

Goat milk – the vital source of a healthy life

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The following article is an informational support on the importance of milk and its positive influence on our life.

It is common knowledge that milk is our first food, and provides the basic building blocks for good health, with lifelong benefits. We all know that the calcium in milk helps to build and maintain strong bones and teeth, potassium regulates a fluid balance, blood pressure and heart function, niacin keeps enzymes functioning normally, carbohydrate is for energy, etc. [1].

Research has identified more than 100 components in milk. Thus it is a natural nutrient power house, providing not just calcium, but also many vitamins and minerals essential for healthy bodies. In such a way it's an excellent source of high quality protein, vital for brain development, growth and repair of muscle tissue. Milk provides vitamin B12 that build red blood cells and transport oxygen from lungs to working muscles, vitamin B2 which facilitates the conversion of food into energy, vitamin A that maintain normal vision and skin [2].

According to a study published in the American Journal of Clinical Nutrition, a glass of milk every day is the best combination of calcium and vitamin D that may offer protection against type 2 diabetes and keeps the heart and kidney diseases away.

As we know, in addition to cows, there are other animals that provide milk such as sheep, goat, horse, buffalo or camel. I would like to say more about benefits of goat milk in comparison with cow and human milk. The greatest benefit of goat's milk is that some people who cannot tolerate cow's milk. Some initial studies suggested that specific proteins known to cause allergic reactions may have been present in significant quantities yet

largely absent in goat's milk. The alpha-casein proteins, including alpha s1-casein, and the beta-casein proteins were both considered in this regard. Other research has found some anti-inflammatory compounds called oligosaccharides (short-chain sugar molecules) that may make goat's milk easier to digest, especially in the case of compromised intestinal function. In animal studies, goat's milk has also been shown to enhance the metabolism of both iron and copper, especially when there are problems with absorption of minerals in the digestive tract. These factors play an important role in the tolerability of goat's milk versus cow's milk. Allergy to cow's milk has been found for many people with recurrent ear infections, asthma, eczema, and even rheumatoid arthritis. Replacing cow's milk with goat's milk may help to reduce some of symptoms of these conditions [3].

Goat milk also contains slightly lower levels of lactose (4.1% versus 4.7% in cow's milk, which may be an advantage for lactose-intolerant people. Although the mineral content of goat's and cow's milk is the following: Goat's milk contains 13% more calcium, 25% more vitamin B-6, 47% more vitamin A, 34% more potassium, and three times more niacin [4].

All these conclusions reveal that regular consumption of goat milk, which is a natural food with highly beneficial nutritional characteristics, has positive effects on mineral metabolism, recovery from ferropenic anemia and mineralization in rat's bones.

In conclusion, I would like to mention that the first thing that a new-born life feels is the taste of milk - the substance so perfectly created by nature. It's indispensable for any being to survive and grow. Let's thank the nature for this gift and let's value it properly.

Bibliography:

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4. www.wikipedia.com, www.milk.com.