

Writer, Steve Carper

Questions on lactose intolerance? Steve is your guy. Several years ago he established Steve Carper's Lactose Intolerance Clearinghouse, a site dense with information. In 2005 he began supplementing his website with the Planet Lactose blog. Steve updates his blog almost daily (seriously) with the latest news on all things milk related.

"I'm lactose intolerant. I wrote the book on the subject. Literally. Milk Is Not for Every Body: Living with Lactose Intolerance is its name. I've researched everything on the subject of lactose intolerance for 30 years. I know just about everything about living without dairy products. That means I've been able to help people with dairy protein allergies, vegans, those who want to keep kosher, and others who want to reduce, limit, or eliminate dairy from the diet."