

T W I C E T H E N U T R I T I O N A N D A L L O F T H E T A S T E

The wonders of sheep milk discovered

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As a nutritionist I have searched everywhere to find a true alternative to cow milk. The symptoms of a dairy allergy are so broad that it is often one of the first things that need to be substituted in a dietary program that would help treat bowel, skin, and lung disorders. The first time I tasted sheep dairy it was in the form of sheep yogurt. It was so rich and thick I thought it must be sheep ice cream thawed out!

The truly remarkable thing about sheep milk is the taste. It is so close to cow milk that 83% of patients trailed on sheep milk prefer it to any other milk substitutes including; soy, goat, and rice milk.

Leonard S. Girsh, M.D. did a study of 206 individuals and found that *99% of the patients were tolerant to sheep milk* over an average of 34% tolerance for soy, goat and rice. It was notable that the severity of allergic symptoms such as diarrhea, nausea, vomiting, headache, sinus congestion, migraines and skin rashes were relieved by simply substituting sheep milk where ever the patient would normally use cow milk.

Apart from its incredibly low allergenicity, *the nutritional value of sheep milk is truly something to be excited by.* Check out how sheep milk compares to other milks.

Graph shows nutrient content per 250 ml glass.

| NUTRIENT | HUMAN | GOAT | COW | SHEEP |
|--------------|----------|----------|----------|----------|
| Protein | 2.58 g | 8.9 g | 8.23 g | 15 g |
| Calcium | 80 mg | 335 mg | 297 mg | 483 mg |
| Magnesium | 45 mg | 35 mg | 32.5 mg | 75 mg |
| Lysine | 183 mg | 710 mg | 640 mg | 1260 mg |
| Vitamin B 12 | .045 mcg | .065 mcg | .357 mcg | .711 mcg |
| Zinc | .17 mg | .30 mg | .38 mg | .57 mg |

WHAT DO THE CHART STATS MEAN?

- A well-tolerated, non-allergenic protein source is very important for people who are healing, athletic or growing.
- Calcium is responsible for relaxation, bone density and cavity prevention.
- Magnesium is very critical for the relief of muscle cramping.
- Sheep milk contains twice the amino acid lysine than cow or goat milk. Lysine is one of the most important nutrients in the treatment of viruses such as herpes simplex.
- A diet high in Vitamins B12 and C, magnesium and zinc, is recommended for people who suffer from Chronic Fatigue or Immune Dysfunction Syndromes.

Plus, sheep milk fat is 25% MCT's (Medium Chain Triglycerides). These healthy fatty acids are easily digested and not stored in the body as fat. They prefer to be burned as fuel and thus are favored by endurance athletes. MCT's do not raise LDL (bad) cholesterol.

With all of the nutritive benefits and great flavor you can see why sheep milk, cheese and yogurt has fast become one of my all time favorite foods!

See "Why Choose Sheep Milk Products" on the following page >>

Why choose sheep milk products?

Why should a consumer choose to purchase sheep milk based products? The advantages of sheep milk products are numerous. Sheep milk contains almost twice the percentage of calcium, phosphorus, iron and zinc that cow's milk contains. The chart below taken from E. Renner, 1974 shows a comparison between sheep and cow milk in relation to the human daily need in 1 litre of milk from each source. (Quantity mg/l)

| MINERALS | HUMAN DAILY NEED (MG) | SHEEP MILK | COW MILK |
|-----------------|------------------------------|-------------------|-----------------|
| Calcium | 800 | 2030 | 1360 |
| Phosphorus | 1000 | 1330 | 850 |
| Potassium | 1500 | 1460 | 1520 |
| Magnesium | 300 | 170 | 120 |
| Copper | 2 | 0.34 | 0.12 |
| Iron | 12 | 1.05 | 0.6 |
| Sodium | 1150 | 360 | 460 |
| Zinc | 7 | 7.42 | 3.9 |

Sheep milk also contains more of the percentage of A, E, C, and B complex vitamins that cow's milk contains (sometimes up to 2 times as much!). The comparison chart below taken again from E. Renner, 1974, shows the daily human need as met by sheep and cow milk in one litre of the product.

| VITAMIN | HUMAN DAILY NEED (MG) | SHEEP MILK | COW MILK |
|----------------|------------------------------|-------------------|-----------------|
| Vitamin A | 1.5 | 0.5 | 0.3 |
| Vitamin E | 20 | 15.8 | 7 |
| Vitamin C | 70 | 40 | 22 |
| Vitamin B1 | 1.3 | 1.2 | 0.48 |
| Vitamin B2 | 1.6 | 4.3 | 2.2 |
| Vitamin B6 | 3 | 0.7 | 0.52 |
| Vitamin B12 | 0.0035 | 0.0098 | 0.0027 |
| Folic Acid | 0.15 | 0.054 | 0.052 |

Sheep milk contains approximately 5.5% Protein in comparison to 3.7% in cow milk.