

## Thankfully my child is now dairy free

By Karen Blue - Not only is my eldest child able to play with out, painful stomach cramps. She doesn't have the rashes that could sometimes bleed on her body or the tearful trips to the washroom she had while eating dairy. She is growing now, I am thankful to have a happy child that is now free of dairy. Her IBS is under control.

With planning she brings her own birthday cake and pizza to birthday parties. One day after a birthday party, she was happy to announce that the birthday kid's little brother thought her cake looked better than the birthday kids. Proud that the little brother wanted her dairy free cake, instead of the other birthday cake.

I too had food allergies when I was a child and adolescent. I outgrew most of my allergies when I stopped growing and entered adulthood.

The foods out there for the allergic are so much better now. Soy Ice cream is more creamy and easier to find. Alternative pastas cook better, and are more available. When my allergies were in full bloom their was no whip cream made of Soy, or dairy free chocolate candy cane milk. But I'm always happy share the excitement with my child over these found treasures.

We look forward to trips to the health food store, my child knows where all the good stuff is, but always asks if it is safe. We are also getting more dairy alternatives at our local grocer.

My youngest child can not tolerate 3% cow's milk, or an average amount of milk a day, but who should have that much cows milk any way!

Main stream manufactures have a long way to go, in food labelling. My daughter suggested I just give them some rice milk and tell them what to do! Till that day, my daughter will free of dairy, awaiting the next dairy free treasure we find.

Karen Blue is the author of a fabulous website on Avoiding Milk Protein. She also offers resources for peanut-free, gluten-free, and lactose-free individuals. Though most of the information is universal, Karen also offers excellent dining out and food resources for Canadians.