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News

Goats' Milk More Beneficial than Cows' Milk

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New research has revealed that goats' milk has more positive health properties than cows' milk, helping to prevent iron deficiencies and softening bones.

Researchers at the University of Granada have conducted a comparative study between the nutritional properties of goats' milk and cows' milk, in terms of their calcium content and bioavailability of iron, calcium, phosphorus and magnesium.

The study revealed that iron deficiencies and bone demineralisation caused by this have a better recovery with goats' milk, due to higher amounts of iron, calcium, phosphorus and magnesium, and the better levels of parathyroid hormone (PTH), a hormone that regulates the calcium balance in the body.

According to the researchers, the findings suggest that regular consumption of goats' milk – a natural food with highly beneficial nutritional characteristics - has positive health effects, and unlike observations in cows' milk, its calcium enrichment does not interfere in the body's ability to use other minerals.

Several experts believe that cows' milk, or even milk in general, is far less healthy than has traditionally been believed. Studies have found that although milk is rich in calcium, its high protein content actually makes it difficult for the body to use and absorb the calcium and other minerals. One [recent study](#), for example, found that tea is healthier when served without milk.

And some experts even claim that it can cause all sorts of issues such as iron deficiencies, cramps, bloating, arthritis and some types of cancer.

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