

REBOOT CONVERSATIONS

MILKING YOUR HEALTH

I drink milk – cow's milk.

I enjoy milk, and I believe my moderate volume supports my continued good health.

My weekly (milk) volume sits at 20% of the average Australian (weekly) milk consumption.

Is there a better alternative?

Cow's milk offers up;

- ✓ Easily absorbable protein being great for growth & recovery.
- ✓ Vitamins, namely; B12 & D, both vital for continued healthy immunity.
- ✓ Minerals, namely; calcium and bone health.

Milk contains lactose, or milk sugar, and the protein A1 casein, and in some people can offer up;

- Gastrointestinal stress – e.g. abdominal cramping, IBS.
- Skin problems – e.g. eczema.
- Inflammatory allergies – e.g. chronic nasal congestion.
- Constipation, or diarrhea.
- High blood glucose – pre-diabetes.

Three key goals of the Reboot program;

- ✓ Good gut balance,
- ✓ Stable blood glucose, and
- ✓ Low inflammation.

A trial worth your interest.

The unfashionable Goat's Milk is low in lactose, contains healthy A2 casein protein, and offers all the healthy goodies of its more commercial counterpart.

Goats milk is bought in all major supermarkets, tastes great, and lowers blood glucose as Brad Pamp tested.

Finally, either way, experience and observation have me believing a low milk consumption is best.