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By LIDIA WASOWICZ
UPI Senior Science Writer
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Published: July 27, 2007 at 12:53 PM
By ALEX CUKAN
UPI Health Correspondent
Determining and lowering disease risk; forestalling Alzheimer's disease; lowering gallstones risk; then was then, this is now.

PedMed: Multi-drug use questioned
Published: July 27, 2007 at 8:00 AM
By LIDIA WASOWICZ
UPI Senior Science Writer
Be it a sign of a growing dependency on drug treatments or increasing incidence of coexisting pediatric illnesses, the number of children taking multiple medications is rising at rates some deem unhealthy.

Caregiving: Help is on the way -- not
Published: July 25, 2007 at 1:59 PM
By ALEX CUKAN
UPI Health Correspondent
When the U.S. House of Representatives approved the Lifespan Respite Care Act last December, its sponsor said, "Help is on the way for family caregivers," but that help won't arrive anytime soon.

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GOAT'S MILK HEALTHIER THAN COW'S MILK

Published: July 30, 2007 at 7:41 PM

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GRANADA, Spain, July 30 (UPI) -- University of Granada researchers in Spain say goat's milk has more beneficial properties to health than cow's milk.

Goat's milk helps digestive and metabolic utilization of minerals such as iron, calcium, phosphorus and magnesium, according to the findings published in the International Dairy Journal and Journal Dairy Science.

Study leader Dr. Javier Diaz Castro and colleagues Margarita Sanchez Campos, Inmaculada Lopez Aliaga and Jose Munoz Alferez focused on the comparison between the nutritional properties of goat's milk and cow's milk -- both with normal calcium content and calcium enriched -- against the bioavailability of iron, calcium, phosphorus and magnesium.

The findings reveal that regular consumption of goat's milk has positive effects on mineral metabolism, recovery from ferropenic anemia and bone mineralization in rats.

In addition, and unlike observations in cow's milk, goat's milk calcium enrichment does not interfere in the bioavailability of the minerals studied, the study said.

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