

Used for centuries by traditional cultures, Raw Milk Creates Excellent Health.

For centuries, traditional cultures have eaten raw and cultured raw milk products from cow, sheep, goat, camel, yak, buffalo and reindeer milk. Weston A. Price, DDS studied many of these traditional cultures and found that people had vibrant health and perfect teeth. In Dr. Price's 1939 book, *Nutrition and Physical Degeneration*, photos clearly illustrate the physical degeneration that occurs when people changed from nourishing traditional whole foods to processed foods, including processed milk products.

Mammalian raw milk is a complex, bioactive substance of time-tested ancestral origin, where all parts work together to create a nourishing and protective food.

- All of the milk's enzymes, vitamins, minerals, proteins, carbohydrates, fats, and immune, growth and anti-microbial factors, etc. *are in bioactive forms and combinations, for optimum assimilation and utilization.*
- Science is starting to understand the complex interactions of beneficial bacteria and viruses, whole-foods nutrition, optimum immunity and health, and how a sterile environment is detrimental to health.
- The beneficial bacteria in raw milk contribute significantly to our gastrointestinal tract health and immunity by strengthening the mucosal barrier, and much more.

Raw milk is an excellent source of beneficial microorganisms and the nutrients needed for their growth. Experts say our intestinal microorganisms contribute to over 70% of our protective immunity. Once milk is pasteurized it destroys the beneficial microorganisms. *Raw dairy products have always provided people with a whole-foods source of beneficial microorganisms.*

Raw milk protects against the growth of pathogenic bacteria. Symbiotic bacteria (coliform and other bacteria that live in a beneficial relationship with humans) compete with and overgrow pathogenic bacteria. They secrete antimicrobial factors that inhibit the growth of pathogenic bacteria (e.g., lactic acid, lactoperoxidase). Antibodies naturally present in raw milk help destroy pathogenic bacteria through the process of opsonization (antibodies bind to bacteria to enhance cell membrane rupture and phagocytosis). *Destruction of these multiple-protective processes in raw milk occurs during pasteurization, which makes post-pasteurization contamination the most significant safety threat to consumers.*

Cultured raw milk is easier to digest. In raw milk, native or introduced microorganisms over time, ferment or predigest the milk by their metabolic activities (digesting lactose, etc.) and byproducts (lactic acid, etc.). Some health benefits of fermented milk are: easier digestion of protein, lactose and fat; easier absorption of vitamins and minerals; and promotion of digestive health and antimicrobial activity by lactic acid.

Raw milk contains nutritious butterfat. Butterfat from cows grazing in green pastures is a golden-yellow color, and contains vitamins A and D needed for the assimilation of calcium and protein. Butterfat is rich in both short-chain and medium-chain fatty acids, which protect against disease and stimulate the immune system. It also contains glycosphingolipids, which promote intestinal health, and conjugated linoleic acid (CLA) which has powerful anticancer properties.

Diseases associated with milk processing

Processed milk may contribute to a variety of health problems such as allergies, increased tooth decay, colic in infants, growth problems, ear infections in children, osteoporosis,

arthritis, diabetes, heart disease and cancer. When Americans drank raw milk, these diseases and health problems were rare.

- Human babies thrive on raw breast milk, but show reduced growth and health when the same milk has been pasteurized.
- Veterinarians and zookeepers require raw, unpasteurized milk as a suitable source of nutrition for their animals.
- Waser (2006) in a study with 15,000 children over 3 years showed those who had access to raw milk had reduced incidence of asthma and allergies.
- Oski (1983) associated persistent or recurrent nasal congestion, asthma or chest infection, skin rashes and unexplained vomiting and diarrhea to milk allergy.
- "Annand (1971) observed that following the introduction of Holder pasteurization of milk, deaths from heart disease doubled in 3 years in the various communities he examined."
- In the 2001 Health Hazards of Milk Symposium, studies associate milk [processed] with iron deficiency, rickets, prostate cancer, insulin-dependent diabetes, and ischemic heart disease.
- Other scientists observed milk as the worst and most obvious trigger for children with eczema or rheumatoid arthritis.

How milk is damaged by processing

Pasteurization destroys and adversely changes many nutrients, immune-enhancing components, and other factors by exposure to high heat, repeated heating and long heat exposure. Vitamin A is degraded, proteins and enzymes are denatured, vitamins B6 and B12 are virtually destroyed, other vitamins are diminished, and beneficial bacteria and immunoglobulins are also destroyed. Ultra high temperature (UHT) *sterilizes* milk, as it heats chilled milk to 285° in less than two seconds.

Raw milk sours naturally and safely. Pasteurized milk turns putrid (rots). Pasteurization does not sterilize milk, so residual bacteria and post-pasteurization contamination can cause health problems. Pasteurization can cover up contamination, and encourage the production of "dirty milk." (*Lancet*, 1937)

Homogenization is a process that forces milk through hair-like tubes under pressure, generating intense turbulent eddies which tear apart milk fat globules, greatly reducing their size. The original membrane of the fat globule is damaged or lost and the exposed surfaces adsorb milk proteins, especially caseins. The increased allergenicity of homogenized milk may be caused by these milk proteins in the fat globule membrane.

Milk Standardization is a process that separates milk components (cream and skim milk) and puts them back together for the type of product sold (1%, 2%, and 3% whole) to meet the legal minimum requirements, with additives for taste, consistency, etc. *The finished processed milk product is totally different from the original raw milk.*

Additives are common in commercial milk.

Healthy cows, grass-based feed, organic farming methods and non-toxic environments produce safe, nutritious fresh raw milk.



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