



Steph: Hello Damo, welcome back to the show.

Damo: Hey Steph, it's so great to be back with you. I enjoy these moments we have. Thank you.

Steph: Yeah me too, me too, I always love our conversations. And today's topic is dairy, the D-word.

Damo: Wow, it's a biggie isn't it. It's such a big topic. Everyday I reckon there'll be somebody asking me about "What dairy should I have? How much calcium do I need to eat? Is dairy actually as bad as what we're told?" Or "Is it really that good?" It's a great subject for you and I to tackle. You know, open it up.

Steph: For sure, and I'm the same. I speak about this with nearly every client and often multiple times because as everyone knows, my model is that LCHF, which stands for Lower Carbohydrate Healthy Fat. It's often confused as keto, and definitely there are a lot of keto models that are quite dairy centric. I find that's coming into the space a lot more these days with the popularity of keto, so that's really interesting.

Damo: Absolutely, well look I remember 20-something years ago, when I started doing keto programs in my practice, this is probably back when you were in high school Steph or maybe even primary school. I was doing keto programs back then and we'd use cheese and we'd use Greek yogurt and ricotta in our recipes and all these sorts of things because you can bring about ketosis using dairy, it can happen. So it was a way in which you could bring people in to ketosis but then you ask question "Are we doing low carb, healthy fat or are we just doing low carb, high fat?" What's the difference there and so that's an important distinction for you and I to make today. Particularly, pull apart this particular subject. It's gonna be enlightening for a lot of people.

Steph: I know, I feel like it's a big can of worms, I'm like "Where do I start?"

Damo: We can almost start with the food pyramid couldn't we? That's kind of where dairy became uber popular through the 80's, people were told that they needed to have heaps of dairy, particularly women. There was a very heavy media campaign, marketing campaign suggesting that if you didn't consume dairy that you would not reach your

daily requirement of calcium intake and as a result you would have osteoporosis, it was highly likely that your head would fall off and you would die. Now that was how it all went you know, the Rev ads were like that, PhysiCAL ads were like that, all of the dairy ads at the time, back in the 80's used to speak about one glass of milk would give you your daily requirement of dairy. Then somewhere along the line we got told that we needed to have three to four serves of dairy every single day in order to meet our calcium requirements regardless of how big or strong or weak you were or how much exercise you did, everyone needed to have four serves which was more serves of dairy than fresh fruits and vegetables, or fresh fruit at least. So that was always kind of a bit surprising to me.

But the industry fed information is basically how dieticians are trained. Dieticians whether we like it or not Steph, from the old model, are the ones that continue to help the government form policy around what foods should be introduced in to our schools, what education takes place around food nutrition and nutrition information in our schools and in our community. And anybody who goes against the government policies must be a heretic and is most likely cooky, wacky, and crazy. Much like you and I. People don't like to be wrong, everyone likes to be right, people don't like to be ousted as kind of strange or weird but really we need to look in to this and go "Is dairy actually really good for us? Is there any benefit from it and where is this information all coming from in the first place?"

Steph: Yeah, I definitely agree. I think that we've absolutely got to make sure our eyes are opened to the potential vested interest or the influence of the industry. Which we speak about a lot when it comes to carbohydrates and our food pyramid and those guidelines that you and I talk about all the time that certainly have softened over recent years but are still very strong in the west and dairy is really similar. The dairy industry have a huge influence on our dietary guidelines in Australia and we see that flow down in to the training that our dieticians are given. Obviously, the advice that is given to consumers and this is where the fear element comes in, like you said, if you don't have your 1,000 milligrams of calcium per day your bone strength is destined for disaster.

Damo: Doomed.

Steph: Yeah and obviously there are slightly different calcium requirements depending on age. We know women over 50 and men over 70 are recommended 1,300, one thousand three hundred milligrams per day. A lot of the statements would tell us that the only way it's possible to get those values in are from those dairy foods. The serves of dairy per day of which an example would be a glass of milk. So two 50 mils of milk, a tub of yogurt, so 200 grams, and a slice of cheese, which is 40 grams. That's what we're being told to this day, it's even on the osteoporosis Australia website. No wonder people are stuck in the 80's essentially.

Damo: It's amazing 'cause some of these websites are set up by people that are well meaning. They firmly believe the information that they're being fed, which is fair enough. If you consider the information that you and I have been fed, Steph, we form an opinion around food and nutrition and lifestyle that we firmly believe in, we subscribe to, we have information to support it, much the same as say anybody else might as well. The

problem I suppose is that people are looking for what's right and what's wrong and so they're claiming that science can determine what's right and what's wrong or what's good and what's bad. So if it's scientifically proven or if it's evidence based research than people would suggest that that's the answer.

I would contend that that's actually limiting our ability to make rational decision, have rational thought or conversation and that's a big concern to me. For me, I'm more about providing information, have people hear it, listen to it, dissect it, milk it, understand it and then from that point go and make a decision about what they think is gonna work for them. Then if they come to me for support I'll go, "Okay, well this is how I see things happening, this is what I think you could do to change." And I know that's the way in which you go as well. But if we look at what dieticians have been taught, many nutritionists have been taught, what the medical profession is teaching, what the government accessed information actually is and who funds that information, it's very easy to learn and very easy to see that there's, not so much coercion, but there's definitely, and not conspiracy, but there's definitely a very heavy funding arm to information from the dairy industry. That's easy to find and easy to track.

Steph: Yup. Yeah, really important that we do set the scene with that so that we can break down some of these additional myths that we've all been exposed to, for most of us, the majority of our life. So I'm glad you touched on that.

So I know this is a massive can of worms because I'm sure that there is going to be part of discussion around the individual nature of things naturally.

Damo: Surely.

Steph: Where do you put dairy in your real food pyramid or conversation?

Damo: I think just by itself. In fact the way in which we get access to it in Australia is highly processed, you know, every single bit of the dairy process is a part of a significant alteration of what it really should be. So if we just got cow's milk, straight from the cow, there would be a host of other benefits that we don't see from the packaged containers. Regardless of whether it's Skinny milk, Trim milk, A2 milk or Zymil or whatever else, all of those milks are all highly processed to be standardized. Cow's don't make the one taste in milk. It's very important to be clear about that. Cows based on their grazing habits, based on the type of food they're getting at the time, how much water they're drinking, what stage they are in the lactation process once they've given birth to their calf's and whether or not the cows are actually stressed, that alters the flavor of milk.

But we never ever see a change in the flavor of our milk if we actually products from the supermarket that have been highly processed. That's because every little piece of it has actually been pulled apart and then reconstructed. So when we get the milk from the cow it goes in to a big vat and gets taken off by a big truck, put in to big containers where the separation process takes place. So the fat skimmed from the top, the milk is then separated, there's components of the milk that are actually taken out, so whey is often taken out and that's used in protein powder industry. I know it's not a separate

industry but let's just call it the protein powder industry, that's taken out of the milk but it's also taken out of the product when they're making cheese from the cream, there's whey that's separated there and that becomes another product. Then there's the standardization process that takes place around the amount of water, the amount of fat and the amount of flavor that actually goes in to a container so that the flavor remains consistent and the texture remains consistent. That can only be achieved through processing. For me that almost renders milk in itself not a whole food anymore if that makes sense.

But there's other things that we get from milk and dairy that I do consider to be whole foods and maybe we can talk about those.

Steph: I think that's a really interesting point. It's not dissimilar again to carbs, when I talk about carbohydrates I'm really clear to talk about them in distinct, like they're two separate groups. We've got out refined carbohydrates which we're trying to obviously minimize or avoid then we've got our whole food carbohydrates which are really important to include. So, I'm really clear to make that distinction. I do not want to be demonizing carbohydrates as a whole.

I feel similar when it comes to dairy. I almost put milk over there by itself because like you said, it's very processed, very different on our shelf as to that original milk that comes from a cow. Then there are other examples which I think may have their place in someone's real food template. Would you agree with that?

Damo: Absolutely. We can look at Kefir for example, that's often made with dairy. We could look at yogurt, there's certain yogurts that are very, very good for us and probiotic in nature. There's other things like soft cheeses are very, very good, Feta cheese for example. So there's different ways in which we can get nourished from dairy but I think the caution that I've given people over the last let's say decade since my mindset started to shift around it, 'cause I used to be very anti-dairy, I was like "Dairy will kill you, dairy will give you cancer, that's the cause of all ear infections." I used to be that way and so I was very rigid in my thinking.

But these days I'm looking at ways in which people can bring these foods which have beautiful flavors and have some nutritional benefit in to their diet but I want people to think about where else they might get calcium from. I don't want people to think "Oh well I've got enough dairy so now I've got my calcium." I'd much prefer that people see the food for what it actually provides. That could be protein, it could be carbohydrates, it could be fat, it could be vitamin D, it could be calcium, so think about the other things that the food is actually providing to your body rather than just thinking "Well okay, I've got my dairy so now I've got my calcium." I like to put that context around it.

Steph: Yeah, for sure. If we talk about milk, a lot of people are really unaware of the significant sugar that's in milk. It's obviously not table sugar and I'm not saying it's got any added sugar but we absolutely have to factor in the amount of lactose that milk contains. Lactose is that milk sugar. I'm talking to people that are having maybe 4 latte's a day, I won't mention any names, Dr. Ian Northeast, who used to drink cows milk before we met, the volume of milk that you would consume without realizing per day could easily

equate to your recommended intake of sugar. Most of clients are really surprised to learn that. In line with that-

Damo: It's amazing. But also just to get all of that calcium into your body from one source is also quite a challenge and to have exposure to just a type of protein. Recently somebody said to me, "Is gluten really that bad?" This is maybe a conversation for you and I to have another time Steph, but I said, "Well gluten is a problem if it's the only protein you get access to." They said, "Well what do you mean?" I said, "Well if gluten's the only protein that you're eating, let's say for example you have Weet-Bix for breakfast or a couple of slices of toast. Then you have ... Let's say you're vegetarian and you're eating heaps of gluten, that's even worse, then you have a croissant or a muffin at morning tea, then you have a sandwich with a spread at lunch time, then you have some cheese or biscuits, or leave the cheese out 'cause that's another type of protein, just some biscuits at afternoon tea, or maybe some crackers and dip and then at dinner time you have some pasta, the only protein you've actually given yourself is a protein that comes from wheat."

So that's when things become a problem. If the only or if a significant amount of protein that's coming to your diet is only from cows milk or dairy then that becomes a problem too. Because your body's not designed to only have one type of protein source going in to it, it needs multiple different types of protein sources to nourish itself, not just one source.

Steph: Yeah, beautiful. That whole diversity conversation which we often come back to. So with some of the options that you mentioned that maybe suitable, like the kefir, certain yogurts, some cheeses, I just want to talk about those in comparison to something like milk. Because one of the other issues that I have with milk outside of the processing side of things and the significant sugar content is that it's very spiking to our insulin levels, we call it insulinogenic in nature and this is again that people aren't aware of. So you might be setting up the goal to have breakfast, perhaps no morning snack but you're having a large latte, you're completely interfering with that window between breakfast and lunch and impacting your blood sugar as a result. So I think this really needs to be factored in to the overall equation, especially when we're talking about real food and obviously what we're trying to do is create this fantastic blood sugar control.

Damo: I agree with you Steph. There is a number of different mechanisms by which milk and dairy can actually a spike in insulin in the body or a spike of sugar within the body with a subsequent spike in insulin and then potentially some degree of insulin resistance. We see this in children too.

A lot of research came from New Zealand, to look at the risk of type 1 diabetes in children fed cows milk that contained the A1 milk protein. Hence the reason why the A2 or the Jersey cow milk protein became so popular as opposed to the Friesian cow which has massive yield of milk but poor quality milk if we were to compare it. So we know that there's things to cow with the protein that's in milk that could affect blood sugar control and that would be there are mechanisms associated with inflammation and the immune system firing off bullets and cannons and other defense mechanisms to protect

the body from those proteins that are entering in to the blood stream that the body just probably doesn't need in those individuals.

Let's just be clear here, that type of milk isn't gonna cause diabetes in every single child and it's not gonna cause diabetes or weight gain in every single person, however if there is a risk of diabetes in your family or a risk of diabetes in your children or there's an autoimmune disease risk in your life or in your family then these are the sorts of things that you might consider. If you're already overweight and you're thinking "Oh how am I gonna get this under control?" Then you might consider that dairy could be one of those things that's spiking your insulin through an increase in blood sugar. Then the offshoot to that would be, given that insulin is very pro-inflammatory, that would contribute to other inflammatory processes within the body as well as immune reactions to maybe the sugar, lactose, or one of the proteins, whey, or another protein, casein. There's many different things in milk that could be affecting you or in dairy that could be affecting you.

Steph: Yeah, I think this is a really important area because the inflammation conversation is huge and there's different mechanisms, like you discussed, it could be the blood sugar impact or the insulin impact, or it could be, yes absolutely, the protein element or the lactose. So I definitely agree with you about looking at family history but what are some other ways we could start to explore if dairy is inflammatory to us?

Damo: That's a great question. One of the easiest ways to check is just to see how your body's feeling after you've had a glass of dairy or you've had a piece of cheese or you've had a couple of spoon fulls of yogurt. Are you forming mucus at the back of your throat, do you get post nasal drip as a result? That's a really easy thing to see. Acne is a really fascinating thing because we see a clear association with adolescence with acne and their dairy consumption. So we definitely see that. The other thing that we would notice too is how do you feel in your tummy after you've had exposure to dairy? Do you feel loose in your bowels or do you feel very bloated, does it create constipation? Some people have a very, very dry stool and incredibly constipated with a sticky movement when they do get a chance to move it. That is associated with a lactose intolerance and then we've got other issues where people might get diarrhea as a result of a protein imbalance within their microbiome so it's interesting to think of those different things too.

Steph: Yeah, definitely, they're great signs. I think it is that, yet we know it's gonna be individual, like you said and we always say, it's not a one size fits all so we're not saying that it doesn't suit everybody. But it really is about being aware and in tune with your body. I say this a lot, but if I ate dairy that's cow's based, I mean I'm not a milk person at all but I do like my occasional hard cheese. If I got too crazy I will get inflamed wrists and sore knees.

Damo: Totally.

Steph: So for me, not your typical tummy, bowels, those really obvious symptoms that you would normally link with investigating a food so I wanted to bring that up because it is important to think systemic. We know the influence of the gut is systemic, it can impact

anything and everything so if you are thinking about experimenting with your individual tolerance to dairy I think write a little bit of a log, a symptom log, and include anything that pops up. If it's your skin, changes in hormones perhaps, which is another topic I want to get to in a moment with you Damo, absolutely any digestive changes, looking in the toilet bowl but also think about how the body is performing as a whole. Are there other inflammatory things that are flaring following consumption.

Damo: Yeah, absolutely. I think that's such a great thing. A sore big toe, often people will go "Oh I've got a sore big toe." That was a big problem for that might be gout but it could just be an inflammatory diet. A lot of people talk about the effect of dairy on lining the stomach before you go out for a big night, you would have heard this one before Steph.

Steph: Yeah.

Damo: People go, "Oh you know it's protecting me from alcohol then it must be a good thing." But it lines the stomach and then mucus forms as a result of the reaction of the dairy on the gastrointestinal system so your body is mounting a response straight away and so then it becomes then a priority for protection. It's protecting the gut from the dairy, not protecting the gut from the alcohol. Although there might be a side effect. But your body is trying to protect you from all the dairy. So we might think that it's gout but you might actually have a sore toe, like you said Steph, it could be a sore wrist, it might sore shoulders, it could be any other type of pain or lack of energy coming from the consumption of dairy.

Steph: Yeah, awesome. So really important to note those symptoms. With my clients, whenever they're investigating that individual response to food, I get them to try and keep everything constant, so what is a normal day for? Come off dairy for a couple of days, maybe do 72 hours with no other changes and then obviously any of those symptoms of changes in symptoms depending on which direction you're going in. Then obviously introduce a small amount and do that contrast in terms of symptoms and that overall systemic approach.

Damo: Do you think that 72 hours is long enough Steph?

Steph: I think that it will give you a pretty good start to the insight. So for a lot of people if that initial commitment and then if they are noticing a huge difference I think that will feed the compliance in terms of do we need to do 30 days off dairy from there? Most people that I see are pretty interested in taking more of a deep dive and they're happy to commit to a month off, like a 30 day trial. But in terms, I guess what I really refer to when I talk about that 72 hours is that the inflammatory response is not always going to happen straight away. It can take a little while to develop. We're so use to correlating if it's diarrhea it's that evacuation, most times it's going to happen fairly much straight away but things like the inflammatory process is going to take a little bit of time. So you might eat dairy on a Sunday but not feel the effects of it until Tuesday or Tuesday night. I really want to just be clear that it can take a little bit of time so you don't want to miss that window by assuming you're okay because you felt amazing on Monday.

Damo: Yeah, that's a good point. I see a lot of children who come in to my practice with eczema in the folds of their arms or in the folds of their knees. It's often a moist, wet, eczema that cracks and bleeds and that traditionally from a naturopathic perspective was only seen to be associated with dairy. Whether it was lactose, whether it was casein, whether it's whey, whatever it is we knew many, many years ago, let's say 40 or 50 years ago that that was the case. So we would often suggest that people remove dairy from their diet and sometimes that eczema doesn't go away and so the line of questioning that often takes place after that is, "Did you eliminate dairy?" The common reporting is that, "Oh yes, we decreased it quite significantly. I made sure that she had probably at least half of what she was normally having." There's a misconception or misperception that just by reduction that that could be the answer. When in reality it's the elimination that's gonna bring about the shift and the change. The other thing is that what I've found if a problem has been there for long enough it could take longer than just a week. It could in fact take maybe a month, 30 days, maybe two months to really just quiet the whole of the nervous system down, it could be quite significant. 25 mins

Steph: Yeah, absolutely. I'm glad you raised that and that's why I guess it can be a little bit of a commitment for some people. But while we're here, I just wanted to share another way to get that 1,000 milligrams per day. Before I mentioned that the Australian recommendations are the one cup of milk, the 200 grams of yogurt and the 40 grams of cheese. I want people to be really aware that you can do it without including any dairy at all, that is absolutely possible. It's actually three to four cups of greens including things like broccoli, kale, our dark leafy greens which hopefully most people are eating anyway. They are if they're a client of mine.

Damo: Yes, absolutely.

Steph: One small can of sardines and a couple of tablespoons of either tahini, sesame seeds or almonds. So to me that's really reasonable. I think that should give people the awareness and the context that it's actually these huge volumes of plant based options that we would often equate to being a guideline but impossible to consume. I think it's really practical to do from a dairy free standpoint.

Damo: Yeah, absolutely. I totally agree, there's a really interesting thing that I used to talk about in the power of food, I've since taken it out many years ago but it was that a cup of broccoli has a, no I think it might even be 100 grams of broccoli, provides the same amount of bioavailable calcium as 250 mls of milk. So from a bioavailability perspective just 100 grams of broccoli will provide the same amount of bioavailable calcium as what 250 mls of milk will. Now it's important to note here that there's more calcium coming from the cows milk than there is from the broccoli but the ability of the body to absorb it in such high concentration from a cows milk product versus from a plant based product is very, very different, hugely different. There's benefit in trying to get access to plant based calcium supplement or calcium rich foods to enhance your calcium intake.

But another study that came out a number of years ago was that if you have achieved your 1,000 milligrams of calcium intake in a day, for every 600 milligrams of extra calcium that you consume your absorption of calcium decreases by 50 percent. So you decrease more in your absorption by eating more calcium every single day. Now that is

a result of high levels of calcium on hydrochloric acid levels in the gut and the disruption from mineral balance in the gastrointestinal system associated with having excess calcium in an area that probably shouldn't have that much calcium in it. So you are actually affecting the way in which the body absorbs calcium if you take in too much calcium.

Steph: Yeah, I love that. Again it's the whole Goldilocks scenario, not too little and not too much. I think that's the important balance that we really want to be acknowledging because yeah more is very often not better.

Damo: Oh yeah totally, that's right.

Steph: So I just wanted to come back around to hormones if that okay?

Damo: Yeah, let's do that.

Steph: Yeah, amazing. You briefly mentioned acne in teens but I just wanted to get your thoughts on, whether it's milk or dairy in general on the impact on our hormones.

Damo: Well I think it's a great question and definitely warrants further investigation for lots of people. Because again, this isn't the case with every single person. You can see some kids consume dairy like there's no tomorrow, in fact like they're actually attached to the udder of a cow and they have no problems at all, from a skin or hormone perspective. Then you have other kids who are so sensitive to it, like they might have a bowl full of ice cream or they might have maybe some yogurt on their banana after school or maybe some cheese and some crackers and then they break out in significant amounts of inflammatory big red, pusy pimples and that's a huge, bug problem for them. Then you've got other girls, developing women, who consume as much dairy as they like and never have a problem with their menstrual cycle or their skin.

Then you've got other girls that actually consume moderate amounts of dairy and it really impacts on their risk to polycystic ovarian syndrome and the like. It's not a blanket thing but it's just something that we should all be considering. So yes there'll be hormones that come through in the milk, absolutely. It's a product, it's a by-product of breast feeding from a cow, of course there's gonna be stuff in there. But at the same time there's gonna be other analogues in there that mimic the way in which the human body would normally produce hormones and other substrates that come through in to the body that affect the way our body is actually working that will be affecting it. So if you're stuck with hormone problems or skin issues or any of the things that we just spoke about then it's worth considering whether or not there is a link there with hormones and your dairy consumption. This is where Steph and Ellyu in your practice there Steph and would look at those sorts of things.

Steph: Yup, definitely. Again a really important area to explore because everyone is gonna be different but I feel like it's probably not spoken about. The other area that I'm finding quite interesting, from an individual standpoint, does circle back around to the inflammatory conversation that we're having but this time more related to our body fat.

So I have a lot of clients that would come to me for weight loss. And we do LCHF and we address their underlying metabolic issues and work on their gut and so on and so forth and there is a percentage of clients who just don't get the results that we would expect or there's, at the time, a bit of a undiagnosed road block. Nine times out of ten if we get them to take 30 days off dairy or stop making their black coffee with cream or whatever it might be, that's where the ball really starts rolling. So we've got to acknowledge definitely the lactose, absolutely the insulinogenic effect which we spoke about but also if it is going to be an inflammatory trigger for you that can really impair your ability to burn fat and you've got to explore that.

Damo: Agree. I agree, I 100 percent agree. It's interesting because this kind of goes back to the whole concept, you know one eating program doesn't fit the whole of the population. So there's an expectation of results in and around an eating program that we might prescribe but then there's the variation of that eating for every single person because every single person is an individual. The challenge that we face in our industry Steph is that because we deal with individuals and not rats in a lab it's very difficult for us to actually prove that a particular approach is the only way to go or is the best way to go. The gold standard around research is meant to be a double-blind placebo control study. But it doesn't apply to humans. The only way that can apply to humans is if you block or stop a function within the body. So if you block a function by throwing in a tablet, for example, then you've got a predictable result and so that can be measured and then that will be ... You'll get data that you can then draw conclusions from and then that becomes a double blind placebo controlled study.

But you can't do that with food as an intervention because there's other things that contribute to the effect of food on lifestyle and contribute to the effect of weight loss that are separate and individual from food. So we need to have a multifaceted approach to this. So the acknowledgement that you and I and all of the other nutritionists around that we subscribe to in terms of the approach that they take and the naturopaths that are using good, sound approaches to diet, we're all using that as a basis and then off the back of that we're trying to make sure that's individualized for each of our individual patients and that's a really important thing.

Steph: Yeah, beautiful message. I feel like I could talk to you about this all day. I've kind of got two more rapid fire questions on the topic for today and I think we might put a bit of a call out for questions or other areas that we could explore in part two perhaps. But my final two questions were to talk just a little bit more about yogurts and their probiotic nature if you will?

Damo: Absolutely. There's some yogurts that are actually probiotic. The word probiotic means contains bacteria. It's not just something that you can say "It's probiotic." Like some of the Kombuchas that we've got out in the marketplace are not probiotic, we can talk about that another time. Kombuchas out there that are commercialized now that now don't contain much bacteria at all. In fact when they've been tested in the labs they contain just as much bacteria as your normal drinking water. So there's not a whole lot of probiotic nourishment to it.

There is also an assumption that probiotics work on a quantity perspective and so the larger amount of bacteria put in to our body, they better the effect. For some instances that is the case. But a probiotic food is a food that actually puts in to the body a bacteria that's known to exist in the gastrointestinal system and in the body as a commensal bacteria or bacteria that's meant to exist and then can continue to stimulate the growth of other bacteria and itself can set up cultures. So that's a probiotic, that's what gets the probiotic label. We see that in some of our yogurts around.

There's a few yogurts and I don't know if we need to go in to the brand names of them but what you're looking for is a strain specificity. So there's only a couple of yogurts in the marketplace that actually detail the strain of bacteria that they use. Some bacteria are only good for the initiation of the culture of the yogurt. So they get the yogurt going and then that's as good a job as what they can do. But there's other bacteria like lactobacillus rhamnosus lgg or lactobacillus bb12 or bifidobacterium 12 and so we look at those bacteria and they have a profound affect on the gastrointestinal system, they're probiotic by nature and they're found in our yogurts. So we can actually use yogurt to nourish our body but it doesn't mean that you've got to eat a whole tub, it's just small exposure over long periods of time of bacteria will bring about a cultural change or a shift in your microbiome. You've got to look out for the strain specificity and you and I have spoken about that before Steph.

Steph: Yeah, we sure have. Again I think that's key because there are so many yogurts like nearly all of them are going to have certain probiotic strains on the label because it went in to the initial process. Does that mean it's even alive and left available at the end in the product that you're consuming? Often it's not. So then there's that confusion around, you know obviously it's on the ingredients list and we're telling people to ready that but are you getting it in the end product? Is it going to be influential and positive for your microbiome? That's something I think is quite confusing in the health space.

Damo: I think it's really confusing, I really do. We see there's new derivatives of different types of yogurts that have been brought in to the marketplace and there's actually a company out there that's a very well-known yogurt manufacturer and they were going to remove their probiotic from the yogurt because they believed that people weren't buying the yogurt because of the probiotic strain. I was made aware of this and lightly petitioned through the person that told me that this yogurt company should retain it and continue to use it but use it in their marketing.

Steph: Wow.

Damo: But there's yogurts out there that actually do have probiotic cultures like one ones that I mentioned before, like lgg and bb12 but they don't put it on their label. In fact they don't even promote that they are probiotic. Because they don't think it's actually a selling point. But I think they're marketing teams got it wrong and that they should be promoting it. Because I think if our listeners knew which yogurts actually did contain the probiotic culture that was beneficial then it would actually shift their spending.

Steph: Yeah, I totally agree. Our listeners can let us know if they have any other questions and we'll factor that into part two. My final question if I could just sneak it in is, any thoughts on why we're perhaps seeing this increase in sensitivity to foods such as dairy?

Damo: I think that we've become very, very limited Steph in our exposure to different foods. So the bandwidth for the types of foods that we're putting in to our mouths or in to our diets has narrowed significantly. So we don't have a whole lot of diversity in our diet. We just eat one particular protein or maybe it's two. So let's say we're having two proteins from dairy and maybe another protein from wheat, if that's the three main proteins, people go "Oh yeah but I feed my kids sausages." Well in your sausage 50 percent of it's wheat. So you kind of go, you're just getting more of the same protein thrown in to the mix. We've got to look for variety of protein exposure so that we can, and carbohydrate exposure and fat exposure, it doesn't have to just be from one source. Multiple sources of macronutrients are absolutely paramount for a healthy body and a healthy diet.

If we continue to narrow it down and keep our bandwidth low we'll narrow with the spectrum of foods that we implement or that we introduce to our children, they're gonna mount responses to those particular foods. So we have to be mindful of that. Plus early exposure to anti-biotics, plus the use of the contraceptive pill and anything else that's gonna be disrupting to the microbiome. Those sorts of interventions will affect the way in which our body deals with our exposures in the environment. Whether it's an internal exposure from food or an external exposure from chemicals, our body will be affected by interventions and so we need to be mindful of that as well.

Steph: Yes, so true. Sometimes it can just be the straw that broke the camel's back so to speak, 'cause there's so many other inflammatory triggers that we're exposed to or if it's on top of stress or lowered immunity or whatever it might be in this day in age. Definitely food variety and diversity very important but-

Damo: Have you got thoughts on it Steph, what's your thinking around it?

Steph: On the increased sensitivity?

Damo: Yeah.

Steph: I think a lot of it is the collectiveness of it, definitely. That we are exposed to a lot of inflammatory triggers, we potentially have this relative degree of dysbiosis that impacts our ability to tolerate certain foods. Then I also think that dairy is very different to what it was when maybe even I was a child. It comes back to the industry and profits and that whole conversation of vested interest. Because that's where big food wins. That's why it's really important that we keep spreading this knowledge because it's similar to gluten. People always say to me "Oh I never had a problem with gluten as a child" or when I go, even Kale, when he goes to the south of France he's fine eating certain gluten products and it's apples and oranges often when we look at the comparison because of how things are processed, what they're sprayed with, how you mentioned milk is mixed

and created to be purely constant even when we're looking at different regions and different cows, there's quite a lot involved really.

Damo: There's a heap involved, there's so much involved. It's not just as simple as rocking in to the local supermarket and picking up a carton of milk and going "Oh great, I've got myself a really great quality milk here." But if we're led to believe the marketing spin and the hype, with out questioning the marketing spin or the hype and I think as Australians and anywhere else in the world if you're listening to this particular podcast from Steph, then you're discerning enough to ask questions as to whether or not it's true, the label claims, is the marketing telling me the truth or am I actually being a little bit hoodwinked here? This is not only the dairy industry, it could also be the soft drink industry and the, I'll call it beverage industry, could be a pharmaceutical industry, could be the medical industry, could be ... No industry is immune from marketing. So you gotta then ask yourself the question, "Okay, what is it that I need to hear and who else can I be asking or listening to to help me make a better decision?"

Steph: Awesome, so cool. I just love chatting with you Damo, this was an awesome topic. So as I mentioned if our listeners have additional questions we can definitely get you back on for part two so please reach out to me and I'll filter those through for our next episode.

Steph: Awesome.

Damo: Wonderful. Very happy to that Steph, I love chatting with you Steph and thank you for asking questions. Sometimes I feel like I go on a bit of a rant and speak all of my thoughts and don't let you chime in so maybe I need to hear more from you so you could actually help shape my thoughts and beliefs around this sort of stuff too.

Steph: I'm enjoying the conversation; I don't think anyone rants more than I do so it felt very soft. Loved it, absolutely loved it so we'll have you back on again very soon and thanks so much for your time today.

Damo: Thank you so much Steph, see ya.