

## 4 Reasons You Should Avoid Casein

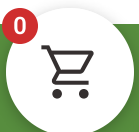


*This article discusses emerging/ongoing science and research. It is intended for general informational purposes only. This content is unrelated to products offered by MariGold and does not contain any representations about the performance of such products.*

Casein, the hard to digest protein found in milk, has the potential to wreak havoc on your health. Here are the top four reasons you need to avoid it at all costs.

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## 1. Casein Causes an Addictive Response

A component in casein known as casomorphins, act like opiates as they break down. As casein slowly digests, the casomorphins attach to opiate receptors in the brain and can actually cause you to become addicted to dairy products.

*Next time you hear someone say they're "addicted to cheese," they're speaking the truth! The response to casomorphins has been compared to heroin in terms of their ability to cause addiction.*

## 2. It Puts Strain on the Digestive System

Because casein breaks down so slowly, it places a great deal of strain on the digestive system. While many people think their negative reaction to dairy products is due to lactose-intolerance, it's very likely that it might actually be the casein. The digestion difficulties could be from your gut lacking the enzymes necessary to digest this type of protein.

*Symptoms of this issue can gas, nausea, bloating, and stomach pain.*

## 3. It Can Cause Respiratory Issues

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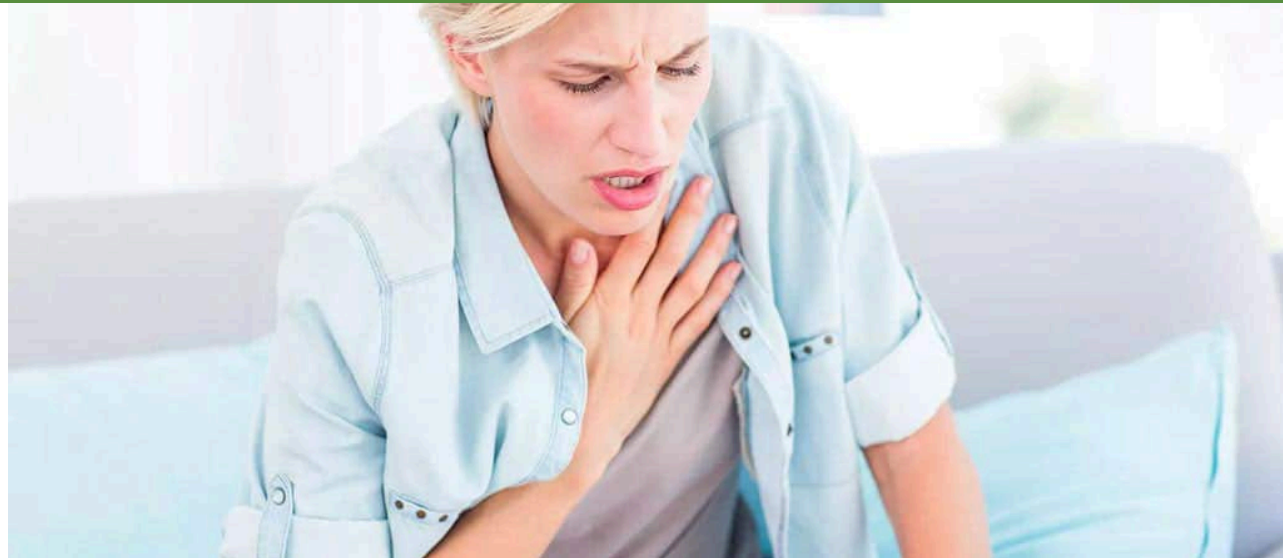
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Did you know that casein is used to make a strong type of glue for wood bonding? Because of its thick and coarse properties, woodworkers use it for its strength and long lasting effects. Unfortunately for us, it's great at forming mucus. The human respiratory system can become clogged due to this protein. If you're noticing wheezing, coughing, congestion, a runny nose, or itchy eyes, this could be from the casein.

#### 4. It Can Induce the Same Reactions as a Gluten Intolerance

Casein is very similar in structure to gluten and often times can cause adverse cross reactions in people suffering from a gluten intolerance. [Studies](#) have shown that about 50% of gluten sensitive patients have a sensitivity to casein as well. If your symptoms have not improved after going gluten-free, it's a good idea to try eliminating dairy as well. A diet like Paleo might be best for your digestive system.

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Our MariGold products are all made **casein-free** so you can enjoy our snacks and foods and remain bloat-free (yay!).

MariGold **Grass-Fed Whey Isolate Protein Powder** is **100% pure, clean, premium quality, cold-processed** and **micro-filtered** protein. This means it only contains the **good stuff** your **body wants** and needs and **does not contain casein**. Our protein powder is also **lactose-free**.

Our **Protein Bars** also contain the same **premium quality protein**, along with healthy fats like **organic grass-fed ghee**. Our ghee also **does not contain casein** and is **lactose-free**. So, you can enjoy a **rich, buttery taste** without worries.

Looking for a delicious morning **casein-free protein coffee**? Well, MariGold's **High Protein Coffee** might just be the perfect choice! You can enjoy flavors like **Iced Vanilla Latte**, and **Iced Café Mocha** **lactose and casein-free**! We also have our **Iced Purist** flavor for those who just love a plain cup of coffee.

We have 3 flavors of **High Protein Coffee** featuring our **Grass-Fed Whey Isolate Protein Powder**, but we also have **two DAIRY-FREE flavors** (**Mocha Collagen Latte & Vanilla Collagen Latte**) using our **Collagen Peptides**. Our Collagen Protein Coffee is the perfect option for those who need a **completely dairy-free coffee**.

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You can also see our [What's Inside](#) page for more information on our MariGold ingredients as well as our [Nutritional Information](#) page that shows all our product labels with a complete breakdown of nutritional information.

**So, treat yourself well with MariGold (casein-free) foods!**

**SHOP NOW**

## 7 thoughts on "4 Reasons You Should Avoid Casein"

**ROBERT ALEXANDER, NUTRITION MAVEN SINCE 1970**

MAY 25, 2020 AT 12:58 AM

Interesting article. I didn't know about the addictive nature of casein. It has gradually dawned on me over the years that the slight digestive upset that I get from the whey concentrate powder in my smoothies may be from the pasteurized casein. I'll keep using it, along with digestive enzymes, until I run out, but then I'll start paying the considerable extra for whey isolate.

While I've given up most dairy products, I enjoy a quart of whole raw grass-fed milk 1-3 times a year. With every creamy swallow, I can feel my body going, "Yah mon, me like dat; gimme more".

Whether I chug it all on the spot or ration it out over a week, I have yet to be able to identify any excess mucus production, digestive upset, or any other negative reaction.

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either 145 degrees for 30 minutes or 162 degrees for 15 seconds. Shockingly, ultra-pasteurization involves 275 degrees for 2-5 seconds. Remember, water boils at 212 degrees. That process kills healthy bacteria and ruins the taste.

Reply

NAN  
OCTOBER 30, 2023 AT 12:25 PM

And we're told to feed it to babies. ♀

Reply

JUDY STIRANKA  
FEBRUARY 1, 2019 AT 5:37 AM

You are so smart MariAnn ❤️ I have always said you are an amazing woman! This is just one more example!

Reply

MARI ANN LISENBE  
FEBRUARY 1, 2019 AT 9:14 AM

Coming from a strong, powerful woman like you, Judy, this means a lot!

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**JEANNA CURTIS**

JANUARY 31, 2019 AT 5:54 PM

Good article! Thanks for sharing. I've been drinking casein-free A2 milk which has definitely made a difference.

Reply

**ROBERTA JERORE**

JANUARY 31, 2019 AT 4:40 PM

Is your milk A1 or A2 and are your cows grass fed AND GRASS FINISHED! ARE THEY FED EITHER CORN OR SOY?

The answers will determine if I reorder these products.

Thank you,

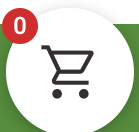
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**MARI ANN LISENBE**

JANUARY 31, 2019 AT 7:56 PM

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indicates that our whey comes from milk from cows that are grass fed, and that the whey is non GMO and grain free.

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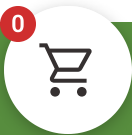
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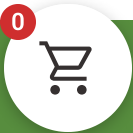
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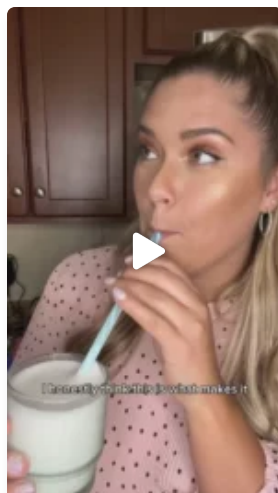
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Family owned small business making grass fed protein powders and snacks from ethically sourced ingredients.

#lectinfree #lowfodmap #keto #nongmo



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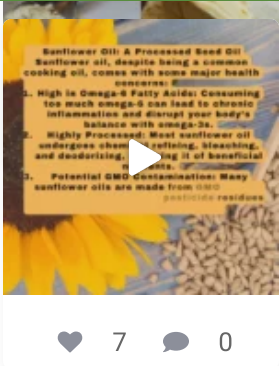
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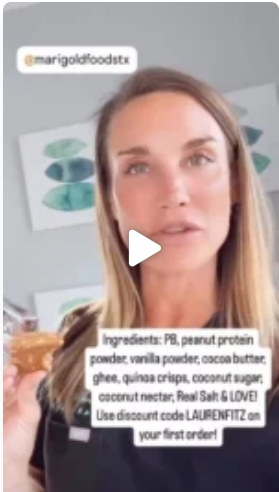
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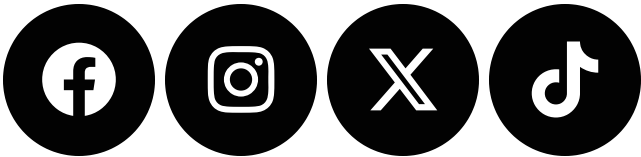
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MariGold Foods LLC.

Phone: 936-344-0444

Hours: M-F, 8-4:30

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