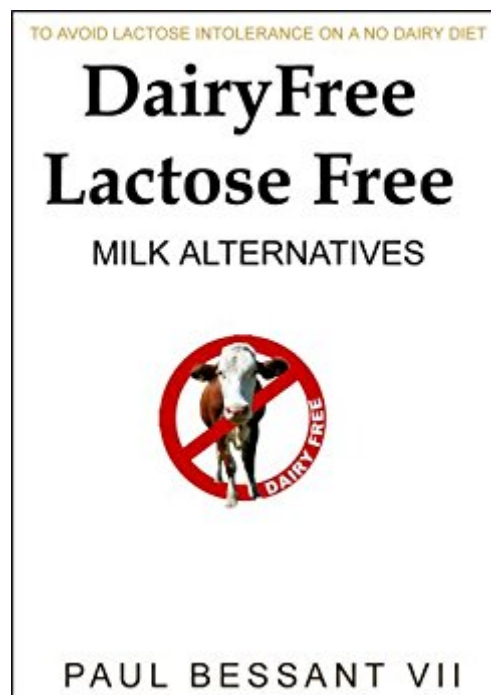




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# Dairy Free And Lactose Free, Milk Alternatives, Avoid Lactose Intolerance Problems On A No Dairy Diet



## Synopsis

Ever since we were young, we have been bombarded with advertising around the positive effects of drinking milk. When we think about milk, we often think about high amounts of calcium and optimum health. However, more recently the spotlight has shone on the less healthy aspects of milk and dairy products and has shown just how many people are susceptible to health problems as a result of dairy milk and one of its ingredients, lactose. As a result of this, millions of people are driven to find milk free and lactose free alternatives so that they can maintain good health as well as a good taste. When you have read this book you will be able to:

- Find alternatives to milk and foods that do not contain lactose along with the nutritional facts for each alternative
- Understand the difference between milk and dairy milk as well as what lactose really is
- Understand why people are seeking alternatives to them both and make an informed decision on whether or not to consume them.

## Book Information

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