# Lactose tolerance & the true Israelites

**by Mikkel S. Kragh**

Is there a connection between the Lost Tribes of Israel and lactose tolerance?

That may at first sound like a far-fetched idea, but when God promised the land of Canaan to the 12 Tribes of Israel, He described the land of Canaan as a land "flowing with milk and honey":

***"I will bring you up out of the affliction of Egypt unto the land of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites, unto a land flowing with milk and honey."*** (Exodus 3:17)

The traditional interpretation of the phrase "a land flowing with milk and honey" is that it simply means a fertile and fruitful land where there is plenty of good grazing land for cattle and lots of vegetation that bees can make honey of.

While this traditional interpretation is correct, could there also be a secondary meaning to the phrase "a land flowing with milk and honey"? And that is that the people to whom God promised the land, the Israelites, would actually be able to digest large quantities of milk and honey without getting a bad stomach?

## What is lactose intolerance?

Small children are able to digest large quantities of dairy products, but as they become adults most people lose that ability. That is called lactose intolerance. The Mayo Clinic describes lactose intolerance thusly:

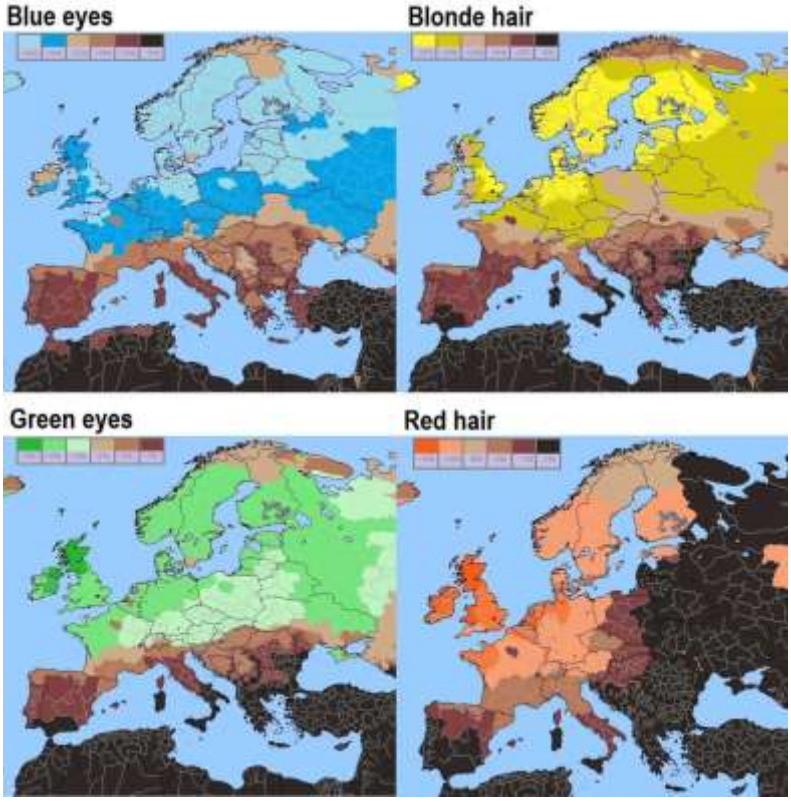
"Lactose intolerance is a condition that makes it hard to digest the sugar in milk and milk products, called lactose. People with lactose intolerance often have diarrhea, gas and bloating after eating or drinking foods containing lactose. The condition is usually harmless, but its symptoms can cause discomfort.

Too little of an enzyme made in the small intestine, called lactase, is usually responsible for lactose intolerance. Someone can have low levels of lactase and still be able to digest milk products. But if levels are too low, a person can become lactose intolerant.

Most people with lactose intolerance can manage the condition without having to give up all dairy foods." (https://www.mayoclinic.org/diseases-conditions/lactose-intolerance/symptoms-causes/syc-20374232)

## Are Israelites lactose tolerant?

Our hypothesis is, therefore, that the descendants of the 12 Tribes of Israel generally were more lactose tolerant than most of the Gentile nations. If God promised Israel a “land flowing with milk and honey”, do you think He meant that they would be able to dwell there and flourish, or to dwell there and literally get a bad stomach? Could there be any truth to this hypothesis?




**Where are the 12 Tribes of Israel today?**

The ancient nation of Israel consisted of 12 Tribes. After the 12 Tribes settled in the land of Canaan, they formed a loose confederacy, but they united into a single kingdom under the kings Saul, David and Solomon.

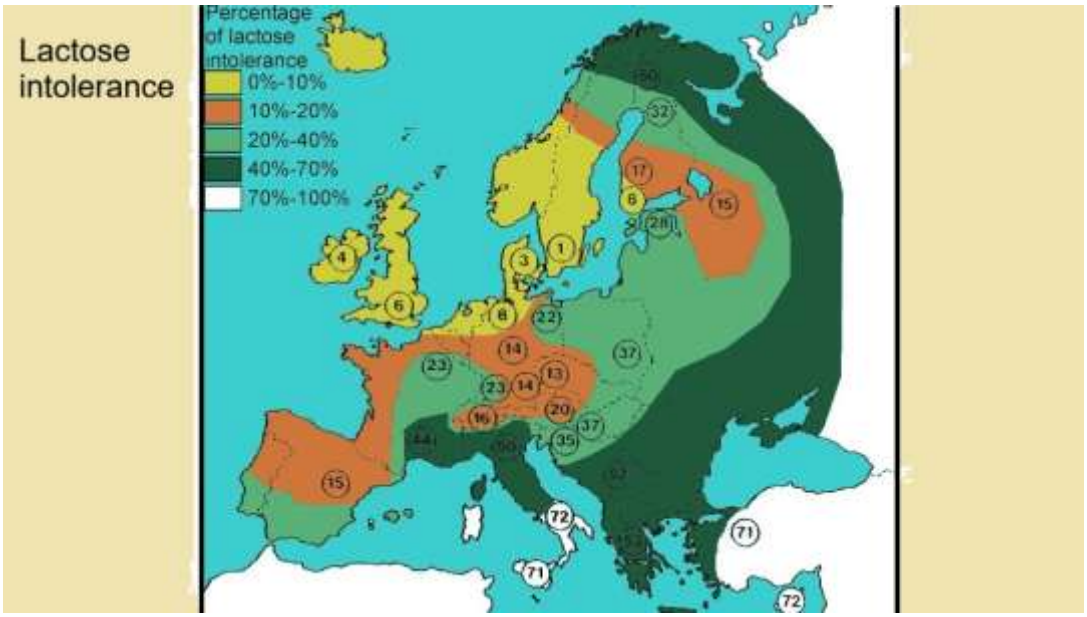
After Solomon’s death, 10 of the Israelite tribes seceded from David’s royal house in Jerusalem and formed their own kingdom called the Kingdom of Israel (even though it only consisted of 10 of the 12 Tribes). The rump kingdom around Jerusalem continued under the name the Kingdom of Judah, and consisted of only two tribes, the tribes of Judah and Benjamin.

The 10 Tribes of Israel continually worshipped pagan gods, and therefore the God of Israel finally “divorced” them (as we read about in Hosea chapter 1), and let the Assyrian Empire deport the 10 Tribes of Israel out of the land of Israel and settled them in northern areas of the Assyrian Empire. This took place around 721 BC and is recorded in 2 Kings chapters 17-18.

From there, the 10 Tribes disappeared from world history and became known as the Lost 10 Tribes of Israel. It turns out the 10 Tribes of Israel did not completely vanish. They migrated to Europe, where

they today constitute the nations of north-western Europe and their daughter nations across the world.

Numerous pieces of secular circumstantial evidence, as well as the direct evidence of Bible prophecy, proves that the peoples of north-western European origin are the Lost Tribes of Israel.




**Modern Israelites & lactose tolerance**

There are three large clusters of lactose tolerant populations in the world. The largest, and the one with the by far highest percentage of lactose tolerance, is found in north-western Europe, where we also have traced the Lost Tribes of Israel to. The highest concentration of lactose tolerant people is found in the British Isles, Denmark, southern and central Sweden and Norway, Iceland, the coastal areas of south-western Finland, north-western Germany, the Netherlands and Flanders.

These areas are almost identical to the areas where two other pieces of circumstantial evidence trace the Lost Tribes of Israel to.

The first one is the physical appearance of the Israelites. Many places in the Bible the Israelites are described as being of a light white skin complexion and with blonde or red hair. For example, King David is said to have been “ruddy and withal a beautiful countenance”, Esau (Jacob-Israel’s only brother) was called Edom because he had red hair, the name of Laban (Jacob-Israel’s father-in-law) means the “white one” in Hebrew and the name Adam means “red, to flush or to show blood in the face”.

Blonde and red hair is today found is today most common in Scandinavia, Iceland, Finland, the British Isles, northern Germany, the Netherlands, Flanders and northern France. People with blonde or red hair and blue or green eyes are also known as the Nordic racial type.

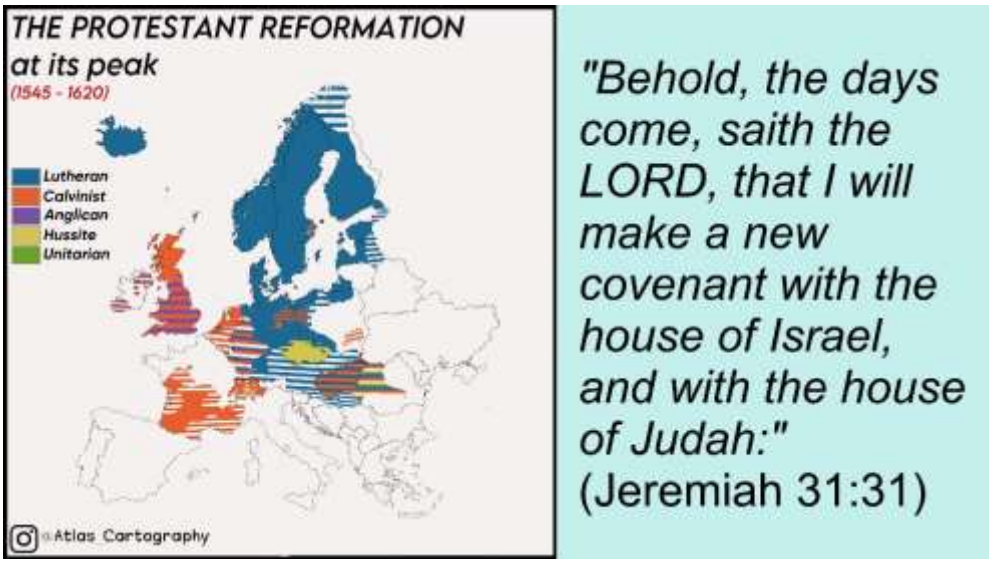
From the Biblical evidence we can conclude that this physical type was one of the most common among the ancient Israelites, although people with brown and black hair and brown eyes were also common.

Still, the areas of Europe where the Nordic racial type is most common is almost identical to the areas where the populations with the highest percentage of lactose tolerance are found.

The second piece of circumstantial evidence is the Protestant areas of Europe. God promised through Jeremiah that He would make a New Covenant with the House of Israel and the House of Judah (Jer 31:31), and also that the Israelites would be a light to the nations (i.e., the goyim, the Gentiles, Isa 49). This was fulfilled when the nations of northern Europe converted to Christianity in the Middle Ages, and when they rejected the theologically and morally corrupt Catholic Church in the 16th century.

The areas that became Protestant are also almost identical to the areas where we find the highest concentration of lactose tolerance and people of the Nordic racial type. The predominantly Protestant areas of Europe are northern Germany, parts of southern Germany and half of Switzerland, the Nordic countries, the Netherlands north of the Rhine, the United Kingdom, Estonia and Latvia.

We therefore see that the areas where we find the highest concentration of Protestants, the Nordic racial type and lactose tolerance are almost identical. These are the areas where we find the highest concentration of the Lost Tribes of Israel.




**Partially Israelite areas of Europe**

Not only are the areas where we find the highest concentration of these three indicators almost identical, but the areas where they are found in smaller but still significant percentages are also very similar.

Those areas are southern Germany, Austria, Switzerland, Czechia, southern and central France, parts of Spain and central Finland.

In these areas the percentage of people with lactose tolerance is considerable, but smaller than in north-western Europe. The same is true when it comes to the percentage of the population that are Protestants (and where the Reformation spread to but was re-conquered through the Counter-Reformation), and the same is also true for the percentage of people with blonde or red hair and blue or green eyes.

Are these simply co-incidences? Hardly.

We can therefore conclude that the ancient Israelites were lactose tolerant, and that the true descendants of the Israelites today to a large degree are lactose tolerant as well.

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