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Cnatural Communities™

A magazine devoted to the local natural wellness culture

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Eating Naturally

Raw Milk, A Food Worth Revolting For

Wisconsin's Raw Milk movement is reaching critical mass. Without any court action pending against them, in February 2010, multiple small dairy farmers were surprised by their local sheriff who served them with a demand for interrogatories issued by Wisconsin's DATCP (Department of Agriculture Trade and Consumer Protection). While small farmers express that selling Raw Milk liberates their farm from the dictated prices of the creameries, the food safety division of DATCP claims that raw milk is unsafe and risky to the public. In a recent records request, Cheryl Daniels, DATCP's assistant legal counsel, admitted that DATCP had no science-based studies proving claims against raw milk. Despite this, the raw milk warpath is being traveled hot and heavily by the State.

On December 21, 2009, concerned people from around the U.S. made the pilgrimage to the small town of Viroqua, Wisconsin to attend the hearing of featured raw milk 'criminal' Max Kane. The State demanded that Kane produce documents and give testimony divulging his affiliation and connections in the raw-milk movement. An hour before the hearing at the Vernon County courthouse, a rally emerged where California raw dairy farmer Mark McAfee and others, via bullhorn, addressed a crowd from the courthouse steps. "Through 400+ stores, our farm serves raw milk to over 65,000 people per week and they can't get enough of it!" McAfee exclaimed. In California, the retail sale of raw milk for human consumption is legal. When interviewed, many attendees expressed sincere concerns stating that their "Freedoms" were at stake. A logical response since a 7' x 30' sign which read "FREEDOM" centered the rally. After a three hour hearing, the Court upheld WI Statue 93.15 which authorizes DATCP to conduct warrantless searches and seizures of Wisconsin citizens, including strong arming testimony. "...go to jail until you answer the questions.", said Judge Michael Rosborough. On Thursday, February 25th 2010, Kane filed a "Notice of Appeal" refuting the decision against

him. Kane said "DATCP is a communist regime and pursuant to their required Oath of Office To Support the Constitution, the Prosecutor's, Phillip Ferris and Cheryl Daniels, were stepping far outside of their delegated Constitutional authority. The 4th Amendment protects against warrantless seizures and the 5th Amendment protects against self-incriminating testimony."

So why are people risking life and limb over food? Well besides the fact that no one wants to starve to death, consumers claim that raw milk maintains their well being, and in many cases improves it. A recent survey conducted showed that over 75% of raw milk consumers preferred raw milk for reasons of health, and that 50% of raw milk consumers experienced abdominal discomfort and a reduction in overall wellness when consuming pasteurized milk. Raw milk advocates state that the cooking and homogenizing of raw milk adulterates its fragile nutrient systems, resulting in the formation of chemical compounds unnatural to human digestion. Bacterium are also preferred since they are what digest food in the gut.

Are microorganisms the cause of disease? Scientist and author Dr. Aajonus Vonderplanitz says "No!" In his book, "The Recipe For Living Without Disease." Dr. Vonderplanitz writes, "Bacterial concern is a phobia that has swept the civilized world. Microbes have a janitorial role in nature and we benefit from them." And benefiting there will be if the newly proposed Raw Milk Bill passes the Wisconsin legislature untouched.

By Max Kane. After an 80lb weight gain and reversal of Crohn's (wasting) Disease, Max began engaging the healthy foods movement with a tremendous amount of momentum. Max orchestrated the 2009 raw milk bike-a-thon across the U.S. and is a huge proponent of individual rights. Max has smuggled raw milk across the borders of 20 U.S. States and 2 Countries, and is currently working on a film focused on the dairy industry.

Your Health Benefit From Raw Milk

Many of my patients have gotten enormous benefit from raw milk, and I strongly recommend you consider it for a number of reasons:

- Raw milk still contains all of the valuable enzymes that are destroyed during pasteurization. Without them, milk is very difficult to digest. So if you have a lactose intolerance, it will simply disappear once you start consuming raw dairy products.
- Raw milk is an outstanding source of healthy, "good" bacteria and micronutrients, including lactobacillus, acidophilus, and vitamins, which are virtually eliminated by the pasteurization process of commercial milk. It is an outstanding nutrient to promote the growth of healthy bacteria in your intestine.
- Raw milk still contains natural butterfat, which is homogenized or removed in commercial milk. Without butterfat, the body cannot absorb and utilize the vitamins and minerals in the water fraction of the milk. Butterfat is also the best source of preformed vitamin A, and contains re-arranged acids with strong anti-carcinogenic properties.
- Raw milk does not contain synthetic vitamin D, which is known to be toxic to the liver, yet is still added to most commercial milk.
- Raw milk contains healthy cholesterol. Pasteurizing milk destroys enzymes, diminishes vitamins, denatures fragile milk proteins, destroys vitamin B12 and vitamin B6, kills beneficial bacteria, and promotes pathogens. From my perspective, there's simply no rational justification to ever drink pasteurized milk, even organic pasteurized milk. Once you heat milk, you distort the configuration—the shape—of the fragile milk protein, turning it from something good into something bad that will actually cause allergies and other autoimmune dysfunction. So, even if you start with organic milk from grass-fed cows, once you heat it, the milk is ruined and should not be consumed.
- You feel the health benefits. Raw milk is not associated with any of the health problems surrounding pasteurized milk, such as rheumatoid arthritis, skin rashes, diarrhea, and cramps. Even people who have been allergic to pasteurized milk for many years can typically tolerate and even thrive on raw milk.
- It tastes better. As with any food, fresher is always better and this applies to milk as well. Fresh raw milk is creamier and better tasting than pasteurized milk that has a shelf life of several weeks.

By Dr. Mercola.
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