


[Search](#) | [Join](#) | [Affiliate Program](#) | [Contact](#)
**Step 1 ...** [Enter ZIP Code >](#)
**GO!**
[For Individuals & Families](#) | [For Businesses & Groups](#) | [For Dentists](#) | [Other Benefit Plans](#) | [Information & Help](#) | [Members](#)
[DentalPlans.com](#) > [Dental Health Articles](#) > [Science](#) > Goats' Milk Is More Beneficial

## Dental and Health Articles

Useful and informative news

Goats' Milk Is More Beneficial To Health Than Cows' Milk, Study Suggests

Updated: 7/30/2007 12:07:18 PM

[Print Article](#) | [Email Article](#)
**Dentale all`estero**

 €180 Corona in ceramica €700  
Titanium Impianti

**Bone Substitutes**

 Innovative Bone Substitutes and  
Combined Technologies.

*Science Daily* — Researchers have carried out a comparative study on the properties of goats' milk compared to those of cows' milk. They found reason to believe that goats' milk could help prevent diseases such as anemia and bone demineralization. Goats' milk was found to help with the digestive and metabolic utilization of minerals such as iron, calcium, phosphorus and magnesium.

Research carried out at the Department of Physiology of the University of Granada has revealed that goat milk has more beneficial properties to health than cow milk. Among these properties it helps to prevent ferropenic anaemia (iron deficiency) and bone demineralisation (softening of the bones).

This project, conducted by Doctor Javier Díaz Castro and directed by professors Margarita Sánchez Campos, M<sup>a</sup> Inmaculada López Aliaga and M<sup>a</sup> José Muñoz Alférez, focuses on the comparison between the nutritional properties of goat milk and cow milk, both with normal calcium content and calcium enriched, against the bioavailability of iron, calcium, phosphorus and magnesium. To carry out this study, the metabolic balance technique has been used both in rats with experimentally induced nutritional ferropenic anaemia and in a control group of rats.

In order to know how the nutritive utilisation of these minerals may affect their metabolic distribution and destination, the UGR researcher has determined the concentration of these minerals in the different organs involved in their homeostatic regulation and different haematological parameters in relation to the metabolism of the minerals.

### Better results with goat milk

Results obtained in the study reveal that ferropenic anaemia and bone demineralisation caused by this pathology have a better recovery with goat milk. Due to the higher bioavailability of iron, calcium, phosphorus and magnesium, the restoration of altered haematological parameters and the better levels of parathyroid hormone (PTH), a hormone that regulates the calcium balance in the organism was found in the rats that consumed this food.

Javier Díaz Castro points out that the inclusion of goat milk with normal or double calcium content in the diet "favours digestive and metabolic utilisation of iron, calcium and phosphorus and their deposit in target organs - parts of the organism to which these minerals are preferably sent - involved in their homeostatic regulation."

According to this researcher, all these conclusions reveal that regular consumption of goat milk – a natural food with highly beneficial nutritional characteristics - "has positive effects on mineral metabolism, recovery from ferropenic anaemia and bone mineralisation in rats. In addition, and unlike observations in cow milk, its calcium enrichment does not interfere in the bioavailability of the minerals studied."

Although there is no doubt that these findings may be a base for further in depth study of the multiple health benefits of goat milk, the UGR researcher warns that "studies in humans are still required in order to confirm the findings obtained in rats and to promote goat milk consumption both in the general population and in the population affected by nutritional ferropenic anaemia and pathologies related to bone demineralisation." Part of the results of this research has been published in the International Dairy Journal and Journal Dairy Science.

*Note: This story has been adapted from a news release issued by University of Granada.*

[Read Original Article](#)

© 2007 Science Daily

**10 Diet Rules That Work**

 Lose 9 lbs Every 11 Days with these  
10 Easy Rules of Diet & Fat Loss.

**L & H Branding Irons**

 Electric, Freeze and Fire Heated  
Branding Irons for all needs

**DentalPlans.com™**  
Affordable Dental Care That Works!  
 >> Plans Start at \$79.95/yr  
 >> Over 30 Plans to Choose From  
 >> Join Today & Receive 3 Additional Months FREE!  
**LEARN MORE**

**Discovery: "Dirty Jobs"**

 Get Dirty with Mike Rowe! New Show - Aug 7th, 9 e/p. Learn More Now  
[discovery.com/mikesworld](http://discovery.com/mikesworld)
**Quality Testing of Milk**

 Simple field test for efficiency of pasteurisation & bacterial content  
[www.tintometer.com](http://www.tintometer.com)
**10 Diet Rules That Work**

 Lose 9 lbs Every 11 Days with these 10 Easy Rules of Diet & Fat Loss.  
[www.FatLoss4Idiots.com](http://www.FatLoss4Idiots.com)
**New Irritable Bowel Cures**

 We Tested The Top IBS Products You Can Relieve Your IBS Today!  
[www.naturalcureguide.co](http://www.naturalcureguide.co)
**Constipation And Diet**

 Are you blocked up? Correct your diet and get going.  
[oldandsold.com/Constipat](http://oldandsold.com/Constipat)

**DentalPlans.com**  
Affordable Dental Care

- >> 24 Hour Customer Support
- >> Over 30 Plans to Choose From
- >> Plans Start at \$79.95 Per Yr
- >> Sign-Up & Get 3 Additional Months Free!

Click Here to Join Today >> GO

## Additional Articles

[Researchers Look At Antidepressants And ...](#)  
[Not Enough Evidence To Indict High Fruct...](#)  
[Brain Implant Could Predict And Stop Epi...](#)  
[Erectile Dysfunction Linked To Smoking](#)  
[Mystery Of Mammalian Ears Solved](#)  
[Society Of Vertebrate Paleontology Speak...](#)  
[Wild Weather Forces Farmers To Adapt](#)  
[A Step Forward In Understanding Tissue D...](#)  
[More Fish Oil, Less Vegetable Oil, Bette...](#)  
[Genomics Study Provides Insight Into The...](#)  
[Flip Of Genetic Switch Causes Cancers In...](#)  
[Negative Effects Of Plastic's Additive B...](#)  
[Engineers Are Building Robotic Fin For S...](#)  
[Two Drugs Work Better Together Than Eith...](#)  
[Lower Cesarean Rates Associated With Pre...](#)  
[Implantable Biochip Could Relay Vital He...](#)  
[Potential Flaws In Electronic Voting Sys...](#)  
[Drug Improves Symptoms Of Severe Alzheim...](#)  
[Reading Ability Protects Brain From Lead...](#)  
[New Technique May Speed The Development...](#)

## Step 1...

Enter your ZIP code to compare the savings and benefits offered by