WHY YOU SHOULD DRINK RAW MILK

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Based on information from the Centers for Disease Control (CDC), 3% of the population consumes raw milk. That's over 9 million people when applied to 2010 census data. “Using government figures for foodborne illness for the entire population, Dr. Ted Beals, MD has shown that you are about thirty-five thousand times more likely to get sick from other foods than you are from raw milk".[1]

BENEFITS OF RAW MILK

- grass fed raw cow's milk is 5 times higher in the highly beneficial fatty acid conjugated linoleic acid
- no Recombinant bovine growth hormone (rBGH), a synthetic hormone used to increase

milk production which is banned in the European Union and Canada due to health concerns

- pasteurization kills the enzymes your body needs to digest the milk's lactose and calcium
- the high heat of pasteurization alters the cholesterol allowing it to enter your bloodstream undigested where it can clog arteries
- the nutritional content of grass fed cows is higher in Omega-3 EFA's and vitamin A, E, and betacarotene

PRECAUTIONS[2]

- raw milk, like any food, can carry pathogens which can make you ill
- verify the source of your raw milk is produced in a clean facility. Production of raw milk requires a much higher standard of cleanliness than pasteurized milk production
- make sure the cows eat only grass from a pesticide free source
- cows purchased from a commercial dairy are not safe sources of raw milk
- verify your farmer is testing for brucellosis, tuberculosis and Jones disease
- test the milk. It should last 2 weeks in your frig without going sour

This post is part of Fight Back Friday, Monday Mania, and Real Food Wednesday.

Photo 1 2008, Margee Liz at the Dairy Farm, Picassa

1 Beals MD, Ted, Jul 2011, Those Pathogens, What You Should Know, http://www.realmilk.com/real-milk-pathogens.html

2 McIntosh, RHN, RNCP,Margo, Raw Milk Safety Lecture,http://balanceyourapple.com/2011/09/19/raw-milk-safety-lecture-with-michael-schmidt-what-i-learned-2/