

“7 Things to Avoid if You’ve Been Labeled With Fibromyalgia - #6”

by

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6. Dairy

Now, the first thing people say is, “*Well, I thought the dairy in milk – the calcium made my bones strong.*” That’s a whole ‘nother issue we can talk about some other time because calcium is really not the issue when we’re talking about osteoporosis. (It’s really cofactors. In fact, you know what? I’ll talk about that in an upcoming episode.)

Dairy is a major protein, and many people that have fibromyalgia have a leaky gut – the one I just talked about. This means instead of having gaps between your cells and your intestines that look like this:

mmmmmm -- the cells look like this: m n m n m n m.

Things fall back through. Things like proteins.

Casein is a major protein, and you can develop a food reaction to it – an allergy, if you will. When you eat casein, it inflames your body, it fires up your immune system, and all heck breaks loose.

I’m not sure if you’re aware of this, but when your immune system becomes activated, it affects everything – your blood sugar, hormone levels, thyroid— everything.

I recommend you don’t eat casein.

What do you find casein in? Anything made from dairy. The only exception to that would be butter. Now, butter’s a lipid. It’s a fat. It’s not supposed to have protein in it, but to make really sure, you’d have to get something called ghee – G-H-E-E – clarified butter.

Ice cream, yogurt, cheese--these should be avoided because they all contain casein.