Dear Dairy… [1]

Week of:
Jul 19, 2019

Milk + Alcohol: Does a body good? [2]

Dear Alice,

If someone drinks milk before consuming alcohol, will it help you from getting drunk by "coating your stomach"? Why or why not?

Read more [2]

Lactose intolerance [3]

(1) Hi Alice,

For some years I did not drink milk, but started to take a lot of milk just recently and discovered I cannot digest milk without developing a lot of gas, stomach aches, etc. I did not have that problem before I stopped drinking milk. Will I develop more lactase, i.e., the ability to digest milk, as time goes on and I drink more milk, or will I have to take Lactaid milk for the rest of my life (it's not available in some countries).

(2) Dear Alice,

What are the symptoms of lactose intolerance (i.e., how long after taking a milk product will symptoms generally begin, and what are the typical symptoms), and how do they differ from irritable bowel syndrome?

Read more [3]

Milk — Good or bad for you? [4]
Dear Alice,

Is milk good or bad for you?

— Cow lover

Read more [4]

It's Greek (yogurt) to me! [5]

Alice,

Last week I purchased Greek yogurt from the grocery store. I have heard that Greek yogurt is healthier than regular yogurt, but don't have anything to base that off of. Is this true?

Thanks,

It's Greek to me

Read more [5]

Dairy products suddenly taste bad [6]

Dear Alice,

I have a weird problem that happened to me once when I was maybe 8 years old (I'm 20 now). I woke up one morning and all dairy products tasted horrible. They tasted as though they had gone bad. I'm not sure how long it lasted back then because I just stopped eating all dairy products for a couple of years — I was afraid they would taste bad, but it definitely lasted several months. When I started to have them again they tasted fine. It seems to have started again. What could possibly be the cause of this?

Read more [6]
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