



# The Milk Sugar Dilemma: Living with Lactose Intolerance

*Sherlyn Martens*

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## **The Milk Sugar Dilemma: Living with Lactose Intolerance** Sherlyn Martens

More than sixty million North Americans are lactose intolerant, that is, they are not able to digest milk sugar. It is the most common cause of gas, bloating, abdominal cramping and diarrhea in humans. Although it is simple to diagnose, it may be overlooked by some physicians who may attribute the symptoms to irritable gut, stress, allergies, or even mental disorders. Once diagnosed and treated by diet, the symptoms are relieved and life returns to normal. The Milk Sugar Dilemma presents a readable guide to living with lactose intolerance, including nutritional guidelines, a lactose-restricted diet, setting your own lactose level, grocery shopping, dining away from home, lactose-free food products, and recipes. A must for patients, as well as dietitians and physicians who treat lactose intolerance.

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