

JohnAPPLETON

I consumed raw milk until I was about 10 with no need for a doctor visit from the day I was born, my parents didn't believe in doctors or the drugs they peddled including vaccinations! But then the sickness industry lobbied the government in Australia to outlaw wholesome raw milk in favour of pasteurised milk, so as a teenager I began to suffer from tonsillitis and ear infections the latter being so bad that eventually my parents took me to a pediatrician who gave me antibiotics.

I have tried most of the mainstream ideas for a healthy lifestyle and still ended up with eye diseases, obesity "high" cholesterol and now type 2 diabetes but I started back on the right track when I discovered Westonaprice.org and Mercola.com back in about 1998.

The mainstream has been postulating their pet low fat high sugar LFHS so long that they just can't accept that they have been so terribly wrong for so long and in the very face of the research shown here are now trying to say that saturated fat is STILL the bad guy but TRANS FATS are OK - what idiots, even blind Freddy can see they are lying to protect their warped ideas. THANKS Dr Mercola!

Posted On 07/29/2018

mirandola

I always suspected from Day 1, that the low fat diet was a fad and a myth. It would seem to me that if the liver makes bile, a bitter yellow fluid which the liver squirts to digest fats and cholesterols, well then so long as this liver/bile function is working properly, there should be little trouble digesting dietary fats and cholesterols. It is those with liver trouble, or those who have had their gallbladder removed, who may have more trouble digesting fats (among other things).

In herbalist thinking, the bitter and sour flavors "Talk" to the tastebuds, which in turn "Talk" to the nervous system, causing the liver in turn, to squirt bile. So to eat bitter greens like arugula, dandelion leaves, etc prior to a meal, or to have unsweetened fresh-squeezed lemonade, any of the above about 20 minutes prior to a meal, may be helpful.

Trans fats? The Weston Price Foundation reported that just one decade after margarine hit the market, heart disease sky rocketed. They say that the margarine industry was responsible initially, for the low-fat/no butter story. Crisco? Just unimaginable and deeply carcinogenic. Why does the FDA approve such things as food, and why are their false claims permitted, media-wide? Something is wrong with this picture.

Posted On 07/30/2018

dpm39560

JohnAPPLETON thank you for this post. I clicked LIKE on it. So tell us - once you FOUND WestonAPrice.org and Mercola.com, what happened with your health? Did you eliminate your diabetes and cholesterol "problem" and obesity, etc.? Inquiring minds want to know. ☺ I think I was fed pasteurized milk from a very early age - I had to have my tonsils out at age 6. A link? I'll never know. But I now (in my 70's) have macular degeneration. Thankfully, no other chronic diseases other than minor (arthritic?) aches and pains. I'm also glad I found Mercola.com."

Posted On 07/30/2018

dogfangtoo

Check Jason Fung for the fasting cure for Type 2 Diabetes.

Posted On 07/30/2018

TimM

" Raw, grass fed cow's milk contains a number of health-promoting components that you simply cannot get from pasteurized CAFO milk." Sprouts Farmers Market just opened a store here in Greenville, SC. On a recent visit to the store I found Raw Cheddar from Organic Pastures Dairy Company in California--a 1 lb. block for 9.99! I had been wanting to try Organic Pastures Dairy Company's products for many years, but they weren't available in this area. This cheese is made from raw organic milk from grass-fed cows. And, wow, is it good. It's unlike any other cheese I've ever had. This cheese is truly worth its weight in gold. And I was delighted to learn that Organic Pastures now ships their products. I'm looking forward to trying their raw butter. But I will probably wait until late Fall when the weather is cool. It's too hot right now.

Posted On 07/30/2018

nikashon

TimM what company ships organic cheese and butter from raw. I live in Illinois and all my search to find companies which would ship came negative. I saw a few companies in California, but they wouldn't ship. I will appreciate for the name(s).

Posted On 07/30/2018

Alldogsgotoheaven

I do not think that it is legal to ship in most states. Unless I have been misinformed in Texas raw milk can be sold but they cannot even ship to some where in Texas. It is an ongoing battle. The drive to buy raw, organic products is just crazy.

Posted On 07/30/2018

dpm39560

Thank you, TimM. I have clicked LIKE on this post. However, I thought there was a federal law prohibiting interstate sales of unpasteurized milk products? If that law has been repealed (or is being ignored and unenforced - same thing), that would be good to know. Thanks for this information on Organic Pastures Dairy. That's also good to know. Their website is www.organicpastures.com (no, I'm not affiliated with them in any way), and it looks like you can order online. I'm going to try an order and just see what happens.

|===== (Standard Footer for Mercola posts) =====| This is a great community. I was here for a year before I noticed the "Like" and "Dislike" buttons under each comment. Now I will click "Like" for those posts I feel are particularly helpful, and "Dislike" for those that are negative or totally off-topic. 90% get no click. From an email exchange with Mercola.com staff, I learned this is how we can help the community become better by affecting each contributor's "badge levels."

Posted On 07/30/2018

Guillermou

Thomas Cowan, MD, founding member of the Weston A. Price Foundation (cited by Dr. Mercola) explains in his article "Diablo en la leche" the milk type A1 problems that are related to a small protein fragment that is Form when we digest A1 beta-casein, a milk protein produced by many cows in the United States and northern European countries.

thebovine.wordpress.com/2009/03/20/the-devil-in-the-milk-dr-thomas-cow.. mystery-of-why-even-raw-milk-sometimes-does-not-seem-to-be-enough-of-an-improvement-over-store-bought /.

BCM 7 of milk A1 binds selectively to epithelial cells in mucous membranes and stimulates mucus secretion and has been implicated in other, much more serious health problems: type 1 diabetes, neurological and autoimmune problems and heart disease. The proline in milk A2 has a strong link to another small protein called BCM 7, which helps prevent it from being released.

Pasteurization destroys the nutritional integrity of milk, making it toxic to human consumption. Industrial-scale feedlots that emerged rapidly throughout the Americas during this period of change in history made it a practice to feed their cows. Cattle fattening genetically modified grains, injecting them with hormones, and antibiotic drugs to fatten them, and let them wallow around the mountains of contained fecal matter instead of spinning naturally in grass grasses. The milk produced the true form, through the grass, the sun, remains a nutritious substance with many healing properties, as long as it is consumed raw.

To find a source near you for raw milk and raw milk products produced nature in the manner intended, the A. Price Weston Foundation (WAPF) has compiled a "Real Milk Seeker" as part of its campaign for the Real milk, which can be accessed at the following link: www.realmilk.com/real-milk-finder.

Posted On 07/30/2018

Luvvvy

Hi Gui! Thanks for the info and link. Very interesting to finally see how I can 'score' some raw milk. Can you imagine that it's way harder to get your hands on raw milk than it is cannabis these days..

Posted On 07/30/2018

Pasteurization destroys the enzymes in milk - it's the homogenization process that completely "alters" the lipids [fat] and proteins into "products/substances" the body doesn't readily recognize as food and then is treated as a poison - which results in chronic low grade inflammation [CD 14] if consumption is continued.

An aside...Dr. Zack Bush recommends NOT using ANY dairy-related product if a person is using Dr. Bush's Restore product. I contacted Restore4life about "why" Dr. Bush says NO to dairy while using his product because I love fermented cheeses. This is a "copy/paste" from the reply I got from Carmen Allen at Restore4life: "The reason we do not like dairy products is because the casein molecule in all dairy products exacerbates the effects of glyphosate on the system. " One more brick in the wall of my absolute DISDAIN...well...okay - I'll admit - HATRED of Monsanto's Roundup and ALL GMO-related products. On the occasion I have contact with anyone associated with the GMO or chemical industry I always ask that person this question - "Don't you love your children or nieces and nephews?" I personally can't see how they can - either that or their perception of love is bloody scary to contemplate. Be well - and as Jeffery Smith is want to say - safe eating! LBP!

Posted On 07/30/2018

Guillermou

LUVVVY, thank you very much, of course any food and natural medicine that is healthy is pursued by pharmaceutical multinationals, interested chronic patients to fill their coffers in tax havens.

NORISNITA, thank you for your kind comment, I'm happy to be useful.

IAM, Agree on a synergy of gluten and casein with glyphosate in causing intolerances and diseases. Stephanie Seneff believes that gluten, peanut, soybean and casein intolerance is related to glyphosate, says the evidence is overwhelming, and that almost any disease can be caused by glyphosate

Stephanie Seneff, PhD. Glyphosate: The Scourge of Mankind occupyhealth.com/dr-susan-on-radio/stephanie-seneff-glyphosate-the-sco.. . people.csail.mit.edu/seneff .

Dr. Monika Kruger and her colleagues investigated the excretion of glyphosate in the urine of 30 cows from 8 different Danish farms. The results allowed to conclude that the different levels of glyphosate are excreted in the urine of the cows and the glyphosate had a significant impact on the blood parameters of cows. In fact, the researchers found that the increased levels of glutamate dehydrogenase, glutamate oxaloacetate transaminase, creatinine kinase, in cows could show the effect of glyphosate on liver and muscle cells. They also discovered that high levels of urea in some farms could be due to glyphosate nephrotoxicity. seattleorganicrestaurants.com/vegan-whole-food/chemicals-antibiotics-i.. .

Posted On 07/30/2018

mirandola

When I was a kid, we had raw milk from a farmer locally, that we purchased right at the farm. When we curdled the milk, it tasted sweet and custard-like. Contrast this with a carton of store-bought milk that went sour, and man I want to tell you, it was sour, disgusting. In fact it had a putred quality, as compared to the raw milk that we soured on purpose, which really did taste so clean, and sweet, and delicate and really good!

thebovine.wordpress.com/2010/06/04/the-tale-of-two-calves-one-calf-got..

Above and beyond all, this study linked above by a farmer, studies two calves, one fed raw milk and the other pasteurized. The visuals will say it all and graphically too. The calf fed pasteurized milk, stands in the photos with his head hanging low and belly very bloated, he looks like he does not feel well, compared to the raw milk-fed calf whose head is held high and whose body is lean. Post-slaughter and dissected as side by side study, the organs of the calf fed pasteurized milk are so sick, the liver and kidneys are pale and the testicles are shriveled, the coat on the calf prior to slaughter and dissection, is not as smooth or glossy as the coat of the one fed raw milk, and just check out the stomach contents, that poor calf fed pasteurized milk was a really SICK animal during its life! No fun at all, and who wants to eat this? Contrast this with the calf fed raw milk, and you see healthy organs and a happy animal. It is so nice to see the happy, well animal, I would much prefer to see that ongoing. There is nothing so nice as seeing contented, peaceful cows grazing so happily, the spirit is uplifting to see.

Posted On 07/30/2018

mirandola

Per my comment about the experience we had of pasteurized milk going very putred vs the raw farm milk being sweet and custard-like when fermented, I really do believe in raw milk as the way to go.

That said, there also are allergenic factors not covered in the article above. The casein can be a source of inflammation to those who are gluten-sensitive, since the molecule of casein is similar to that of gluten, said a naturopathic physician to me. I have found that when drinking organic grass-fed cow's milk not ever given GMOs life-long, that my knees started to hurt when going up stairs. Stopped the milk and within 24 hours the pain was going away! Now isn't that something. Those who are lactose intolerant of course, will also have their own reactions. But not everybody is reactive to casein or lactose and we are all different. There is not any one right way to go in this life, only that which works for each individual human being. So this is not advice cookie cutter, across the board, since that makes no sense in an individualized world anyway. Merely sharing my own experience. Blessings and wellness.....

EDIT, ADDING ON: If chemicals cling to fats, then any toxic foods fed to the animals, such as GMOs will result in metabolites that may be found in the cream. Organic milk is just soooo important.

Posted On 07/30/2018

stanleybecker

morning Mirandola - protease is an enzyme that is present in RAW milk - protease is lost in the high temperature boiling process known as pasteurization - protease is the enzyme that is necessary in the digestion of casein naturally provided by God in order to digest protein - other enzymes [co enzymes] that are boiled out were incorporated by God in order to assist the digestion of carbs and fats - boiled milk is allergenic because it lacks these co enzymes and becomes indigestible

Posted On 07/30/2018

josephangelique

Trans fats, i.e. fish and chips; not mentioning biscuits and muffins, etc. Imagine telling the whole population that their favourite food is toxic, unhealthy for them and their family? The Australian government needs to have advertising campaigns to give the right information which support butter consumption.

Posted On 07/29/2018

ebbage

JosephAngelique : The major difference in Britain's Real Food, Real Fast...Our traditional Fish and Chips. Is that historically in Yorkshire and the North generally, everything was cooked in Real Beef Dripping! Amazing taste and flavour... and now acknowledged health benefits....very few British Fish & Chip shops now cook this way sadly. Vegetable Oil industry destroyed another wholesome cheap, nutritious, Health giving Peoples food.. Replacing it with franchised Industrialised Frankenstein global garbage...Our Politicians and Doctors turn a blind eye to the Genocide. Big Ag and Big Pharma lobbyists.. 30,000 in EU HQ Brussels, 40,000+ in Washington D.C., ditto in London, Paris, Berlin, Madrid, Rome...Etc....

Endlessly Polluting the Global Swamps of greedy politicians and their corrupt Advisors. Repetitive Daily Orwellian domination with Truly Fake powerful distorted propaganda by all The Oligarch Owned Big Tech FANG Internet Manipulators... All aiding and abetting the dying MSM... aka ..The LameStreamMedia...The dying Press, Advertiser and Big PR controlled.. Doctor Mercola has brilliantly and graphically revealed the extent of the power and corruption of all the above... This Website is a real rare Beacon of Virtue and Veracity and should be on every School and College curriculum, Everywhere!

Posted On 07/30/2018

Bilby

It seems to me that it is only doctors who believe that eating fat makes you fat. Most of the general public knows that it is fizzy drinks that pack on the pounds. There are of course who just don't care. Switching from margarine to butter 15 years ago I am quite certain was the catalyst for me giving up smoking.

Posted On 07/29/2018

SimonSimple

Full fat natural dairy is the best. Tastes so much better than bland fat reduced. The best thing though about natural dairy is it is low carb. I am low carb but I don't go overboard on dairy. Due to high calcium content the moderation of dairy is required. Essentially only needing to replace what is resorbed out of the bones. I have milk in two coffees. A slice of cheddar on a buttered gluten-free wafer. My calcium intake is done. Because added to that is the calcium in virtually every other food item except salts also oils. Magnesium intake should ideally equal calcium intake. You absolutely can't make vitamin D without magnesium. You simply can't absorb calcium without both magnesium also vitamin D. High calcium / low magnesium / low D is asking for trouble.

Posted On 07/30/2018

Katy69

Unfortunately raw, unpasteurised dairy milk is not legally sold in some UK countries although it may be obtained for personal use from other sources. Probably best to exclude all dairy in these circumstances to avoid antibiotics. The wilful ignorance of governments is unlikely to change while economic interests come before health.

Posted On 07/30/2018

19beets

It's obviously encouraging to know that some people can benefit from eating raw cheese and drinking raw milk, but if gluten-intolerant, cow dairy (other than butter ... thank Godiva for that ... I love butter!) shouldn't be eaten as the protein molecules are large and the body can react similarly to eating gluten. Sheep and goat products, which have smaller molecules, don't cause this effect. Then again, some indicate we shouldn't be ingesting the milk of any other species. When you think about it, would you drink dog milk or skunk milk? Think I saw that on notmilk.com. Here's another to consider (the protein could be the issue, not the fat):

"More patients who had suffered a myocardial infarction had elevated levels of antibodies against milk proteins than was found in a comparable group of patients without coronary heart disease."

Davies, Antibodies and Myocardial Infarction, The Lancet, ii: 205-207, 1980

Posted On 07/30/2018

iamblessediam

19beets...beyond my reply comment to Guillermou above and as it relates to myocardial infraction and elevated antibodies against milk proteins - Weston Price found that milk from grass-fed cows had what I think he called - if memory serves me right - "activator X" - which is now commonly agreed as being vitamin K. Vitamin K isn't found in CAFO milk - only grass-fed operations. Vitamin K2 - the MK-7 form - is now being called the "anti-aging" vitamin if used at daily dosing above 300 mcgs. Research shows at that dosing level vitamin K2 MK-7 "restores" damaged mitochondria back to full functionality - here's a video done by Kiran Krishnan at Microbiome Labs that explains the many, many benefits of K2 MK-7 including the research - it's the best video explanation of K2 MK-7 I've ever watched - WELL worth the time invested: [gomegaspore.wistia.com/.../6j051nyk4u].

An aside but with corollary - I read research out of Japan that restored full mitochondrial function by using glycine - about five grams a day - very interesting indeed when you consider that glyphosate found in milk and other food "items" is an aborted glycine amino acid - a mineral chelator and antibiotic as well. No small wonder to me why chronic inflammatory conditions exist - glyphosate. Here's that research report on glycine restoring mitochondrial health - note the age differences: [www.sciencedaily.com/.../150526085138.htm]. Be well - and as Jeffery Smith is want to say - safe eating! LBP!

Posted On 07/30/2018

19beets

iamblessediam

Wow! That second article should be required reading for this group. Thx for sharing.

Posted On 07/30/2018

iamblessediam

You be welcome - I be certain! I do hope you watch that video as well - it's another "mind blower" once you realize the broad scope of K2 MK-7 interaction in human physiology.

When I realized that glyphosate was an aborted glycine amino acid...I immediately began supplementing with glycine because it plays a critical role in collagen production and epithelial cells - both are comprised of a high percentage of glycine. When I read that research out of Japan it validated to me I did the wise thing by supplementing glycine because - while our body can manufacture glycine - that capacity diminishes as we age and then the body relies on food sources. That's where glyphosate enters the picture - it screws up everything - kills those more favorable gut bugs - chelates those minerals needed for collagen/epithelial cell production and supplies an aborted amino acid - triple whammy. Be well! LBP!

Posted On 07/30/2018

19beets

iamblessediam:

Yes, the value of K2 in the form of M7 can't be over-estimated. Five years ago, almost to the day, I was researching K2 when I came across research by Dr. Leon Schurgers, senior scientist at Maastricht Univ., The Netherlands. When Dr. M wrote an article on K2 around the same time as my own reading (July 2013), I shared in the comment section the quote below by Dr. Schurgers:

"Currently there are three types of vitamin K available as supplements including synthetic vitamin K1, menaquinone-4 (MK-4), a vitmatin K2, which is not extracted from a natural food source as (MK-4) and natural vitamin K2 as menaquinone-7 (MK-7) I recommend supplementation for optimal bones and cardiovascular health. If you have a choice, K2 is preferable the most desirable form of K2 is natural vitamin K2 as MK-7 as this is the most bioavailable, bioactive and longest-lasting form of vitamin K available."

Dr. Mercola subsequently interviewed Dr. Schurgers for a later article on the subject in 2015:

articles.mercola.com/sites/articles/archive/2015/01/11/vitamin-k1-k2.a.. :

Posted On 07/30/2018

Aldogsgotoheaven

This is why the keto diet has been so widely successful. Fat taste better. Fat has over twice the calories as carbs and protein but it is satisfying and one is not hungry and craving foods all day long. I have found through the years that someone can lose weight on low fat diets but the real test is do they gain the weight back. The answer is if you eat a ketogenic diet most of the time you will keep the weight off. If you eat a low fat diet you will eventually gain the weight back plus you are hungry all day long with visions of carbs dancing in your head. I remember as a child, when not many people were over weight, people thought things like bread and potatoes were fattening. Then the low fat epidemic swept the nation and people started gaining weight. Sugar was thought of as not so unhealthy, I mean after all a little teaspoon full only has about 16 calories and it tastes so good. No wonder we are a nation of fat people. I am so glad that the truth is finally coming out but I will be happier when more people actually accept that natural fat is healthy to eat.

Posted On 07/30/2018

Sheltiee

My dairy goat farmer sister tells me that casein A2 animals (Jersey cows, goats and sheep) produce less milk than casein A1 animals (Holsteins etc). But it is more delicious and much healthier.

Also better to have grass fed pastured animals. They are also much happier. You can also have your pastures certified organic (hers are). Their milk also has calcium that is more bioavailable.

Posted On 07/31/2018

kev8395

It's very, very difficult to get raw milk in the UK, there are a few farms here and there, it is legal, for now!!!, but frowned upon by the powers that be. We buy organic unhomogenised milk which sadly has been pasteurised but it's the best we can do. I personally do not drink milk as it is a liquid food for young mammals.

Posted On 07/31/2018

JohnAPPLETON

mirandola, The low fat pushers have a lot to answer for! Sally Fallon and WAPF have a saying "You teach, you teach, you teach!" and I have taken the attitude to insert Learn in place of teach. I spent my life Teaching folk to fly and fly better and higher and more sophisticated etc. So one I got some identified problems in my own life, I decided to learn all I could about them and find alternate treatment options. Drugs cure nothing! If we feed our bodies the wrong stuff (packaged junk food) then we get sick but if we feed it what Our Creator put on the earth for us as our food then our self healing bodies can get well again. Get away from man made so called food and get back to the natural stuff including animal fats

Posted On 07/30/2018

wendy_owen

It's a shame that the low fat myth still persists, when there has never been any conclusive evidence to link fat to weight. I never gave up butter or full-fat cheese. It tastes so much better anyway. I always advise my clients against margarine and 'vegetable' oils.

Posted On 07/29/2018

balhawk

Right. "Low fat" is one of the biggest, fattest loads of dietary BS, at least for a vast majority of people who do not lack typical digestive capabilities.

Posted On 07/31/2018

JohnAPPLETON

DOGFANGTOO,

Hi, I have both of Jason's books and have seen most of his videos. We have had good email contact one on one - thanks for the thought. The point I have been making is that his ideas are really good and it is working for me. Because of his ideas, I was able to get off ALL medications and am controlling my diabetes by the IDM and Dr Mercola's suggestions

Posted On 07/30/2018

balhawk

My mom always used butter, rather than margarine. And these measures by misguided and/or bought off bureaucrats to keep people from buying raw milk are ridiculous. I have no horse in the race myself since I'm allergic to dairy, and instead use other healthy fats, such as coconut oil.

Posted On 07/31/2018

jimz

I choose raw dairy every chance I get...I spent several months in Indiana last year. After networking to a local farmer, because he knew my mom I was able to bring my gallon jug out to him and he filled it up from the bulk tank. Of course he couldn't sell the milk but I happily donated to his kids education. My girlfriend was freaking out and I was laughing all the way to the fridge and loving the taste, texture and benefits of the 'deadly' raw milk. In Florida you purchase raw milk that is labeled as pet food. Unbelievable...

We need way more people rising up, kicking so called authority to the curb and advocating for truth, no matter how obscure or difficult it may be to find. "They must find it difficult...those who have taken authority as the truth, rather than truth as the authority." Gerald Massey

Posted On 07/30/2018

coffeecup

I am so grateful to have this good information about dairy, and don't need to feel guilty eating my grass fed cheese and butter, because I feel better on it. I tried a famous diet recently which basically reduces fat, and felt just horrible. Just wish raw forms of dairy were more available where I live.

Posted On 07/30/2018

paulagraham

Hi Dr. Mercola

Thanks for sharing all the great research. I dearly wish Minnesota would get on board with allowing the sale of raw milk in our wonderful natural food co-ops. I drink a brand from Iowa you're probably familiar with, that uses low pasteurization (also commonly called vat pasteurized). I have called this company and they said they only use heat to 145°. Now I realize this is still pasteurization but it's the best I can get. I do not drink milk but I consume two certified organic and free range eggs along with either half and half or full fat cream every morning. I sweeten my eggnog just a hint of maple syrup or some frozen bananas or strawberries. It doesn't require much. Delicious. Am I fooling myself there is any nutritional value left in this grass fed loan pasteurized dairy?

By the way, I have faithfully used your joint formula for years. Being off of this for even one week brings sharp twinges to the center of my knees. So I make sure I stock up. I'd appreciate if you could offer six bottles at a volume discount. Overall I have good digestion. I consume bone broth and fermented foods regularly. And it 64 years old I've done a lot of gut healing. However when I occasionally get a tummy upset, your fermented ginger is my go to product. It seems to resolve the issue right away. Thank you! Say hi to Erin.

Posted On 07/30/2018

stanleybecker

I eat huge amounts of dairy, mainly cheese - if fats "kill" you I would be dead a long time ago - as far as wight gain is concerned I have found it impossible to gain weight on a low carb/ high fat diet - I should add that I do increase my carbs [vegetables and fruits] for nutrients if I am not up to par [cycling]

Posted On 07/30/2018
