

## LACTOSE INTOLERANCE HOME TEST

Some people, even in the absence of [gluten intolerance](#) are lactose intolerant and simply do not produce lactase enzymes and so cannot digest dairy products containing lactose. Other people may be allergic to the proteins of milk and not be lactose intolerant. Many people will be milk protein allergic and lactose intolerant at the same time.

There is a simple home challenge for lactose intolerance and while this test may not reveal every case of lactose intolerance it will help to identify many people who are. You may be allergic to the proteins of milk, even though, you are not lactose intolerant.

HOME TEST: Upon awakening drink a large glass (8-12 oz.) of whole milk on a completely empty stomach. Do not eat or drink anything else for 3 to 4 hours. If you experience bloating, gas, diarrhea, abdominal discomfort, mucous in the throat or abnormal bowel habits, you are likely lactose intolerant. In some cases the symptoms may not appear immediately, but will be noticed within 24 hours. If you experience no reaction whatsoever, you probably are not lactose intolerant.

## SUCROSE HOME TEST

There is a home test for sucrose intolerance also. First thing in the morning, add two teaspoons of pure sugar to a large glass of water. Stir well and drink. Do not eat or drink anything for three to four hours and check for any abdominal discomfort, bloating, gas or other digestive symptoms.

If these symptoms are present, suspect sucrose intolerance.