Unique Benefits of Camel Milk

Description

Not only is camel milk a â€œsuper foodâ€• nutritionally, it is antiviral, anti-fungal, anti-inflammatory, analgesic, anti-autism **1** and has anti-carcinogenic effects; thus millions are turning to this unparalleled dairy product. Additionally, these desert animals are not threatened by climate change and a growing dependence on them can remain sustainable. Human health challenges such as Ebola can be better assisted with camel milk, especially with less nourished populations.

Hannah Training Camel from Dairy
Hannah Purs preparing camel for milking. Credit to Hannah Purs

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Camel milk is special and unique as camel itself; it contains a higher quantity of noble elements (lactoferrin, Vitamin C, Zn, Insulin-like protein, and calcium etc.) and deficient in damaging substances (cholesterol, calories, and lactose etc.). Lactoferrin**2** is iron-containing protein (recently found by scientists in such a high level in camel milk) has been shown to have antiviral, anti-fungal, anti-inflammatory, analgesic and anti-carcinogenic effects. As camel milk, lactoferrin is unique itself. The world of lactoferrin is continuously exploring by the scientists and diverse health benefits are being investigated. DSC00315

Vitamin C is well known for its anti-infectious qualities and usually found in citrus fruits. As citrus are rarely available in deserted ecosystems, nature gifted these precious ingredients in the form of camel milk. Zinc is a vital part of many enzymes (300) of the human body. This vital mineral is necessary for almost all the important activities of the human body. The high concentration of insulin-like protein (encapsulated in fats) enables it to pass safely from the acidic environment of the stomach. The safe absorption of such protein is instrumental in a high level of insulin in the blood which helps in subsidizing sugar level. Camel! A One in All Creatures. The anti-diabetic attributes of camel milk can be linked with its browsing habits as camel eats from the herbaceous, salt tolerant, drought resistant and nutrients rich plants of its ecosystem. Camel milk is a touchy health promising natural formula for the pregnant woman (low fats and high Ca) and infants/children (as low lactose and high Ca).

IMG_20160423_100505Being rich with unique proteins (lactoferrin and insulin-like protein), camel milk is a blessing for the patients without any side effects. Camel milk has one-way action; that is health promising. The drug one take from the pharmacy can only treat some specific disease with the high danger of side effects while camel milk is rich with natural medicine and full of needed nutrient for nourishment and good will of the body. The holy Quran has well defined the camel as; ***do they not look at the camel, how strange it is made***.

For more reading, please go to the links;

1. http://www.hindawi.com/journals/ecam/2013/602834/abs/

2. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2915836/

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