

## Guillermou

David Gumpert, a former BusinessWeek columnist and Wall Street Journal reporter, wrote extensively about raw milk during this era. His book, *Raw Milk Revolution*, chronicles the battle between state regulators and farmers who were willing to break the law to give “health-conscious consumers” what they want at a much higher price than they could get from a dairy distributor. Gumpert was, and is, an advocate for raw milk consumption. In 2008, while running for the Iowa House of Representatives, Jason Schultz was shocked to learn that dairy farmers could get in trouble for selling milk.

But Schultz didn’t give up, pushing the bill year after year. Very slowly, over time, it attracted supporters like Esther Arkfeld, a homeschooling mother and dairy owner turned grassroots leader who argued that raw milk had health benefits and could also help small farmers. Last May, Schultz’s bill, legalizing the sale of raw milk directly from the farm to the consumer, finally passed. The vote – 37 to 13 in the Senate and 64 to 35 in the House – was not particularly close.

The FDA and CDC still say raw milk is dangerous, and the state dairy lobby sent lobbyists to the Iowa Capitol to defeat Schultz’s bill. But Iowa has taken a political turn. Raw milk, long a fringe health food for new-age hippies and liberal foodies, has won the hearts and minds of Republican lawmakers and regulators in recent years. (Iowa’s vote fell almost perfectly along party lines, with nearly all Republicans in favor and only a handful of Democrats defecting to their side.)

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And it's not just Iowa, Montana, North Dakota, Alaska, Idaho. North Dakota, Georgia, and Wyoming have all passed laws (or amended regulations) since 2020 legalizing the sale of raw milk on farms or in stores. In the words of Schultz, now an Iowa state senator: "Cycle after cycle, we find that new officials are becoming more freedom-oriented and less trusting of government at all levels." It wasn't hard to see why. After decades of highly processed foods, skyrocketing obesity rates, and a glut of unpronounceable ingredients, some consumers began seeking out foods they understood to be natural, healthy, and better for the planet.

In 2001, the organic food market in the United States was valued at \$8 billion; now it's \$63 billion. Raw milk, its enthusiasts claim, contains probiotics, enzymes, and vitamins that are reduced, damaged, or inactivated by the pasteurization process. Both articles are very complete.

[www.politico.com/news/magazine/2024/03/10/the-alt-right-rebrand-of-raw..](http://www.politico.com/news/magazine/2024/03/10/the-alt-right-rebrand-of-raw..) (2024).--

[www.theblaze.com/news/food-freedom-raw-milk?utm\\_source=theblaze-breaki..](http://www.theblaze.com/news/food-freedom-raw-milk?utm_source=theblaze-breaki..) (2024).--

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## avo7100

With the mismanagement of the Covid debacle where even Dr. Deborah Birx, one of the original members of the White House Covid Panel after one of their daily meetings came out and after being asked to comment on the strategy of dealing with such a crisis said "I can no longer trust anything coming out of the CDC". Maybe it's just me, but if I heard this from someone like her and had the power to do it, I'd be redoing the management of the CDC. Of course, after making this statement her public appearances were greatly curtailed to a point where we joked about her being placed in the Witness Protection Program. She later reversed her endorsement of the efficacy of the vaccines. The point is, if someone with her credentials, with plenty of opportunity to question them and STILL couldn't get satisfactory answers from them, begging the question, "Why should we trust anything they say?"

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Pretty rich - no pun intended. Just one layer after another of modern 'fixes' to what was once a health staple. Our homesteading ancestors were supposedly so stupid, so unaware of what things actually made them healthy, strong, live long active engaged lives - that about the last thing they would give up was the family dairy, milk cow. Pretty rich, so many of the health concerns Big Pharma say raw milk, raw dairy products cause are actually fueled by Tech Solutions for more units produced at the lowest costs for fewer, than fewer yet owners of bigger, yet bigger operations. Glut in the market dropping the prices needed by the small healthy family farm to survive - the solution, Bovine Growth Hormones so fewer cows produce more, yet inferior milk so fewer owners can run quality out of business.

Cows bred to produce more yet inferior quality milk for more of the same. All kinds of Tech solutions to "fix" the problems caused by mass production and then blame those problems on healthy produced milk and milk products. Mass produced products outright lacking or damaged nutrients causing teeth, heart, stroke, gut damage, our ability to function normally, properly. Keep in mind, as Ashley has reported in a previous article, a proper small farmer producing quality healthy products are working at a Negative \$5 an hour.

Those surviving mostly do so with someone in the family working an outside job in addition to the long hours of farming. Also keep in mind the "inexpensive fare" at the grocery store are heavily subsidized while making us sick when enormous social & medical costs are considered. Hidden costs, and anything but "inexpensive." (The stubbornness to hang on? Long held deep family ties and connections to the land, what should or can be done in proper ways. A Living Family Will and Testament passed on by generations.)

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Yes Just, the worst A1 dairy CAFO. CAFO is the industry of environmental pollution and an attack on the health of people and animals. The oceans are affected by industrial agriculture in many ways. Agricultural runoff pollutes ocean habitats thanks to two sources: runoff from crops to feed factory farm animals that contain high levels of synthetic pesticides and fertilizers, and animal excrement from factory farms themselves. Such runoff causes algae blooms that lead to dead zones, disrupting entire ecosystems. Factory farming is big business. Thanks to vertical integration, these facilities do not turn to the community to purchase equipment or services, but instead rely on remote distributors.

Their ability to undermine smaller farms eliminates local competition from smaller farms. These combined effects result in the hollowing out of rural communities and the disruption of long-standing social fabric. In addition to these economic consequences, rural communities must also bear the severe environmental impacts. Young children are particularly susceptible to these conditions. Mood disorders such as depression, difficulty sleeping and anxiety are also frequently reported.

Large corporations are responsible for setting the laws, keeping industrial agriculture and livestock farming unpunished, with misleading advertising and without a clear label of the origin of genetically modified foods and intensive livestock farming. The Earth could become uninhabitable, because many limits are being crossed: loss of biodiversity, deforestation, nitrogen disruption due to agricultural and industrial processes, which threaten aquatic life, antibiotic-resistant genes in water, etc.

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## juststeve

Perfect Gui, what you describe is America being hallowed out, gutted. Apparently, America, it's pesky Constitution and the constitution of its pesky We, the People, stand in the way of Globalist who started at the farms to then moved through the layers of society and life doing more of the same. They need us to lose the ability to be Independent as it gives us the Liberty to be Free and this may encourage the We, the People of the World. They do not want us to get together and actually be together and fix the small stuff in place, in time. They need Hate thy Neighbor, don't try to understand one another beyond superficial mask, as this allows fog, confusion, chaos, divisions so we don't realize what we have lost, until it is gone.

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## vee1068

I was lactate intolerant but I found that making my own grass fed yogurt solves the problem.

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## Itsmyright

I remember in the 80s reading that New Zealand had realised the issues, for certain children with Autism, with type A1 beta casein coming from Holstein-Friesian (black and white) cows and had changed their milk producing cows to Jersey, Guernsey etc. I dont know if that is still the case as the former were chosen because they are high yield producing cows and ultimately money wins out in the end. Supposedly the A1 beta casein acted like an opiate in the brains of these children, hence the head banging etc that was seen in this subset of children with autism. Personally I think that the medical profession throws too many people into this spectrum diagnosis and they are different conditions.

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The truth is that people with lactose intolerance prefer A2 milk over conventional A1 milk, as the BCM-7 present in A1 milk can cause inflammation and discomfort in sensitive individuals. A2 milk, which contains A2 -casein, is easier to digest than A1 -casein. Its popularity has increased due to reports linking A1 casein to diseases such as type 1 diabetes, heart disease, and autism. This review aims to provide an updated understanding of A2 milk consumption and its health benefits.

[www.researchgate.net/profile/Young-Seo-Park-4/publication/374991003\\_A2..](http://www.researchgate.net/profile/Young-Seo-Park-4/publication/374991003_A2..) (2024). --

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## shangrila114

So far as I am aware, NZ continues to reduce A1 herds albeit not too convincingly after long being in denial of the A1/A2 controversy. This, understandably, is not too popularly publicized, for socio-economic and political reasons perhaps. (Well, the Friesian-Holstein is a cash cow and what better answer to your own head-banging dilemma than to be able to dump your now 'unwanted' herds on third world countries, convincing them "milk" was always a health elixir?). Yeah, they're continuing with A1 reduction for health gain in NZ, albeit not too convincingly, the flavor of the month being emission reduction for climate fame.

It was always all about political correctness anyway, was it not? Not just in NZ but also in other A1 countries, one suspects. But you just can't hoodwink people who come from a country that blew the lid off of A1 with the publication of the Keith Woodford classic. And here's an update from the man himself: [keithwoodford.wordpress.com/2024/05/13/dairy-industry-needs-strategic-..](https://keithwoodford.wordpress.com/2024/05/13/dairy-industry-needs-strategic-..) , [www.faim.org/devil-in-the-milk-research-update](http://www.faim.org/devil-in-the-milk-research-update) . NZ still has some ways to go to be 100% A2.

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## pal4949

I personally buy from Dutch Meadows cause it's local & delicious, but they also ship. They have raw cream, milk, & cheese, as well as pastured meats. They also recently opened their own meat processing facility. <https://dutchmeadowsfarm.com> Another option I'm aware of but haven't ordered from yet. They have raw cheese and pastured meats. <https://simplygrassfed.com>

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## bchristine

I have driven to Dutch Meadows Farm ... it's a whole different world out there in Amish country! They have a nice selection of healthy dairy foods, although pricey. There is another farm in nearby Quarryville PA called MillersBioFarm.com. They have very similar products - and some actually the same.

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**rjk6619**

Very good article regarding dairy. The garbage sold in the big box stores and supermarkets is polluted with additives that are dangerous. Additionally the best buy date means nothing. I have tried different stores to buy milk and I end up dumping it down the drain because it is spoiled. Like all other foods it's expensive. My grandparents owned a grocery store and I vividly recall many of the prices. A gallon of Fresh (no additives) milk was about a Dollar. A large loaf of bread cost 25 cents. A candy bar was a nickle. Bread and milk do not keep long and again loaded with preservatives which are not meant for our bodies. The cost of these items is also unsubstantiated. I will be contacting the fresh milk suppliers Mercola has provided.

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**bpm4539**

I freeze Sourdough bread and eat within 2 weeks. Still feels fresh.

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**juststeve**

Hear, hear! It's amazing how many people think the sell by date is the last day you can eat it and no idea maybe it shouldn't even be eaten at all. Grandma had a fit when bread went from ten cents a loaf to twelve. What would she think today? A nickle candy bar was also big enough to eat off of for days.

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## quiltingmatilda

The author forgot to explain why the A1 is a problem. When the varieties of cows mentioned that give A1 were gathered and raised in the CAFO operations, they changed their protein as a result of the species inappropriate food they were being given to make it harder for humans to digest. I'm sure that many people who all of a sudden had problems with milk are harkening back to the lactose intolerance of the 1980s and 90s.

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## BillyDare

Your choice of articles is interesting; however, many studies involving dairy do not differentiate between pasteurized and non-pasteurized products; additionally, the federal grant-money to fund studies is NOT available for raw milk: to wit, there IS a difference--a significant difference. Hence, raw milk products have now fallen mostly into the hands of determined homesteaders; those folks-if they are like me-will not sign up for any "studies" using raw milk products simply because the culture-at-large is brainwashed by "milk-sick" hysteria and feel "unsafe" consuming the raw products. Remember President Lincoln's mother! She died from "milk-sick!" Every 5th or 6th grade student has that fact drilled into them... therefore, fear controls their life time future regarding what might be a more healthy life-style with raw milk. Obviously, I was one of the failures of "modern" education! --BillyDare

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