other foreign proteins such as pollen, animal hair, sperm (as a foreign protein for the female) and so on. Without the previous stress created by the milk protein, the body could handle these foreign proteins without any reaction.