

GOATS' MILK TO THE RESCUE!!



National Allergy Week 10–14th May 2010

Although there's more goats' milk drunk worldwide than cows', there's always been a feeling in this country that it has a strong taste and smell.

But just as goats themselves have earned an undeserved reputation for being a bit smelly when in fact they are very clean and highly intelligent, inquisitive animals the reality behind goats' milk is that it has a mild, clean and fresh taste.

More significantly, it has now been recognised that goats' milk, as well as being an excellent source of nutrition, is also a healthy alternative to cows' & especially for those who suffer from common ailments like eczema, asthma and catarrh. With National Allergy Week just around the corner, now is the time to try something new to combat the sniffles and itching once and for all!

Cows' milk is one of the most common food allergies and is a typical phenomenon in the pre-school years:

Lisa White wrote to us to tell us how much Delamere Dairy goats' milk had changed her son's life. As a baby her son Jake always seemed to be ill with diarrhoea, sickness and constant upper respiratory track infections. Once their doctor had diagnosed a cows' milk allergy, she swapped his milk to goats' milk. Lisa cooks with the milk and finds it easy to use; she commented "Jake loves the taste and now doesn't have to miss out on any of the nice things in life". She is also relieved that her son is getting all the healthy nutrition of a fresh, natural product that he was missing out on with the soya milk that they temporarily tried.

As well as a great deal of anecdotal evidence suggesting that goats' milk is a hypoallergenic

alternative to cows' milk, a number of scientific and clinical studies also suggest that people who are sensitive to cows' milk based products often feel much better when switching to goats' milk.

Delamere Dairy's goats' milk and products such as the butter, yogurts and a wide range of cheeses can be used exactly as cow equivalents in drinks, on cereal and in cooking.

For further information or samples please contact below, or visit our blog for other interesting customer case studies.

<http://blog.delameredairy.co.uk/>