

Food Intolerance: Dairy (a.k.a Cow's Milk Protein Intolerance)

A child can be intolerant or allergic to milk protein. This is not the same thing! Though both create an immune response, an allergy is much more severe short-term. Further, note that a milk intolerance reaction can occur within 2 hours of consumption or up to 2 days to 1 week later.

Recommendations: Remove cow's milk from the diet of the child. If the mother is breastfeeding, she will also need to remove any milk products from her diet. The child may require an elemental formula for feeding (already broken down proteins) so as to not cause a reaction. Further, most infants outgrow a Cow's Milk Protein Intolerance (CMPI) by one year of age. However, if that does not occur, the majority will outgrow CMPI by 3 years of age.

Abnormal Signs & Symptoms of a Dairy Intolerance

Skin complaints (eczema, psoriasis, urticaria – hives, rashes, itchy skin), headaches/migraines, weight gain, anxiety and depression, tiredness and fatigue, joint pain, respiratory problems.

Source: University of Rochester Medicine