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## CAMEL MILK - FEATURE, APPLICATION

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### Abstract:

Camel milk is a traditional drink of the Eastern countries, which is not only tasty, but also rich in nutrients. The taste is sweet, but it directly depends on the quality of water and food given to the camel. Also, among its characteristic features, it can be distinguished that it foams easily when poured and is thicker than other animal milks.

Benefits and harms of camel milk

Camel milk can keep its quality for a long time, which allows it to be transported over long distances.

In general, camel milk is not very fat (no more than 5 percent). Two-humped camels are often bred because their milk is fattier than that of one-humped camels. Also, camel milk is more useful than cow's milk.

In addition, due to fatty acids, this product can be frozen. After thawing, its serum does not separate.

### WHAT PRODUCTS ARE MADE FROM CAMEL MILK?

The following products can be prepared from camel milk:

We are;

Laban (taste reminds of yogurt);

Labneh (cheese balls dipped in olive oil and served in sauces and salads);

Butter;

Melted butter;

Milk cocktails;

Ice cream;

Cheese.

In addition, camel milk can be mixed with the milk of other animals to obtain fermented dairy products, for example, in the preparation of yogurt, ayron (chalop), suzma, kurut.



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### USEFUL FEATURES

The benefits of camel milk lie in the presence of unique substances in its composition. This product contains trace element iron, which improves blood composition and participates in metabolic processes in cells. In addition, it contains amino acids that activate the formation of red blood cells, so camel milk is especially recommended for those suffering from anemia.

Due to the effect of phosphorus and calcium, bone regeneration is activated and their strength increases. The presence of a large amount of ascorbic acid helps to strengthen immunity and improve the protective functions of the body.

Taking into account the presence of vitamin D, this product reduces the risk of osteoporosis and rickets in children. B vitamins normalize the activity of the nervous system and help to get rid of stress, insomnia and fatigue.

Due to the presence of a large amount of sodium, camel milk quickly quenches thirst, which is especially important during a trip in the desert. Other trace elements include cobalt, which is a part of cell enzymes, and potassium, which improves the functioning of the cardiovascular system.

Camel milk has been scientifically proven to help treat cancer and leukaemia. Perhaps this feature is due to the fact that it contains substances that help remove cancer-promoting substances from the body.

In addition, camel milk is used in the treatment of tuberculosis, stomach ulcers and other problems related to the gastrointestinal tract. It is recommended to take this product when there are problems with the pancreas, liver and intestines.

Camel milk can be consumed by diabetic patients to maintain blood sugar levels. Doctors do not recommend increasing the daily amount from 500 milliliters.

Camel milk is widely used in the field of alternative medicine. For example, treatment with camel milk is prescribed for cirrhosis of the liver. For this, a mixture is prepared in the proportion of six teaspoons of well-crushed cumin per 1 liter of milk. 100 ml per day for 21 days. It is not recommended to eat or drink any liquid for two hours after taking milk. After the course of treatment, you need to take a break for a month, then you can repeat it again.

It helps patients with Alzheimer's disease to improve memory, sleep better, and increase physical activity. In autism, it changes the level of antioxidant enzymes and similar substances in the body and fights against the effects of oxidative stress.



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