

## HOW TO MAINTAIN CALCIUM LEVELS ON A DAIRY FREE DIET

1. The major reason for low calcium levels is Vitamin D deficiency. The best way to boost Vitamin D in spring, summer and autumn is to expose your skin to sunlight ¼ of the time it takes to turn pink/tan on your hands and arms. In winter take Vitamin D or cod liver oil.
2. Milk substitutes (often not rich in calcium but works with cereals, coffee etc):
  - Oat milk
  - Almond milk
  - Rice milk
  - Potato milk
  - Soy(a) milk

Soy(a) milk is the commonest available. However it is goitrogenic and can cause an under active thyroid. I personally would not choose to give children lots of soy(a) as it has some female hormone like substances.

### Foods Rich in Calcium

- Spinach (cooked)
- Broccoli (cooked)
- Sesame (tahini is a delicious sesame paste. N.B. sesame allergy is fairly common)
- Fennel bulb
- Squash
- Green beans
- Molasses (raw cane sugar syrup)
- Garlic
- Herbs, basil, thyme, oregano and rosemary
- Brussel sprouts (cooked)
- Asparagus
- Kelp, seaweed supplement
- Crimini mushrooms
- Romaine lettuce
- Baked beans
- Sardines
- Red, black and butter/lima beans
- Kale
- Almonds
- Celery
- Figs

Milk intolerance may be lactose intolerance because your body is lactase enzyme deficient. Symptoms wind, muscle cramps, bloating etc

Milk allergy is more likely to be a reaction to milk proteins and can be life threatening.

### Which Foods to Avoid

- Milk and milk powder
- Casein(ates), milk proteins
- Butter
- Whey, buttermilk
- Cheese, hard, cottage, soft spreads
- Coffee mate (milk substitutes)
- Yogurt, crème fraiche, quark
- Margarines, read labels
- Cream
- Luncheon meats, bologna etc.
- Ice cream
- Sausages (some)

Read labels. Some breads, some food flavourings, biscuits, sauces, most microwave meals etc.

Look for milk free, dairy free label advice.

### Supplements (for stronger bones)

'Solgar Ultimate Bone Support': Highly absorbable multi-ingredient tablets. The best product I have come across.

### Testing for Milk Allergy

Do not go for hair, blood tests. Simply read labels and give up all cows milk products, beef (where cows milk comes from) and sheeps and goats milk for one month. Ask yourself, have my symptoms gone or improved?

### Long Term

For milk allergies, most people can eat buffalo mozzarella (sold in plastic tubs in supermarkets). It must say buffalo or Di Bufala on the labels.

Sheeps and goats cheese are usually ok. However test a small amount of these products before you eat a whole buffalo mozzarella pizza.

### MEDICINES

The following medicines deplete calcium levels:

- Corticosteroids (take Solgar advanced calcium complex to help remedy this)
- Aluminium antacids
- Thyroid hormones
- Anti-convulsant medications (may effect Vitamin D activity)
- Antibiotics. Some. Only important if on long term use

### Calcium supplements should not be taken at the same time as some medicines

- Fosamax
- Oxytetracyline – avoid dairy products and calcium supplements

### Dairy Products and Calcium

Allergy or intolerance to cows milk seems to be on the increase.

Cow's milk is often associated with:

- Glue ear, catarrh and sinusitis
- Eczema tongue, face
- Asthma
- Itchy red rash
- Dry skin
- Tummy cramps/bloating
- Irritable bowel/diarrhoea
- Runny nose
- Enlarged tonsils
- Hives, swelling of lips, mouth,

What does Calcium do?

- Strong bones and teeth
- Blood clotting
- Heart and blood pressure control
- Muscle contraction and relaxation

### Websites:

[www.whfoods.com](http://www.whfoods.com)  
[www.nomilk.com](http://www.nomilk.com)  
[www.belpernaturalhealth.co.uk](http://www.belpernaturalhealth.co.uk)

Supplements available from Ian Rumboldt, Belper Natural Health Centre.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

**Ian Rumboldt – Clinical Director, Belper Natural Health Centre, 10-12 Chapel Street, Belper. DE561AR. [www.belpernaturalhealth.co.uk](http://www.belpernaturalhealth.co.uk) Tel 01773 820220**