

Goat Milk: The Milk You Should Be Drinking

Cow's milk has been a part of the fabric of American society for over 140 years. After being added to the first cereals in the 1860's and then partnering with the Oreo in 1912, cow's milk has been the picture of health in America for building strong bones and optimal health.

Unfortunately, cow's milk puts a tremendous burden on our digestive system, most prominent of which is the presence of the sugar lactose. It's time to switch to a milk that is not only much easier on your digestive system, it comes with a myriad of health-promoting nutrients. That milk is Goat's Milk.

The Health Benefits of Goat's Milk are numerous and include:

- ✓ No recombinant Bovine Growth Hormone (rBGH). rBGH is injected into cows to help them produce 25% more milk. Unfortunately, researcher has found rBGH to increase the risk for breast, prostate, and colon cancer.¹
- ✓ Easier Digestion. It takes only 20 minutes to digest goat's milk (8 hours for Cow's milk).² Goat milk protein is also absorbed better than cow's milk protein.³
- ✓ Strengthening the intestinal barrier, improving the strength of the immune system.⁴
- ✓ Better Antioxidant Absorption. Goat's milk increases absorption of copper, zinc, and selenium.⁵
- ✓ Having the highest levels of L-glutamine, a potent antioxidant,⁶ than any other dairy product.²
- ✓ Goat milk is high in medium-chain fatty acids which:
 1. Prevents it being stored as fat⁷
 2. Results in fat loss⁸
 3. Will not raise cholesterol levels⁹



The best pasteurized
milk for you.

Reference:

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