



BEING MENTOR

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Cockroach Milk

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Introduction:

Rich nutrients are introduced into the diet category. Cockroach's milk is formulated as a high-quality and future food after it has been tested as a nutritious food. All species of cockroaches do not have the right to produce cooked food but only *Diploptera punctata* belonging to the phylum Arthropoda in the kingdom Animalia has the right to stand out in the name of producing super-food. *Diploptera punctata* produces milk that is actually a protein-rich, glazed substance. This species is considered to be unique and unique because it behaves like a mammal and produces live shoots and produces milk in the form of protein crystals to feed its nutritious chicks.



Benefits of cockroach milk:

This crystalized secretion is well-advised a complete food set because it contains carbohydrates, proteins and lipids. The most amazing fact about this crystallized protein is that it contains all nine essential amino acids found only in food. This fact is considered to be very important because most non-meat foods lack one or more amino acids obtained by getting more food. As a result of this fact, whole milk gained incredible popularity as an alternative to milk-free formula.

There are various possible benefits of cockroach milk from its composition:

Lab research provides evidence about the facts that cockroach likes as a top food. It is found in more than three times as much nutritious milk as cow's milk, buffalo and human breast milk. According to laboratory analysis this crystalline milk contains 45% protein, 25% carbohydrates, 22% fat and 5% amino acids. Milk is proven to be a source of other nutrients such as oleic acid, linoleic acid, omega 3 fatty acids, vitamins, minerals and other fatty acids used.

The most attractive feature of this milk is that it is lactose-free because it is considered a non-dairy product. It can be helpful for people suffering from lactose intolerance or allergy to cow's milk. In general, lactose intolerance is a condition among 65% of the world's population. Lack of the enzyme lactase is a major cause of this condition. Diarrhoea, constipation and abdominal pain are the main indications of lactose intolerance.

Another interesting feature of cockroach is that it is low in fat which makes it more desirable than cow's milk for health ideas.

Decline in the milk of cockroaches:

According to natural laws milk is beneficial but also has its negative side effects as it is very rich in calories which can cause rapid weight gain through its extensive use in daily life. In addition, it has not been proven to be safe for children and women during digestion. The most frightening thing about this milk is that one glass costs thousands of cockroaches' life. But it could be gold food in the days, months or years to come! In Islamic countries this milk is not acceptable.