

The Science of Goat Milk

Goat Milk is Easier to Digest than Cow Milk

Goat milk has smaller protein molecules than cow milk, and the fat molecules in goat milk have thinner, more fragile membranes, and are half the size of those in cow milk. This leads to an average curd tension that is literally ½ that of cow milk (36 grams for goat milk and 70 grams for cow milk). Curds from milk form in the digestive tract or during cheese or yogurt making (anywhere that the milk is subjected to acid). Having less curd tension means that the milk is less "tough", and easier to digest. Dr. Bernard Jensen showed that goat milk will digest in a baby's stomach in 20 minutes, whereas pasteurized cow milk takes 8 hours. The difference is in the structure of the milk.

ATTAIE, et al., 2000. JOURNAL OF DAIRY SCIENCE, 83:940-944 AND JENSEN, 1994. GOAT MILK MAGIC: ONE OF LIFE'S GREATEST HEALING FOODS, ESCONDIDO, CALIFORNIA

Goat Milk is non-Allergenic

Goat milk does not contain the complex of proteins that are the main stimulants of allergic reactions to cow dairy products. Therefore, it does not stress/depress the immune system. Seven percent (7%) of U.S. children show symptoms of cow-milk allergy such as wheezing, congestion, frequent ear infections, eczema, skin rashes and digestive troubles. In the vast majority of cases, these problems are eliminated when goat milk is substituted for cow's milk.

BISHOP, et al., 1990. JOURNAL OF PEDIATRICS, 116:862-867; PARK, 1994. SMALL RUMINANT RESEARCH, 14:151-159; AND WALKER, 1965. BRITISH GOAT SOCIETY YEARBOOK, 24-26:23-26

Goat Milk as a Substitute for Those Who Are Lactose Intolerant

Goat milk and goat milk products can be tolerated by most of those who are lactose intolerant. Because unpasteurized goat milk is digested very rapidly, lactose (the main sugar found in milk), does not remain for long periods of time in the intestines, where it can ferment or cause an osmotic imbalance, followed by digestive upset. Additionally, goat milk contains 7% less lactose than cow milk.

PARK, 1991. JOURNAL OF DAIRY SCIENCE, 74:3326-3333, AND BOWLES AND CHURCH, 1985, FOOD VALUES OF PORTIONS COMMONLY USED

Goat Milk Soothes the Digestive Tract

Goat milk has more buffering capacity than over-the-counter antacids. Goat milk has long been used and recommended as a supplement to reduce indigestion, and to help soothe irritated areas in the stomach or intestines. Both USDA and Prairie View A&M University in Texas have confirmed that goat milk has more acid buffering capacity than cow milk, soy infant formula and nonprescription antacid drugs.

PARK, 1991. JOURNAL OF DAIRY SCIENCE, 74:3326-3333, AND GAMBLE, J.A., ELLIS, N.R., BESLEY, A.K., 1939. COMPOSITION AND PROPERTIES OF GOAT'S MILK AS COMPARED WITH COW'S MILK. TECHNICAL BULLETIN NO. 671, UNITED STATES DEPARTMENT OF AGRICULTURE, 209280-40-1.

Goat Milk Is an Alkalinizer of the System

Goat milk is a rare dairy food in that it has an alkaline ash. This means that it does not produce acid in the intestinal system. Acidic blood and intestinal pH levels have been associated by researchers with fatigue, headaches, muscle aches and pains, sore pressure points, excess weight, blood sugar imbalances, and excessive yeast populations. Goat milk helps to increase the pH of the blood stream because it is the highest dairy product in the amino acid L-glutamine. L-glutamine is an alkalinizing amino acid, often recommended by nutritionists.

MEHAIA, M.A., 1989. STUDIES ON CAMEL AND GOAT MILK PROTEINS: NITROGEN DISTRIBUTION AND AMINO ACID COMPOSITION. NUTRITION REPORTS INTERNATIONAL, 39 (2):351-357.