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## Discovering it was a Milk Allergy, After 17 Years of Symptoms

Kim ~ I am not really sure where to start, but I would love to share my story with other people. Since I was 15, I suffered from severe migraines. After years of added symptoms which included dizziness, fatigue, swelling, heart palpitations, insomnia, sweating.... the list goes on and on....I decided enough was enough. Medical treatment's and tests always came back perfectly normal, sometimes too normal. On paper I was in perfect health! MRI's and ultrasounds all came back with normal results ...

One day, after eating a meal containing cheese, I was sitting at my desk clearing my throat constantly...which I had done since I was 15. I decided to look up information on the internet about people with the same problem. Funny, but after my research, it caused me to basically diagnose myself. After stopping my intake of all dairy, I found within 3 days, not kidding, that all..I repeat all of my symptoms disappeared. This was too good to be true!

I immediately decided to make an appointment with an allergist, just to see if I was right. After an allergy test was performed, I was notified I had an allergy to milk. Ta da! The weight was completely lifted off of me and now I currently have absolutely none of the symptoms I had carried with me for the past 17 years. I am now living a healthy and extra happy life without any medical problems whatsoever. It is truly amazing!

After conversations with my husband and family, I just feel the need to share my story with people in hopes that I may be able to help one person, two people, who knows.... So many people out there are suffering daily and doing everything they can to feel better, yet little know about the effects of milk,dairy...and what general food allergies can do to your body. I am blessed to have found my answer, but had I known or had my doctor's ever suggested a milk allergy, I could have been free from all of the medical burdens years ago. At least now I have the knowledge of what allergies can do to our bodies and I hope to pass this along so other people are aware as well. Thank you so much for allowing me to share my story.