

Lactose intolerance help!



[chantellemullins](#) 2 posts since

Jun 2, 2009

Need some input from all of you out there in the Health World. If you don't know from my profile I am a personal trainer by day. I was talking with one of my clients last week about what she should not be eating and of course she confessed that she was eating PIZZA! The worst gut killer and weight gainer of all! Anyhow her excuse was that she was recently cured of lactose intolerance by a product called Lactagen (which is why she stated that she couldn't resist eating pizza again).

Anyhow I've been lactose intolerant since high school and I've never heard of lactagen before but my client swears by this and is going around telling everyone about it. Has this worked for anyone else? I've been to the website and seen the hundreds of success stories. I need some feedback if this is real or not. It's only \$130 bucks so I'm going to buy it tonight but if anyone can tell me how the program works and what to expect it would be appreciated. At this point I'd be willing to pay anything to not feel like **** everytime I eat anything with dairy in it. Plus they say they'll give you your money back if it doesn't work so what do I have to lose???

Tags: nutrition, lactose, lactose, intolerance, intolerant



[dalemil24](#) 1 posts since

Jun 16, 2009 1. **Re: Lactose intolerance help!** Jun 16, 2009 9:32 AM

I don't know anything about that, but if you're going to try it please let me know if it works for you.


Thanks.

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[JJWellness](#) 2 posts since

Feb 20, 2009 2. **Re: Lactose intolerance help!** Jun 21, 2009 7:47 PM

 in response to: [dalemil24](#)

You can never "cure" yourself of being lactose intolerant...it just masks the issue. As a trainer, you should know about the health claims on pricey pills...consuming lactose based products can cause other intestinal damage and can lead to other issues such as gluten sensitivity, soy, food allergies, etc. The digestive track is very complicated. I would save the money...from one fitness professional to another.



[Nutrition Tara](#) 34 posts since

Jul 17, 2007 3. **Re: Lactose intolerance help!** Jun 22, 2009 11:07 AM

I just looked at the Lactagen website. It certainly won't cure lactose intolerance, but rather alleviates the symptoms. When you are lactose intolerant, your body does not produce the enzyme lactase which breaks down dairy. It looks like this product contains digestive enzymes and probiotics that will help you digest dairy products...kinda like Lactaid. It looks as though the difference is this populates your digestive tract over time and therefore will help with symptoms after you stop taking shakes. I would imagine this would still be fairly temporary and you would have to start the program over again when the enzymes and probiotics has been depleted.


I see your original post was from the beginning of this month. Did you give it a try?

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[chantellemullins](#) 2 posts since

Jun 2, 2009 4. **Re: Lactose intolerance help!** Jun 22, 2009 12:12 PM

 in response to: [Nutrition Tara](#)

Hey everyone,

You guys are right about there being no technical "cure" for lactose intolerance. We are born without an enzyme and there is no way to get that back so, we can never be "cured". However, lactagen is the closest thing I've encountered in the 10+ years I've been suffering from LI. Lactagen is all natural, and as Nutrition Tara said, is made up of enzymes and probiotics. But lactagen and lactaid could not be more different.

Lactaid temporarily puts lactase (the enzyme that breaks down dairy) back into our body so that we can digest lactose for that one time. It's something that only works for one immediate time and must be taken everytime you eat dairy for it to help. Having taken lactaid for a number of years I can say that while it did work in the begining, taking the pills all the time was the biggest pain in my butt. Besides the price for all those pill bottles add up, in the end your spending more to cope with the condition then it would cost to do something about them.

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Lactagen works completely different by retraining your body to handle dairy again. It strengthens the healthy bacteria inside your digestive tract to the point where they can break down the lactose molecules themselves. The way it was explained to me was like teaching blind people to read brail. There is no way to get your sight back if your blind, but you can learn to see through reading brail. In this sense lactagen gives your body a new way to handle dairy, so it can be broken down and digested safely and symptom free. Then you never have to worry about taking any other supplements again. There is nothing else out there that can give you your life back like that.

I'm on day 15 of the program and I feel great. I get a little more energy every day. No more pills, no more diets. Hello ice cream and pizza!