



THE LACTOSE NAVIGATOR

The Standard for Lactose Intolerance

1. Edition

The Nutrition Navigator Books Number Three

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LAXIBA

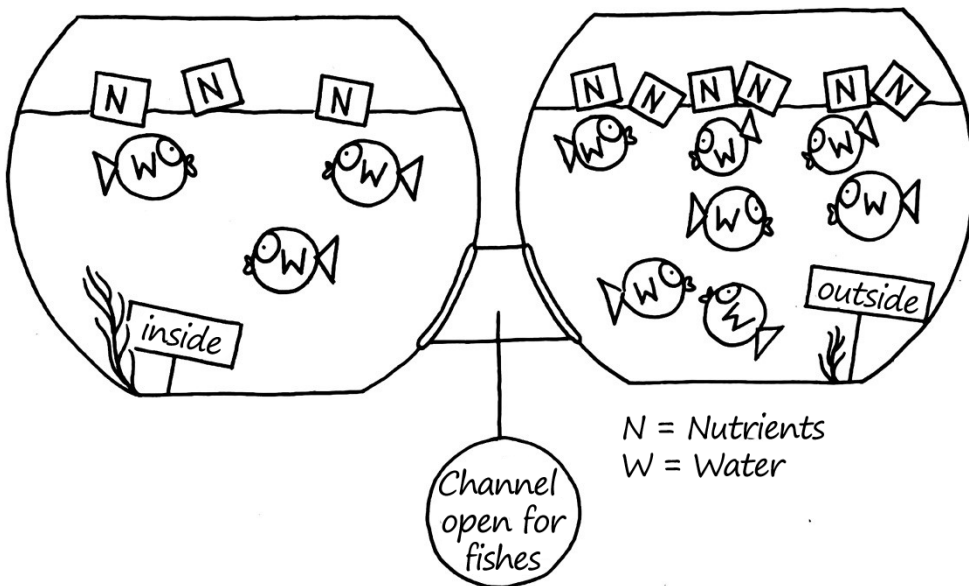
WILMINGTON AND KOBLENZ

1.3 Presentation of the triggers

We depict lactose as cubes. Why? Just imagine having a big cube in your stomach. Not a good feeling. On the other hand, a cube can have a positive effect, too. Think of a sugar cube that provides a lot of energy. Likewise, lactose, being sugar related carbohydrates, provides you with energy, if your stomach makes use of it in that way.

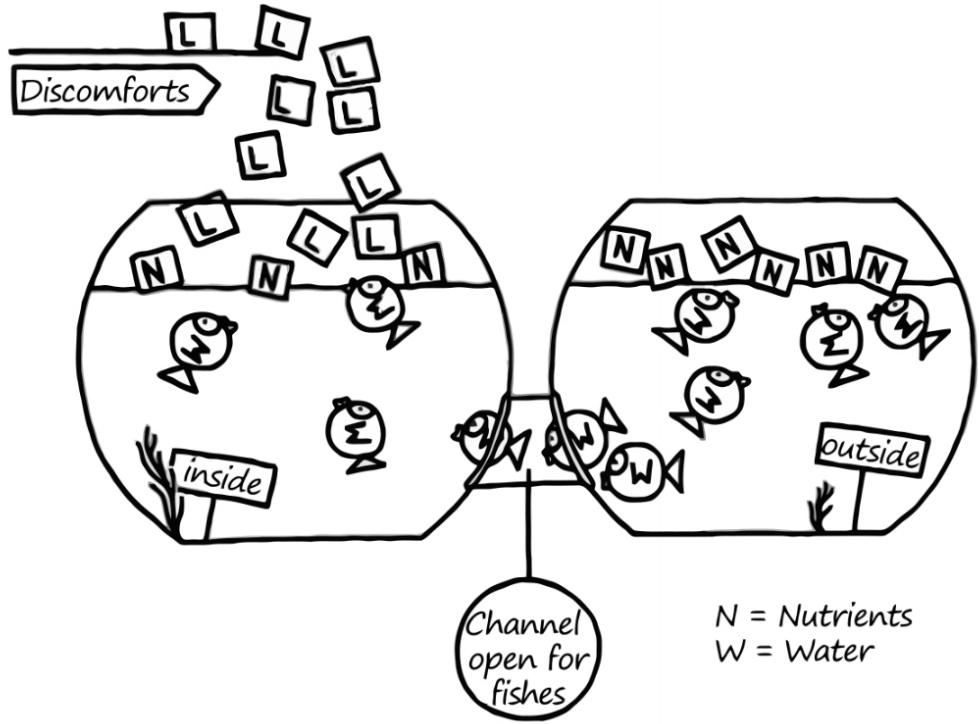
1.3.1 How symptoms emerge

If you have an intolerance against lactose, your body only provides a few enzymes, which you can think of as workers making sure your body uses the cube for energy. Few workers mean that if you eat too much of foods that contain lactose cubes, many remain unused by your body and arrive at your large intestine. Now, two processes are responsible for the symptoms: osmosis and fermentation. To understand osmosis, let us imagine two equal fish bowls connected by an underwater tube.

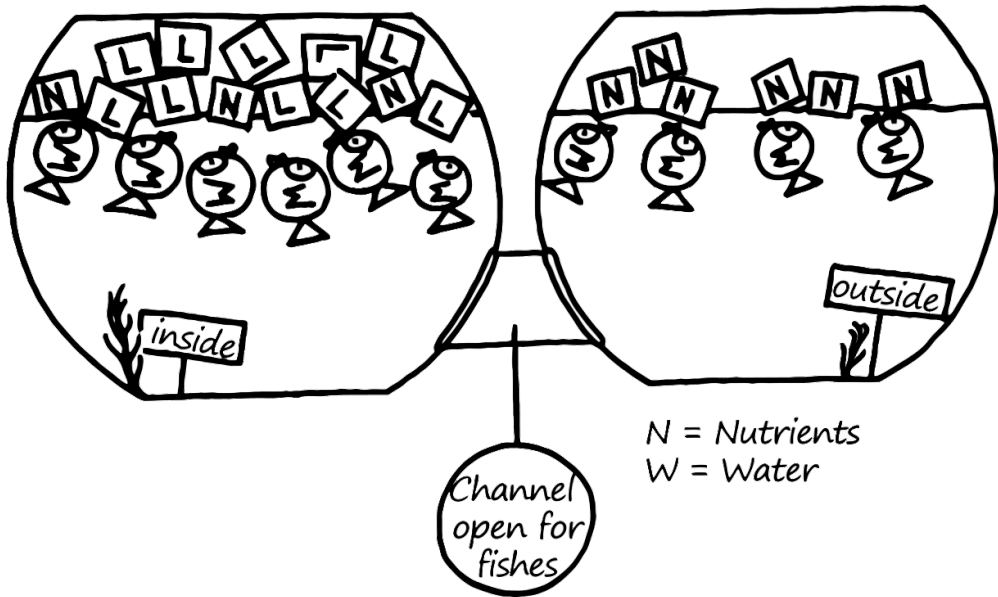


The glass on the left represents the inside of the bowel and the one on the right for the outside of it. The fishes represent water (W), and their food are either

nutrient (N) or lactose cubes that arrive at the inside of the bowel (L). The channel enables fishes to switch between the bowls. Thus, they always swim to the glass that contains more food. Usually, this would be the outside of the intestine. Thereby, the body detracts the water from the foods—which is a good.



However, if you more of foods containing lactose than your enzyme workers can handle, lactose cubes arrive at the inside of the bowel. Hence, suddenly there is more food in the left fish bowl.

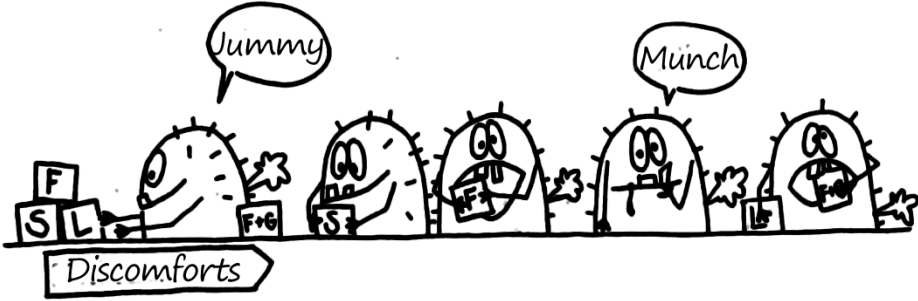


As the intestinal wall, here represented by the channel, is only partially permeable, the fishes can swim through it, unlike the food. Therefore, some fishes now switch sides and scrimmage on the left. Their movement to the left means that with the cubes water arrives inside the intestine and you suffer from diarrhea.

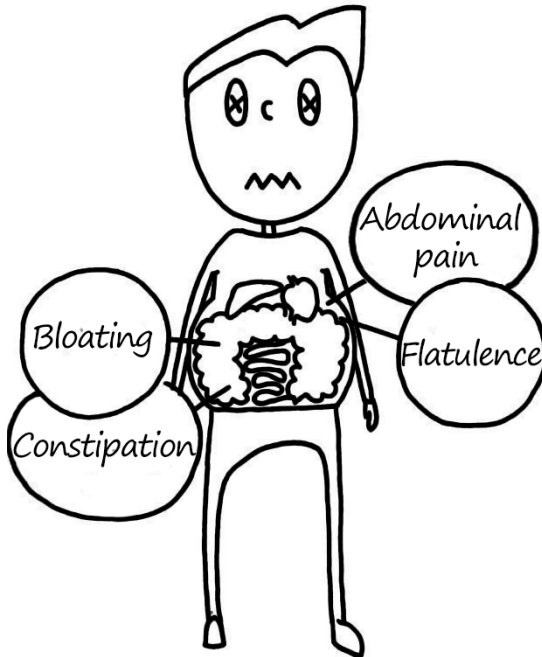


Now you know about osmosis. What causes fermentation?

As you know, you have bacteria inside your bowel, which is normal and that way for any healthy person. The issue is that these bacteria love sweets. Hence, if a lactose cube arrives at the large intestine, they do not falter and immediately consume it to help themselves to some energy.



Unfortunately, though, the bacteria are less efficient at consuming the lactose cubes than our body is. When bacteria use the lactose cubes, gas emerges.







The gas either leaves as bloating or amounts and causes an uncomfortable flatulence. If the pressure increases in some regions of the intestines, this can cause deposits—constipation. If the gas enters the small intestine, it causes, even more, turmoil: it hinders some of the enzymes—the body's cube workers—from

doing their job. That is because the workers mainly sit on the gut wall and the gas reduces its contact to the stool. However, what about the treatment with a diet? In general, it is important for your health to have a diverse diet. The FOD-MAP approach, which you may have heard of, aims at reducing the fermentation and osmosis by lowering the consumption of all potential triggers at once. With the lactose standard treatment of this book, you take a more precise aim to give you more freedom concerning your food choice. With it, you only avoid lactose, as described in the diagnosis check. First, you should get to know it, though.

1.3.2 Lactose characteristics

Another name for lactose is milk sugar as it is present primarily in milk and dairy products. Unfortunately, milk sugar is also included in many convenience foods, where you would not expect it to be. Bologna, coating, sauce and even medicine may contain it. Pure milk tends to have the highest share while some dry cheese, like cheddar, is nearly free of it. Luckily, you are still able to stomach a limited amount of lactose despite having a lactose intolerance and there are enzyme capsules to help you increase that amount further. Moreover, nowadays, there are a lot of lactose freed or milk replacement products such as rice milk or soymilk. Be careful though with soymilk. It contains the triggers fructans and galactans and may lead you out of the frying pan into the fire. Rice milk, on the contrary, is also free of that and thus the better alternative.

At the start of your life, lactose is irreplaceable: All small children are dependent on lactose and can tolerate it. At the end of the fifth year, the earliest a lactose intolerance can evolve. About 5 to 17 % of the light-skinned and 50 to 100 % of the rest of the population are affected. Still, not all of them suffer from symptoms at the same level. Most patients tolerate small amounts of lactose and not all of them suffer from a sensitive bowel. Nevertheless, why do some humans react to lactose with symptoms and other do not? How do the symptoms evolve? The following illustrations will show it to you.

Dairy products	LACTOSE	Standard amount	
Yogurt, chocolate or coffee flavors, nonfat, with aspartame	4 	Tbsp. (15g); 60g in total.	+3¼
Yogurt, chocolate or coffee flavors, whole milk, sucralose	¼ 	Piece (250g); 63g in total.	+¼
Yogurt, fruited, whole milk	2¾ 	Tbsp. (15g); 41g in total.	+2¼

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