

Lactogen Intolerance

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WHAT IS LACTOGEN INTOLERANCE?

- Lactose intolerance is a common digestive problem where the body is unable to digest lactose, a type of sugar mainly found in milk and dairy products. Symptoms of lactose intolerance usually develop within a few hours of consuming food or drink that contains lactose. They may include: flatulence (wind) diarrhea
- Diarrhoea
- Bloating stomach
- Stomach cramps and pains
- Stomach rumbling
- Feeling sick

Intolerance of lactogen mostly found in dairy products



PREVENTION

- 1) Choose lactose reduced or lactose free milk
- 2) Take a lactase enzyme supplement (such as lactaid) just before you eat dairy products.
- 3) When you do drink milk or eat lactose containing foods ,eat other non –lactose foods at the same meal to slow digestion and avoid problems
- 4) Lactose intolerance is fairly common and seems to affect guys and girls equally .little kids are less likely to have it, but many people eventually become lactose intolerant as a normal human condition and therefore don't really consider it a disease.



Causes

1) Lactose intolerance occurs when your small intestine doesn't produce

Enough of an enzyme (lactase) to digest milk (lactose).

2) Normally, lactase turns milk sugar into two simple sugars –glucose and galactose – which are absorbed into blood stream through the intestinal lining

3) If you're lactase deficient, lactose in your food moves into the colon instead of being processed and absorbed. IN the colon, normal bacteria interact with undigested lactose, causing the signs and symptoms of lactose intolerance.

Signs and Symptoms

Signs of lactogen intolerance:-

- 1) Stomach pain and bloating
- 2) Diarrhea
- 3) Increased gas
- 4) Constipation

Symptoms of lactogen intolerance :-

1. Headache
2. Fatigue
3. Loss of concentration
4. Mouth ulcers

Images of sign and symptoms



Bibilography

- <http://www.google.com>
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