

LACTOSE INTOLERANCE

Supportive Management

Minimize symptoms of lactose intolerance

- Take small amounts of milk (4 ounces) at a time. Take milk with other food.
- Not all dairy products would produce symptoms. Note what dairy products trigger the lactose intolerance symptoms, and avoid them. Also note the dairy products that can be personally tolerated well – they may still be included in the diet.
- Eat lactose-free or lactose-reduced labeled food.
- Supplement calcium in the diet by eating other non-dairy but calcium-rich food such as okra, orange, spinach, broccoli, soy products (e.g. tofu, soy milk, and soy beans), canned sardines, canned salmon, tuna, calcium-fortified products (e.g. bread, cereal, fruit juices) and rice milk.
- Also have enough Vitamin D by: eating Vitamin D-rich food such as liver and eggs, and by spending time (earlier than 10am) under the sun.

Herbal Medicine

• Salabat

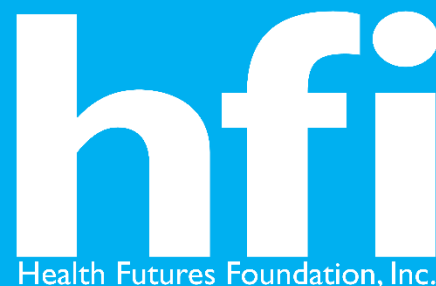
- Boil three middle-finger-sized luya in 3 glasses of water. Boil in low heat for 15-minutes. Strain and serve. May add calamansi and honey for flavor.

• Strong Ginger Tincture

- For adult use only.
- Fill a jar with 50g peeled fresh ginger. Pour 90% alcohol (e.g. tuba) over the top to make 100 mL. Shake the jar well. Keep the jar stored in a dark cabinet and shake periodically for two weeks. After two to three weeks, strain and store the ginger tincture in a cool, dark place. For use, take 0.25 to 0.5 mL.

• Bayabas (Guava) Leaves Decoction

- The amount of guava leaves to be used corresponds to the age of the person the decoction is intended for. For a person aged 2-6, use either 1 ½ tablespoons of dried leaves or 2 tablespoons of fresh leaves; for a person aged 7-12, use either 3 tablespoons of dried leaves or 4 tablespoons of fresh leaves; and for those older than 12, use either 6 tablespoons of dried leaves or 8 tablespoons of fresh leaves. Boil the leaves in 2 glasses of water for 15 minutes or until the water is halved. Strain. Divide the decoction in 4 doses, and take each dose every 2-3 hours.



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Herbal Medicine

- **Sambong Leaves Decoction**

- Boil either three handfuls of fresh sambong leaves or one handful of dried sambong leaves for every 2 cups of water. Boil for 15-30 minutes and then, strain. Divide the decoction into 3-4 doses to be taken in one day. Use the decoction the same day it was prepared.

- **Coconut Water**

- For fluid and electrolyte replacement
- For every 2 glasses of plain coconut water, add 2 glasses of clean water, 1 tablespoon of sugar, and ¼ teaspoon of salt. Stir the mixture thoroughly. Take one glass with each bowel movement.

- **Tanglad Roots and Luya Decoction**

- There is no fixed dose for the tanglad roots. Boil tanglad roots with luya for 5-10 minutes. Strain and take the decoction.

- **Lubigan Rhizome decoction**

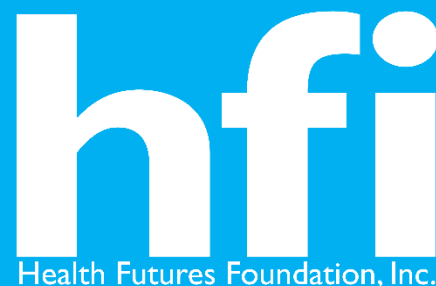
- Remove the rootlets. Rinse the rhizomes, cut them into parts, and dry them. If lubigan is dried, use 6-13 tablespoons of it for the decoction, whereas if fresh lubigan is to be used, use 4-6 tablespoons instead. Boil rhizome in 5 glasses of water to make 2 glasses of decoction.

Consult doctor immediately if affected person is experiencing any of the following:

- Diarrhea lasting more than 3 days
- Abdominal pain so severe he/she can't sit still or find a comfortable position
- Unable to keep fluids down due to frequent vomiting
- Have little to no urine

Consult doctor:

- For appropriate diagnosis and management, as lactose intolerance symptoms are similar to other conditions (e.g. irritable bowel syndrome).
- If supportive management interventions don't help in relieving symptoms.



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