

Raw Milk: A True Health Food

NourishMe is passionate about the health benefits of raw milk from healthy grass fed cows. Raw, unpasteurized milk is one of the most important nutritional foods available to those of us lucky to live in one of the 15 states that allows its sale and consumption. Raw milk comes from cows that feed only on green grass in the spring, summer and fall, small amounts of natural grains, stored dry hay, silage and root vegetables in the winter. Feed should never include soy or GMOs.

Pasteurization destroys enzymes, denatures (alters at the molecular level) anti-microbial and immune stimulating components, and diminishes nutrient availability.

Studies show that children fed raw milk have more resistance to TB, have less tooth decay, and less allergies. People also report less joint stiffness, arthritis pain, and have clearer skin. Raw milk contains components that kill pathogenic bacteria. It strengthens the immune system, protects the intestinal track, prevents the absorption of toxins and ensures assimilation of nutrients.

Industrially raised dairy cows eat GMO-laden diets, are rarely, if at all, grazed on grass, and live very short inactive lives. One should NEVER eat raw milk from these cows.

GMOs negatively affect our health, and livestock health but also the environment, which has been dangerously impacted by the overuse of chemicals and pesticides. There is evidence that points to genetically engineered foods as a major contributor to rising disease rates in the U.S. population, especially among children.

Gastrointestinal disorders, allergies, inflammatory diseases, and infertility are just some of the problems implicated in humans, pets, livestock, and lab animals that eat genetically modified soybeans and corn.

- Greg Jaffe, director of biotechnology for the *Center for Science in the Public Interest* says: "Overuse and misuse have led to the resistant weeds and pests. You now have millions of acres of resistant weeds, and you're beginning to see resistant pests, and farmers have to go to other insecticides and herbicides."
- Bill Freese, science policy analyst for the *Center for Food Safety* calls glyphosate (Round-Up) resistance an "epidemic."
- Cathy Enright, an executive vice president with the *Biotechnology Industry Association* said, "We're in the soup," she says. "About 15 of the 215 weed species resistant to any herbicide are resistant to glyphosate. We're taking this challenge very seriously."

Sally Fallon, president of the Weston A. Price Foundation, a non-profit nutrition education foundation that promotes the consumption of clean raw milk from *healthy*

grass-fed cows says the government has an obvious bias against raw milk. The “FDA and CDC have provided not a single reference to support the claim of widespread illness from raw milk during the seven-year period. Reports of individuals becoming ill after drinking raw milk do exist, although none were cited in the recent CDC and FDA Reminder. But even these reports do not usually provide proof that raw milk caused illness. When someone who drinks raw milk becomes ill, these agencies immediately report an ‘association’ with raw milk, ignoring other vectors of disease and subsequent tests showing the milk to be clean. FDA and CDC definitely have a double standard when it comes to raw milk.” *Source* <http://www.realmilk.com/press/fda-and-cdc-bias-against-raw-milk/>

Founder of **Organic Pastures Dairy, Mark Macafee** is internationally recognized as an expert in raw milk production, and has spoken in more than 15 states and three countries on the subject. He invented the first -dietary supplements that were made from fresh raw colostrum, and secured their certification from the FDA and DHS. He also created and published the first international raw milk safety.

Resources:

www.IdahosBounty.org

Clarence Stilwill, general manager of Idaho’s Bounty

clarencetilwill@idahosbounty.org

www.jjnourishme.com

More information on GMOs:

Jeffrey Smith, President and founder of the Institute of Responsible Technology

www.geneticroulette.com and www.responsibletechnology.org.

And on Raw Milk:

Raw Milk Institute, Mark Macafee <http://organicpastures.com>

www.rawusa.org.

www.realmilk.com

Dr. Joseph Mercola interviews Mark MacAfee on YouTube: <http://youtu.be/K-mRfSr8hKQ>