



## The World Milk Day and the Real Heros~Farmers

### Description

## June 1, World Milk Day and a Glass of Camel Milk

Please raise a glass of *camel milk to good health!* In COVID-19, from Kazakhstan to Kenya, demand for camel milk is up by 20%, especially home delivery. Great to help the fab camel dairies, pastoralists, veterinarians and experts from around the world to better position and communicate. The cow dairy lobby is very well organized – and now camel milk producers and users with lactose intolerance and other health issues are getting better organized also!

Thanks, Jeffrey Flood for your BBC News 2020 interview which first inspired me to learn more about this superfood, a world with hidden goodness in the most extreme climate. Your knowledge of nutrition, immunity, and health led to the wider camel world with Prof. Dr. [Abdul Raziq Kakar](#) and so many more. Merci e santé a tous!

Extra important in these tough times to support farmers and pastoralists around the world. *Humans and our planet really do need good, healthy food to stay alive and well VS processed, chemical, sugar, or hormone-filled foods* which mess with our land and immune systems and can trigger unwanted conditions.

Good health to all!

*Samantha Bolton, a camel loving journalist*

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