



# Is there a 'Devil in the milk'?

by Suzy Barry

Conscious Living explores the science behind the health benefits of A2 Milk.

**T**he current state of health in our children, as well as adults, is alarming. Never have we had so many allergies in children, levels of autism like this, 'behavioral problems' in so many children, digestive issues such as constipation in babies!, and general bad health. There are numerous causes of these conditions no doubt, from inadequate nutrition in packaged food, to lifestyle choices, to environmental pollution.

In terms of solutions offered however, what emerges constantly for me as a mother of two toddlers, is that the new health foods, are actually OLD HEALTH FOODS. These new products which are offered on the market, Spelt, miracle Ganoderma mushrooms, and A2 milk, if you take a moment to research the wisdom behind the discovery – it's been revived from the past or from somewhere that has yet to be corrupted by modern life.

A2 milk is not genetically modified. It's not that the A1 protein is taken out later; it's that it was never there! The milk is taken only from cows that produce the A2 form of beta casein. Possibly, just as all cows once did.

There are two main forms of the important cows' milk protein beta casein found in the cows' milk that you drink. These two forms are known

as A1 and A2 beta casein. The A2 form of beta casein has been identified by scientific research to be the original form of beta casein that would have been produced by cows thousands of years ago. At some point in history, owing to natural genetic mutation, the A1 form appeared in dairy cattle and was spread throughout dairy herds across Europe, becoming the common form of beta casein in many breeds of cows. Traditional cattle breeds such as the zebu, the native Asian cattle and closely related animals such as the water buffalo and yak all still only produce the A2 form of beta casein.

Some dairy cows still only produce the A2 type of beta casein and these can be identified and milked to produce a2 milk. (taken from Professor Keith Woodford's "Devil in the Milk"). A2 Milk does contain Lactose, but the research suggests that, often, people's intolerance is not to lactose but to the A1 beta casein. Some consumer feedback suggests that when A2 milk is tried as a replacement for A1 dairy products, it is tolerated by previously assumed Lactose intolerant people. In my case, mucous was a huge problem for me I had cut down on dairy at the suggestion of a naturopath back in high school. While I don't consume an unhealthy proportion of dairy in my diet, it does play a part – but an A2 part.

I have found that my hay fever and mucous has decreased tenfold, despite living in the bushy and flowery Blue Mountains of NSW for 2.5 years.

Another interesting thing to explore with regard to dairy products in general is what sort of cow is producing the milk, which becomes your yoghurt? Generally it is accepted that the Guernsey breed of cattle have the highest frequency of the A2 gene, and thus Guernsey herds produce milk with high levels of A2 beta casein. Though not as high as the Guernseys, Jersey cows also produce milk containing high levels of A2. Holstein and Friesian breeds carry the A1 and A2 genes in roughly equal proportions.

Though, due to the "founder effect" created by sire programs and artificial insemination cattle, the frequency of beta casein genes from generation to generation can be displaced. Testing of the herd is the only way to ensure A2 casein is prevalent.

The branded A2 milk is guaranteed to be A2 milk from A2 cows, so it takes out the guesswork there. Like spelt, whole grain foods, organic produce, not to mention walking, I generally find my monkey body loves anything that was around 1000's of years ago! 🌀