

Free lactose intolerance treatments essay sample

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Lactose intolerance is an inability to digest milk sugar (lactose). After eating or drinking milk or dairy products people with this disorder may get uncomfortable side effects - such as diarrhea, stomach pains, bloating, nausea, and gas. The symptoms usually occur about 30 minutes to two hours after ingesting dairy products. Digestive problems appear because some people do not have enough the enzyme lactase. The lactose intolerance is more common among people of Asian, African, and South American descent than in Caucasians. Lactose intolerance is largely inherited due to genetic factors. The other causes of this condition include gastroenteritis, parasitic infection, iron deficiency (" Lactose intolerance", 2014).

Tests to measure the lactose absorption are lactose tolerance test, hydrogen breath test

and stool acidity test. In fact, treatment cannot help the body to produce lactase. Therefore, there is no treatment for lactose intolerance.

Nevertheless, it is possible to reduce its symptoms by limiting or avoiding milk products. First, it is necessary to determine your amount of lactase you can handle. For instance, one person may experience digestive distress after drinking a small amount of milk, while another can drink more without symptoms.

The next step is restriction of the dairy intake. Obvious sources of lactose are milk, cheeses, ice cream, and butter. Moreover, lactose-intolerant people should avoid products with hidden lactose. Common foods that may contain hidden sources of lactose include processed cereals, muesli bars, sweets, bread, cakes and margarine, milk chocolate, cream soups. People should choose lactose-free milk and explore such kinds of milk as soy milk, rice

milk. Furthermore, it is better to buy yogurt with active bacterial cultures and fermented cheeses than other dairy products due to small amounts of lactose. The danger lies in the fact that stop consuming milk products can lead to a calcium deficiency. People with lactose intolerance should eat calcium-rich foods without dairy. Eating plenty of seafood, broccoli, spinach, oranges can keep the level of calcium (Iliades & Sohrabi, n. d.). In addition, people who have trouble digesting lactose should take lactase enzyme medications such as LACTAID and Lactase just before a meal or snack. Lactagen is a supplement program that promises to ease symptoms and helps people to enjoy dairy products again. The other digestive aids are Alpha-amylase, China Officinalis, Calcarea flour, Cellulase, Papain Pepsin Bromelain and others. Some people use different herbal remedies for cure their lactose intolerance (" Top Herbal Remedies for Lactose Intolerance", n. d.). Saffron helps to eliminate problems during the process of digestion. Ginger heals stomachaches and stimulates digestion. Peppermint and chamomile relieve pain and work similar to ginger. Additionally, chamomile helps to neutralize gas and reduces bloating. Apple cider vinegar, coconut oil and fermented products are able to regulate the digestive system. Raw milk and probiotics help to eradicate lactose intolerance.

A child with lactose intolerance can consume small amounts of milk products without experiencing symptoms. Many children are lactose intolerant only temporarily (" Treating Lactose Intolerance", 2014). If a baby is sensitive to milk, it is recommended to buy lactose-free milk except soy formula milk because it contains hormones harmful for newborn. In

general, there are the same rules about diet for children and adults with lactose intolerance.

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