CAMEL MILK – Project by Elvira Yuritzin abridged by Josephine Wackett

My Way - Elvira Yuritzin, I was born in Belarus in 1968 and immigrated to Israel in 2001.

Just like everyone who lives in this intensive, modern, competitive society I am challenged by the marathon of life. Stress and worries combined with a desire to succeed brought me to a state where I found myself with serious health issues.

This situation forced me to listen to my body and to look for different ways (not drugs) to mend the faulty systems in my body.

And then I had the great honour to meet Professor Reuven Yagil, an international specialist in breeding camels and camel milk production, who lives in Beer Sheba in Israel.

Professor Yagil has published articles and books on the use of camel milk to treat various illnesses. Accompanied and advised by Professor Yagil I started on my way....

This work is based on research by Professor Yagil and other scientists as well as my own experience in curing the body and treating high sugar and cholesterol levels, skin problems and even the condition, fibromyalgia.

Camel's milk is one of the most amazing discoveries of natural healing.

In all tribal cultures in which camels are raised people speak of the wonders of camel's milk and its contribution to the immune system and to the treatment of ailments. Camel's milk is widely regarded as having amazing therapeutic properties by the camel-raising Bedouin who attribute their good health, lack of illness and longevity to it.
Under the harsh conditions of the desert the camel must contend with extreme changes in temperature, scarcity of food, weary journeys and shortage of water. Indeed the camel is a healthy animal which rarely suffers illness. In recent years, as part of research the extraordinary healing quality of camel's milk has been revealed. One of its most significant properties is the strengthening of the immune system. The milk contains natural immune properties, which strengthen the immune system and combat bacteria and diseases.

In recent years, most of us have heard "something" of its medical value. However, for many of us there is still an absence of clinical research carried out treating patients and the effect of using camel's milk to treat various diseases.

Much research in Israel and around the world indicates the many benefits of camel's milk.

In light of its medical value, the United Nations has declared camel's milk to be a "superfood" which assists in the treatment of various types of cancer, AIDS, TB, jaundice and many other diseases (FAO April 2006).

The camel milk research center collects scientific documentation on the impact of using milk for treating many diseases – clinical research from around the world.

Leading the research is Professor Yagil, who began this more than 20 years ago. The research indicates that camel's milk contain a type of lactose and casein which is not an allergen for humans, in contrast to cow's milk.

The uniqueness of camel's milk is that it contains immune components of quality and in quantity that are not found in other natural products. It contains components that slow down autoimmune diseases, it is anti-inflammatory and prevents the development of bacteria, viruses and fungi.

Bedouin use the cream from camel's milk on their faces and so protect their skin from the harsh desert environment.

What properties of camel's milk make it a medicine?

Camel's milk contains substances which are found in the human immune system. Therefore, they strengthen the immune system.

Camel's milk is similar to human milk and contains, among other things, immunoglobulins, gammaglobulins, antibodies (the building blocks of our immune system and therefore physiologically match our bodies).

Anti-allergy

The milk does not cause sensitivity or allergies, including lactose intolerance or allergy to casein. The milk does not contain proteins such as beta-casein and beta-lactoglobulin, found in cow's milk and which cause allergies.

People who have an allergy to milk are therefore able to drink camel's milk.

Anti-inflammatory properties
Camel's milk has extraordinary anti-inflammatory properties. The milk slows down the inflammatory process in the human body and is used to treat many diseases.

"Super-food"

The milk contains a large quantity and high quality of essential constituents.

Components which strengthen our immune system and which are found in camel's milk enabling us to call it a super food.

**Development of the human brain**

Camel's milk contains fat, which assists in the development of the human brain. Fat is found naturally in mother's milk; helps to build brain tissue and controls nerve function.

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**Summary**

Based on research worldwide and attempts to treat diseases and medical problems we can conclude the following:

- Camel’s milk has great potential in the future as a medical treatment.
- Camel’s milk is a wonderful alternative to synthetic medications, which often have side effects such as changes in liver function.
- Use of camel’s milk as a treatment can cause significant improvement in disease and physiological problems.
- Camel’s milk can help many infectious diseases, and is also a unique natural treatment for infections.
- The milk has many strong antibacterial components, which prevent the development of micro-organisms.

Could camel’s milk become a popular food, not only in the East but also in Europe?

The answer is – Yes!
And here is some proof.

- The UN supports the sale of camel’s milk and its derivatives in Europe because it contains vitamins B and C as well as a larger quantity of iron and calcium than cow’s milk.
- Camel’s milk contains antibodies, which aid recovery from diseases such as cancer, AIDS, Alzheimer’s and hepatitis.
- Additionally many scientists are studying camel’s milk in connection with diabetes, heart disease and other associated diseases.

**Note!**

The effect of camel’s milk in our bodies is not just a “quick fix”. Significant change is usually gradual and continues for several months. It is recommended to use camel’s milk for an extended period of time.

The time taken between the start of treatment and effectiveness, in most diseases, varies from a number of days to a number of months, depending on the type of illness and the patient’s condition.

In some diseases we expect relief and stability (remission) and in some diseases we see relief of symptoms of the disease for an extended period of time. In all diseases we anticipate improvement in the quality of life of the patient.

I am continuing to treat myself and my family and encourage everyone who is interested to discover the wonderful world of camel’s milk!