



CAMEL MILK THE NEW 'IT' DRINK

I'm sure you have cow's milk in your morning latte, maybe you've tried out goat's milk, perhaps soy milk, even almond milk, which has been hyped to the nth'd degree. But here's one that you likely haven't tried – camel milk – the alternative to all the other milks out there.



There's a lot of talk about camel milk being the next big superfood, so indulge me for a few minutes and let me tell you why it's become a thing.

Camel milk's numerous medicinal properties have benefited camel herding tribes for centuries. Due to its high nutritional value and content it is regarded as a staple part of their diet. They have used it not only as a drink, but as a total food supplement. Rural tribes survive for months on camel milk alone, an indication of its true value and potency.

In Africa, the Middle East and Asia camel milk is known for its curative properties. As well as being low in fat (two percent fat content, compared to four percent in cow's milk), it has five times as much vitamin C and calcium than cow's milk. It has high levels of iron (ideal for preventing Anaemia), and B vitamins, it's also high in unsaturated fatty acids (which helps reduce cholesterol). Research has found camel milk has more anti-bacterial and anti-viral properties than cow's milk, and is lower in lactose than cow's milk. It also contains an insulin-like protein that doesn't get broken down in the stomach, helping to reduce the amount of insulin required by diabetics.

The high concentration of organic compounds in camel milk has been known to have particularly powerful effects on the neurological system, and can even prevent certain autoimmune disorders.

Scientific research demonstrates autistic symptoms lessen or can be completely erased when camel milk is digested regularly. Autism studies reveal that ingesting just a small amount of camel milk daily reportedly improves eye contact, increases vocabulary, reduces gut issues, improves interaction with peers, sleep patterns improve, and aggressive behaviour is radically reduced.

Studies in India shows it contains high levels of insulin and helps sufferers of Type 2 diabetes by reducing their reliance on medication. This research also demonstrates that a steady stream of camel milk included in the diet reduces the need for insulin for Type 1 diabetics by up to 30 percent. The same study concludes that camel milk could prevent the disease from developing in the first place. Of course, for this to work effectively, specific quantities would need to be ingested at certain times of the day, otherwise people with diabetes would be at greater risk of low and high blood glucose levels. So, specialist medical supervision is required.

Other scientific studies have revealed it to be curative of numerous skin diseases including eczema, and is digestible to those who suffer lactose intolerance. It also lessens allergic reactions, assists growth and development through proteins not found in other milk, and has a positive effect on gastrointestinal diseases.

On a recent trip to Rajasthan, where I spent time with Raika camel tribesmen researching this very subject, I drank copious amounts of camel milk and can personally attest to its effect on Gastroesophageal reflux disease. Within a short space of time, my acid reflux stopped – completely – with no need for GERD drugs. It also gave me a massive boost of energy and mental clarity. Of course, the effects wore off when I left the Raika tribe as, until today, I've had no access to camel milk.

Dependent on what the camels feed on their milk could either be slightly sweet or slightly salty. It's mouth feel is a little heavier than regular cow's milk, creamier too. After a few sips the initial flavour-shock disappears, and you'll find it tastes pretty good, leaving you with a clean palate.

Camel milk has been popular in the Middle East and India for centuries and is freely available there, but it's new to the UK and is currently being trialled at a national supermarket chain,





lactoferrin content; and combats the effects of liver disease.

Currently the UAE University is conducting research into camel milk being a potential colon cancer treatment.

Still not convinced? There's only one way to find out – try it out and order your fresh camel milk from UK Camel Milk Ltd – www.ukcamelmilk.co.uk.

You'll soon discover why the UN has ranked camel milk as the No.1 healthiest animal milk. ¹⁶

UK Camel Milk Ltd are not medical professionals, consult your doctor before starting on any diet or regime involving camel milk.

Written and photographed by
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who are offering samples of long-life camel milk. I'd recommend you taste the good stuff first via Lancashire-based UK Camel Milk Ltd, who sell it at specialty grocery and health food stores as well as online. Don't expect it to be cheap – ten 500ml bottles of frozen camel milk will set you back £45, plus the cost of packaging and delivery.

Says Ahmed Al-Suweidi of UK Camel Milk Ltd: "After learning that a close friend's daughter was diagnosed with leukaemia, I began researching camel milk and discovered its medicinal benefits. Tragically, my discovery was too late to help her, but it set me in a medicinal direction. I struggled to obtain a reliable supply of camel milk, which is what inspired me to become the main distributor of raw camel milk for the only camel farm in Europe – Smits Camel Farm, based in Holland – who home 80 camels."

There are surprisingly high levels of proteins and other organic compounds in camel milk, some of which have powerful anti-microbial abilities, which means camel milk can help to boost the immune system.

Folk with auto-immune system disorders, such as Crohn's disease and Multiple Sclerosis, have immune systems that attack their own body tissues. Although traditional treatments for auto-immune disorders suppress the immune system, camel milk



benefits these disorders by boosting it. A leading Asian research scientist feels certain camel milk can control, if not completely remedy, auto-immune disorders.

Camel milk is used in certain African countries to assist AIDS patients in their recovery. It is used as a treatment for tuberculosis and other lung ailments in Russia; it fights jaundice and anaemia in India; alleviate arthritic pain due to its