

**EPISODE 158**

**[0:00:00.3] AV:** Welcome Paleo Nation. I'm Ashleigh VanHouten and you're listening to Paleo Magazine Radio, the official podcast of the original Paleo Lifestyle Publication.

[INTRODUCTION]

**[0:00:18.3] AV:** Is Milk paleo? Does it matter? Is milk good for you? For those of us willing to eat the flesh and guts of many animals, is it really that much of a stretch to consume dairy products too? These are questions that may be a source of a lot of debate but considering a pretty big theme in nutrition these days and even ancestral health and nutrition is about personalizing your diet with foods that make you feel and perform your best, some of you may still be into milk or at least willing to explore your options, which brings me to the topic of today's podcast.

We're talking with Walid from Desert Farms, a company selling pasture raised grass fed camel products in the US like milk, meat, and even skin care. He gives us the low down on why camel milk is different and in his opinion, superior to cow's milk. He talks about how his camels are raised and we also get into the different ways that camel products can be used like in chocolate and beauty products.

We also talk about hump fat. Yeah, I said "hump fat". I'm not even going to expand on that one, you're just going to have to listen to the podcast. But before we start, let's hear a little bit about today's sponsor Morocco Method.

[SPONSOR MESSAGE]

**[0:01:26.3] ANNOUNCER:** Earlier this year we had Anthony Morocco, the founder of Morocco method on our show. Anthony and I discussed how his career as a hair stylist led him to develop an all-natural hair care line and how you shouldn't have to sacrifice your health in order to have great hair. We also talked about some truly paleo hair care techniques.

***AM:** You know, for thousands of years, we washed our hair and we took care of our scalp but we certainly used oils on our skin and hair for moisturizers. For example, I'm Italians, so*

*in Italy, for thousands of years, they've used olive oil. The olive oil is from the olive, from a tree, from the actual part of the nature.*

*Then say in Africa, people were using like they would take bananas and smash them and put them in their scalp and hair and moisturize their hair and in Hawaii they would doing it with coconut oil, South America would be doing avocado. Then the Alaskans probably we'd be doing whale blubber.*

**[0:02:20.3] ANNOUNCER:** While you certainly could make your own hair care products from avocado, coconut, banana, and whale blubber, you might end up attracting some unwanted attention in the process. A better choice would be to take advantage of the decades of research Anthony has put into his Morocco method line. It's entirely raw, vegan, gluten free hair care products that include their award winning five element shampoo collection.

Each shampoo is based on one of the five essential elements. Air, earth, water, fire, and ether and each of this special formulas work together to provide your hair with the nutrients it needs to be healthy, shiny, clean and manageable. Go to [moroccomethod.com](http://moroccomethod.com) today and use the coupon code paleo hair to save 15% off your next order.

[INTERVIEW]

**[0:03:37.2] AVH:** Hey Walid, welcome to the podcast.

**[0:03:40.0] WAW:** Thank you so much for having me.

**[0:03:41.4] AVH:** Yeah, I appreciate you being here. For our listeners who maybe aren't as familiar with Desert Farms, maybe what we could do is just start by you telling us a bit of a background about your company and how long you've been offering camel milk here in the US and why you decided to kind of offer this product here now?

**[0:03:57.3] WAW:** Sure, desert farms is essentially a camel company and we offer both the milk and the meat of the camel. We try and use the whole animal to utilize this remarkable item as

an alternative source of protein. Our first product that we launched was the milk and we've received varied reception for it.

I'm originally from the Middle East so it's been prized for centuries by our ancestors, the nomads and the Bedouins. They would essentially roam around the desert for a month without food or water and just rely on camel milk and dates. So when I was visiting back home one summer, I rediscovered this lost heritage and I decided I wanted to really show it back to the western world and kind of really show the beneficial effects of camel's milk.

And there's tons of research out there that just talks about how it's been helping a lot of people with autoimmune disorders and, you know, children with autism and helping people with their leaky gut. It's the only paleo approved milk on the market as well. So we have a lot of support from some of the top paleo influencers in the community and we're just really excited to just show everyone how powerful this milk really is.

**[0:05:10.9] AVH:** As you said, you know, camel milk has been popular in other parts of the world like the Middle East for a long time. Why do you think it's kind of just now coming over the US and what do you think is the biggest hurdle for people in America in terms of being open to it and trying it?

**[0:05:26.5] WAW:** Well, I think the most famous camel in the US is that cigarette packet and when people when we say it's camels, they immediately think it was actually — they didn't even know camels even produced milk at all. That was like one of the hurdles that we had to overcome but it hasn't been here for the main reason that there just isn't really much camels in the US and, you know, when we started, there was about only 5,000 total.

That's where we kind of went around the whole country, trying to find farmers that can milk for us and now we have a very strong network of a co-op farm that produces milk regularly only on a daily basis. So we have a lot of supply on hand and it took some time to really establish those connections and really build that community and that trust with our farmers.

A lot of the farmers are actually on mission at night so that was another challenge. They had most of the camels in the US and they were using them for making the scenes before we came

in. That's where we kind of like approached them and said hey well, there's a huge market for camel's milk and how would you guys like if you made an additional source of income and they loved the idea and that's where we kind of clipped in and moved forward.

**[0:06:42.4] AVH:** Right, okay. Yeah, so you mentioned that your camels are at this small sort of family farms throughout the country. Can you talk a little bit more about how that works and how the camels are raised?

**[0:06:53.2] WAW:** Yeah, definitely. Our largest farm is actually in Springfield, Missouri. The beautiful thing about the camel is that they're very resilient. They can survive anywhere, you put them in and they're very adoptive. If you can survive in the desert, you can survive anywhere around the world and that's what camels do is they adopt to their environment. The camels in Missouri they're essentially on pasture in a 500 acres and they're browsers.

So they don't graze, they'd rather reach out for dry bushes from trees and you know, to see all sort of things. What we give them is purely grass, alfalfa, some hay and we supplement them with organic oats.

**[0:07:32.7] AVH:** So I've tried your milk and I really like it. I think it's nice and light and sweet but can you tell us how camel milk is different from cow's milk in terms of nutrition and taste and does it work for people who maybe can't tolerate cow's milk?

**[0:07:47.0] WAW:** Yeah, that's a really great question on how it taste and to be honest, the taste is extremely seasonal. Really depends on the climate, on what the camels eat, the stage of it is like patient cycle.

It's kind of like Kraft cheese, you'll never get the exact same taste in cheese all the time. We've had people describe the taste of camel's milk from being semi salty to extremely sweet. That's a pretty wide range of taste and that's like a beauty part of camels is just like the milk it produce changes on a regular basis.

In terms of like the health benefits of camel's milk, the milk really has some special proteins that can't really be found in other milks. It somewhat simulates the same properties as colostrum. Colostrum is considered first milk when a female gives birth to a new baby.

That colostrum is essentially only within the first 24 to 48 hours after giving birth. It has high levels of lactoferrin, immune globulin, cytokines and all that good stuff. Camel's milk in general during its mature milk, it has really high levels of those properties. A lot of people are using it as a source of immune booster or just a supplement to breast milk even. With all the research out there, we've seen that camel milk is indeed one of the closest milks to mother's milk in terms of its biological aspect of it.

It only has the A2 medicine, which is the non-allergenic protein that people can tolerate. If someone is allergic to dairy or the lactose intolerant, it's mostly because the milk is either pasteurized or the milk is coming from a breed that produces an A1 type protein.

**[0:09:34.8] AVH:** Okay, this is really interesting. You mentioned the colostrum and I was going to ask you about that. You offer raw colostrum on the website and I assumed initially that that would just be popular like with the bodybuilder set. I guess you're saying some folks may use it as an alternative to breastmilk, right?

Yeah, just kind of get into that a bit more, who is buying that?

**[0:09:54.2] WAW:** Yeah, definitely, I mean, anyone who has some sort of a compromised immune system benefits greatly with camel's milk in general just because it mimics the same properties as breastmilk. We have from like athletes like the cross fit community to moms who want to do a homemade style version of infant formula.

To all sorts of people, I mean, colostrum is just one of the greatest super foods out there. One of the top anthropologist even said that "without colostrum, we wouldn't even thrive as a human race because it's so needed for us as a source of nutrient to actually survive."

**[0:10:32.6] AVH:** That is so interesting. Okay, you mentioned pasteurized versus raw. You offer both forms of camel milk, can you talk about the differences in why one might choose one over the other.

**[0:10:44.2] WAW:** Yeah, that's a really great question about what's the difference between raw and pasteurized. There's two different schools of thoughts and we try to be right in the middle, we don't recommend or kind of push one or the other, we believe camel milk is great in both forms.

I personally would always drink raw no matter what. Some people are still scared about the fact that the raw might cause some sort of illness or some bacteria but we test all our milk on a regular basis. We've never had any sort of illness or outbreak from the milk.

We kind of understand the fear that some of the consumers might have with raw milk, that's why we offer pasteurized and we did a side by side testing on a nutritional profile and they're both exactly the same and we've seen both products benefit a lot of people within that target audience.

In terms of, if you ask someone who is completely against pasteurized milk, they'd probably give you a completely different answer saying that it destroys some of the enzymes and the healthy digesting and all that stuff but with camels, it's a little bit different, it's very heat resistant.

It doesn't really denature that much of the protein and our process, the way we pasteurize it is a very low and slow process. It's actually the lowest legal limit to even consider anything called pasteurized. We're not really doing it the conventional way.

**[0:12:02.3] AVH:** I'm really interested as to where geographically your milk is the most popular here in the US? Who is your major client base? Who are your customers generally?

**[0:12:13.1] WAW:** In terms of what states, a lot of people are purchasing camel milk from California, Texas, New Jersey and New York. Those are one of our biggest states. In terms of the demographic, 40% of our customer base have some sort of allergy or lactose intolerance towards the milk, the remainder of it are people who have some sort of compromised immune

system and they're trying to either heal their leaking gut or just boost their overall immune system and stay healthy.

**[0:12:44.2] AVH:** I actually didn't know that you guys offered meat as well. Can you talk about that and are there like camel shares or how does that work?

**[0:12:53.9] WAW:** Yes, so for the meat aspect of our business, this is a completely new venture that we just added as a new line of products under Desert Farms and most of our meats are going to be coming from Australia. So our first meat line of product is going to be actually hump fat. Hump fat is essentially the fat that comes off the hump of the camel essentially.

**[0:13:14.2] AVH:** So paleo, people are going to love that.

**[0:13:16.6] WAW:** Yeah, we're essentially going to be rendering the first batch really soon and should be in the market in the next couple of weeks and the interesting part about it is that the whole camel itself is completely being and the only fat that's concentrated is on the hump and that hump is essentially used as a source of energy for the camel to basically walk thousands of miles in the desert without food or water.

A lot of people talk about like fat being the source of energy and if you look at the camel, it's exactly that. They use fat store as a source of energy and it's just incredible how we just recently came to know that fat is essentially very beneficial for you and it's actually being the most sustainable source of energy that we humans need.

**[0:14:04.8] AVH:** That is so cool, I cannot wait to try it. I've actually tried camel meat before and as you said, it's very lean, which I suppose for some people who maybe are looking for lower fat stuff that's good but the hump fat, that sounds really interesting. Okay, there are also other unique ways to use camel milk, right? I just noticed on your Instagram that you guys are offering chocolate now made with camel milk, right?

**[0:14:27.1] WAW:** Yeah, I mean there's endless possibilities you could do with the milk. It's a complete line of creamery that we're working the plant line and we're launching an ice cream version by the end of the summer. We're going to be doing yogurt and cheese and a bunch of

other different products. So everyone that basically has missed their dairy, their real milk this is a perfect alternative for them.

**[0:14:51.3] AVH:** Yeah, I need to get my hands on some of that chocolate and ice cream. That's very exciting and you guys, it's not just food too, right? You have skin care and soap and other offerings like that. Can you talk about those a bit?

**[0:15:02.5] WAW:** Yeah, so we also have a beauty product line exclusively made from camel's milk. Essentially with that what we do is they would rub the milk on their skin to protect them from the sun as some sort of sun lotion. So we took that ancient wisdom and try to apply it into beauty products and it's been helping a lot of people with dry skin, with eczema, and rashes that type of stuff.

**[0:15:27.4] AVH:** Very cool. So we touched on this a bit earlier but depending on your personal interpretation of paleo or your tolerance for milk, some people don't necessarily consider any animal's milk necessary for health and I am sure it is not for everyone but what would you want people to know about camel milk that may encourage them to give it a shot?

**[0:15:48.9] WAW:** Here's the thing, we as humans, the first milk that we've ever consumed when we first came to this earth is milk and so it doesn't really make sense why you would want to take that out of your diet if that was the first food that you were consuming for the first few years. So I think it is an essential source of nutrient for us no matter what people say and obviously the source of the milk and the quality of the milk makes a huge difference.

I mean if you talk about now the conventional way of milking animals, I'm 100% against it. It doesn't make sense, it's not healthy for the cows, it's not healthy for the environment, it's not healthy for us. If there is a way and there is a way and a lot of farmers have started doing this where they raise their animals on pasture all year round and they're grass fed and they're not giving them any type of grains or GMO's, I think there's a great benefits to drinking raw milk, period. You know, I'm completely for it.

**[0:16:45.2] AVH:** And you mentioned that camel milk is paleo approved, do we just have a bunch of paleo experts on board or how does that work?

**[0:16:53.4] WAW:** Yes, so the approval came from The Paleo Foundation, [paleofoundation.org](http://paleofoundation.org) and they approved it along with some experts like Rob Wolfe and Dr. Arezo Guzdani who's one of the top clinical immunologist and Nora as well. So we have a lot of great endorsements that pretty much approve the milk and say that if you can't have dairy then camel's milk is actually a great alternative to give it a shot.

**[0:17:19.8] AVH:** Cool, you mentioned earlier too about a big subset of your customers are folks who are dealing with autoimmune disorders. Can you get into that a bit more in terms of what properties of camel milk are assisting people in their autoimmune disorders, how does it work?

**[0:17:34.4] WAW:** Yes, so with the camel's milk there's a lot of research out there that shows that it has high levels of anti-inflammatory properties and that's what's helping them to essentially help heal their leaky gut. You know obviously we encourage an elimination diet first and a paleo diet first before jumping on camel's milk to actually see the maximum effects. It doesn't make sense if you're still eating sugar and grain and all that type of stuff. You won't really see that much effect but supplementing camel's milk on a paleo or elimination diet helps significantly with people with autoimmunity.

**[0:18:09.0] AVH:** You mentioned that you guys are working on getting this fat to us as well as the chocolate and some other food products, are there any other projects or products or expansions or anything interesting that you can tell us about?

**[0:18:22.4] WAW:** Yeah, we have so many products getting pretty much in the pipeline right now. The most important one we have like I said is the ice cream, the hump fat, and the camel jerky. So we think...

**[0:18:33.7] AVH:** Camel jerky? Oh I'm so exciting.

**[0:18:36.2] WAW:** Yeah, so we're essentially trying to move a little bit away from the perishable goods to the more of a shelf stable provisions that people can just grab and go. It maybe will look more functional and convenient. We really want to focus on things where people can actually just drink any time of the day.

**[0:18:53.7] AVH:** And does all of this, this will all be available on the website? Where generally can people buy this throughout the country or is the website the best spot to start?

**[0:19:02.9] WAW:** Yes, so desertfarms.com is the probably the best place to start. We also have a free sample pack as well for anyone that just wants to give it a try. So if you're still hesitant about whether or not you would react to it anyway, then we do have a free sample pack that we can ship to you anywhere in the US and Canada. We have a store located on our website. So we have about 150 stores nationwide that carry our products. So you can check on the store locator to see if there is any store near you.

**[0:19:31.4] AVH:** Okay, cool and where else can people find you on social media?

**[0:19:35.0] WAW:** We're very active on Instagram. Instagram is where we try to post all of our recipes and updates and all that type of stuff. So that would be the best place to reach out to us.

**[0:19:45.6] AVH:** Okay and you will be at Paleo f(x) this year, right?

**[0:19:49.3] WAW:** Yeah, actually we're attending Paleo f(x) this year and we are also getting real live camels outside the convention. So we got that approved.

**[0:19:58.8] AVH:** So cool.

**[0:20:00.3] WAW:** Yeah, so whoever is there, stop by and we're going to be offering free camel rides and we're going to do a milking demonstration as well.

**[0:20:08.1] AVH:** That's so awesome. I will definitely be there. That's very cool. Well, Walid thank you very much for taking the time to talk to us. You know, I am already a fan but I just like that you guys are offering another option for people and broadening our horizons giving us other ways to be healthy and enjoy our food and I think that whether it's food or fitness, everyone's got to try it before you decide whether it's right or not for you, right? So yeah, thanks for being here. I really appreciate it.

**[0:20:35.7] WAW:** Thank you so much for having me. I had a great time.

**[0:20:37.3] AVH:** And I look forward to eating lots of chocolate and jerky at Paleo f(x), I hope you are bringing some.

**[0:20:42.6] WAW:** Yes, we will and we'll send you guys some beforehand as well so don't worry about it.

**[0:20:47.2] AVH:** Awesome, all right thanks very much. Have a good one.

**[0:20:48.7] WAW:** You too, take care.

**[0:20:49.7] AVH:** Bye.

[END OF INTERVIEW]

**[0:20:50.8] AVH:** Thanks everybody for listening to this podcast with Desert Farms and tell me you aren't just a little bit interested in trying camel's milk chocolate right now? Come on, I know I am. I'm also very pumped to see these animals in action at Paleo f(x) and I hope I see you there too. But last thing before I go, have you picked up your April-May issue of Paleo Magazine? If not, you should and if you have, I would love to know what your favorite recipe or article is so tag me on Instagram @themusclemaven and @paleomagazine and we may repost you so that you can be Insta-famous.

One last shout out to our sponsor Morocco Method. They offer shampoo, conditioner and other hair products that are all chemical, gluten, soy, GMO and cruelty-free, and their plant-based ingredients are not only great for your hair but they're versatile enough that they can be multi used. Like their apple cider vinegar shampoo for example can be used as a makeup remover and a body wash. So you can cut down on the amount of stuff you're buying and know that you are using healthy products on your skin. So learn more all about the great stuff that they have at [moroccomethod.com](http://moroccomethod.com).

[OUTRO]

**[0:21:51.8] AV:** Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song *Light It Up*, by Morgan Heritage and Jo Mersa Marley, and on behalf of everyone at Paleo Magazine, thank you for listening.

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