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Milk: Does It Do A Body Good?

New study suggests milk good for weight loss. Others disagree.

DEERFIELD BEACH, FL, July 14, 2009 **/24-7PressRelease/** -- A study in the July issue of the American Journal of Clinical Nutrition suggests drinking fat-free milk in the morning may be better than drinking juice to stave off morning hunger.

However, the study only looks at feeling full, not weight loss or, more importantly, body composition (fat to muscle ratio). Additionally, many people are intolerant to proteins in milk, or lactose intolerant, which can cause chronic activation of the immune system.

The National Institute of Health reports that 30 to 50 million Americans have intolerance to milk.

"Immune system activation blocks insulin receptors, resulting in fat storage," says Roger Deutsch, co-author of Your Hidden Food Allergies Are Making You Fat. "Hence, dieting should be individualized to take into account individual sensitivities."

Many experts, including Fred Pescatore, former associate Medical Director of the famed Atkins Center, recommend testing for food and chemical sensitivity through a reliable method such as the ALCAT Test. "Food sensitivities are the next great epidemic of our time. I use the ALCAT Test to identify these sensitivities and create a pathway to wellness."

The ALCAT Test, a simple laboratory blood test, identifies cellular reactions (intolerances, not allergies) to foods, chemicals, and various other substances. Eliminating sensitivities may help benefit weight as well as a whole host of inflammatory-related problems; such as, irritable bowel, eczema, diabetes and migraines.

A 12-week study, recently published in the Middle East Journal of Family Medicine, reported that avoidance of test-specified foods can be every bit as effective and far safer than the use of drugs, herbs, or even severe calorie restriction, for people suffering from chronic weight issues. Participants who avoided the foods shown on their ALCAT Test dropped an average of 37 lbs. and experienced a six point improvement in body mass index (BMI).

Previously, a study conducted at Baylor University Sports Medicine and Performance Institute in Houston, Texas, found that 98 percent of participants either lost weight and/or improved body composition by following the ALCAT Test.

"We generally think of these as delayed food allergies," said Dr. Craig Koniver, MD of Primary Plus Organic Medicine in Charleston, South Carolina. "You may not have anaphylaxis; but, you may have fatigue or headache, which impairs how you function." Rick Breslitt, a patient of Dr. Koniver, who had the ALCAT test and was found to be intolerant to milk, said, "I used to wake up and die off at noon. I figured out that milk - which I drink probably half a gallon a day, and wheat, were extreme problems for me."

Patient Jeff Keating, who had sensitivity to both casein and whey, avoided milk and other items listed on his ALCAT test report. "I am now at 279 lbs which brings the weight loss total to 87 lbs. This is absolutely amazing!" said Keating. "The results have been amazing and eye-opening."

With those numbers, maybe it's the ALCAT Test that does a body good.

About Cell Science Systems

Cell Science Systems (CSS) is a life sciences company and the worldwide market leader in food sensitivity testing as the maker of The ALCAT Test . ALCAT identifies cellular reactions to over 300 foods and chemicals. These inflammatory reactions are linked to chronic health problems like obesity and diabetes, as well as skin, heart, joint, and digestive disorders. Located in Deerfield Beach, Florida, CSS is a FDA-inspected and registered, cGMP medical device manufacturer

and operates a CLIA-certified laboratory.

For more information, please call 1-800-US-ALCAT or visit <http://www.ALCAT.com>