

Lactose Intolerance

Written by Delores A. Hampton
Sunday, 21 April 2013 12:08

A person who is lactose intolerant cannot properly digest milk sugar (lactose). Instead, the milk sugar remains undigested in the colon and ferments causing gas, bloating, cramps, and diarrhea. This disorder is more common in adults, though it can occur in children.

HELPFUL NUTRIENTS FOR THIS CONDITION.

Charcoal tablets

Importance: High

Comments: Removes toxins. Alleviates diarrhea.

Acidophilus

Importance: High

Comments: Replenishes store of friendly bacteria. Helps with digestive process. Nondairy formula is recommended.