

Goat Milk –Answers to Frequently Asked Questions

- Goat milk is highly digestible because the fat molecules are one fifth the size of those of other milks -- making it easily tolerated by those with compromised digestive systems.
- Seventy-two percent of the milk used throughout the world is from goats. It is nourishing and easier to digest than other milk.
- The flavour of goat milk is comparable to that of cow milk if the pasture that they graze on is the same clean, green, pasture that is grazed by cows. Therefore the milk they produce has a mild taste.
- Goat milk has no cream separation because of smaller fat molecules.
- Goat milk contains pre-formed Vitamin A in the milk fat that allows it to be readily available for use by the body.
- Goat milk contains a highly-evolved cholesterol, making it available for absorption to the brain and body. (Cholesterol is essential to the health of the myelin sheaths "white matter" of the nerves in the brain.)
- Goat milk is close to human milk in its composition and is therefore easily accepted especially by those young or frail.
- Goat milk has an alkaline reaction the same as mother's milk rather than the acid reaction of some other milks.
- Goat milk does not readily form mucous (phlegm) and is therefore better tolerated by asthmatics and those with allergies.
- Goat milk contains more chlorine, fluorine and silicon than any that from other domestic livestock.
- Chlorine and fluorine are natural germicides and fluorine assists in preventing diabetes.
- Goat milk contains only 2% curd, which precipitates in the stomach. Other milks contain more than 10% curd.
- Goats' milk is tolerated by a compromised /damaged liver because of the smaller fat molecules and it's "naturally homogenized".
- Goats' milk has the ability to "sweeten" the intestinal tract and assist with constipation.
- Goats' milk contains a higher evolved carotene (pro-Vitamin A). Researchers have found this to have cancer preventing properties.

Adapted from: Natures Prescription Milk by Gloria Gilbere, N.D., D.A. Hom., Ph.D