

## Almond

I am going to offer my opinion and understand if not everyone agrees. There are lots of videos about homesteading. (Some are legitimate and some are not.) I notice many people trying to do everything or do too much. Building big barns or installing expensive energy systems when something simpler would serve their basic needs. Going into debt. All manner of creature comforts they do not want to live without. The more high-tech gadgetry you buy, the more likely it is to break down and cost you money, time to keep it all running and aggravation. I understand the need to work towards your dreams and I have some very long days. However, not everyone has to do everything.

It is best if you can network with others and each of you do what you enjoy and do best. I see many young people who have never done without anything. They have the mistaken belief that they can homestead and have everything as it was. A person needs to prioritize and simplify. For example, I would not enjoy raising cattle. Instead, I enjoy fall days deer hunting to provide our meat supply. I put a lot of work into my orchard and vineyard, but now I can rely on perennials. I love bees, but do not want to become a beekeeper. Instead, I let a friend set his hives up on our land and he shares honey. I swap wild mushrooms for maple syrup. We may not have a lot of supermarket foods, but what we eat is wholesome.

I plant basic fruits and vegetables. Some people spending a lot of money on exotic plants that require constant pampering. We will take 2 days for major fishing trips this year to fill our freezer, with smaller catches in between. We consider this part of our vacation time. We no longer travel abroad or spend a lot of money on fancy resorts. We are so fascinated with what we have nearby and in our own backyard that we have little motivation to leave home or travel far. Our work is often our play--this is the way life should be. Find time to cover your basic needs and do what you enjoy.

Posted On 03/28/2024

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## bowgirl

Exactly, this is why we are part of the farming community. The community works together for the good of the community. We also do mostly fruits and veggies too. We have eggs for our own use and do not hesitate to hunt for free range meat.

Posted On 03/28/2024

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## grulla

"She also gives an update on which states in the U.S. (nearly all, except for four) have legalized its sale." Depends on who you talk to. According to this one website raw milk map, raw milk is available, one way or another in 49 of 50 states with only NJ being absolutely illegal. [www.realmilk.com/state-updates](http://www.realmilk.com/state-updates)

Posted On 03/28/2024

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## MrPOrangj

Love it. Well written and precise. I love all the simple natural and nutritious life, when I go to my smaller garden with hoe or shovel in hand my bird mates are less than 3 ft away ready for the worms. Love the later lifestyle I'm having now.

Posted On 03/28/2024

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## Guillermou

Dr. Price studied isolated non-industrialized villages to establish the parameters of human health and nutrition, discovered this new substance, and discovered that Activator X helps the body absorb and use essential minerals. Grass-fed animal products, such as meats and raw milk, provide you with Activator X. Butter fat has strong anti-tumor and anti-cancer properties. It contains conjugated linoleic acid, which is a powerful anti-cancer, muscle-building and immunity-boosting agent. It also contains vitamin D which is essential for the absorption of calcium, vitamin A, E, K, as well as essential minerals such as manganese, chromium, iodine, zinc, copper and selenium.

According to Dr. Price's findings, Activator To learn more about Activator X, Dr. Weston A. Price's research, and the true history of milk, read: THE UNTOLD STORY OF MILK, THE HISTORY, POLITICS AND SCIENCE OF NATURE'S PERFECT FOOD: RAW MILK FROM PASTURE-FED COWS, by Ron Schmid

[www.researchgate.net/publication/248920842\\_The\\_Untold\\_Story\\_of\\_Milk\\_Th..](http://www.researchgate.net/publication/248920842_The_Untold_Story_of_Milk_Th..)

's\_Perfect\_Food\_Raw\_Milk\_from\_Pasture-Fed\_Cows\_by\_Ron\_Schmid According to research, Activator X also plays a role in: 1) The correct growth and development of children. 2) Support endocrine function, especially the thyroid.

3) Reduce chronic inflammation related to heart disease. 4) Decrease in mortality rates

[bodyecology.com/.../activator\\_x-php](http://bodyecology.com/.../activator_x-php) [weiners.ca/post/164467028366/butter-the-activator-x-and-spirit-input](http://weiners.ca/post/164467028366/butter-the-activator-x-and-spirit-input)

The following table compares Price's discoveries about Factor X with modern scientific knowledge about vitamin K2, explaining from a more technical perspective the processes underlying his novel

observations. [radiantlifecatalog.com/blog/bid/59999/The-Mystery-of-X-Factor-Butter-O..](http://radiantlifecatalog.com/blog/bid/59999/The-Mystery-of-X-Factor-Butter-O..) HOW TO MAKE HOMEMADE RAW BUTTER CONTAINING ACTIVATOR [price-pottenger.org/blog/how-to-make-homemade-raw-butter-containing-ac..](http://price-pottenger.org/blog/how-to-make-homemade-raw-butter-containing-ac..)

Posted On 03/28/2024

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## Guillermou

Sally Fallon Morell, president of the Weston A. Price Foundation, today answers all of these questions and more. She also gives an update on which states in the U.S. (nearly all, except for four) have legalized its sale. And she explains how raw milk is nature's most complete food (and a fragile one that should be treated with care). Check out Sally's blog for more information:

nourishingtraditions.com [nourishingtraditions.com](https://www.nourishingtraditions.com) .----- Find raw milk near you in the U.S. at [realmilk.com](https://www.realmilk.com) <https://www.realmilk.com/> .--- See our website for more resources: [westonaprice.org](https://www.westonaprice.org) [http://westonaprice.org/](https://www.westonaprice.org/) .--- Visit our sponsors: Dr. Tom Cowan's New Biology Curriculum [https://drtomcowan.com/](https://www.dr.tomcowan.com/) .---- Nutrition Therapy Institute [ntischool.com/wisetraditions](https://www.ntischool.com/wisetraditions) .---- Listen to the podcast or read its transcript at the link: [www.westonaprice.org/.../raw-milk-near-me](https://www.westonaprice.org/.../raw-milk-near-me)

Posted On 03/28/2024

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And Gui, if the memory is working Dr. Weston Price's research was done decades ago and should have had a major impact on Health Standards, if not for massive influence snuck in by Rockefeller, son of an honest to God - Snake Oil Salesman. Price's work showed former pristine conditions in indigenous areas the peoples had high conditions of physical and dental health. When follow up research came back after in those areas where Civilization came in and removed them from the 'errors" of their ways, did their once high quality of health deteriorate. It is the condition of Cities who once had the rivers of manure run through their streets along with the flotsam of trash and garbage sourcing dis-ease.

Now the manure of cities are pervasive everywhere, even in those deep pockets and corners left wild and indigenous populations who never heard of the Modern World, other than the flotsam of plastic trash and garbage deposited on the shores of their islands. The chemical toxins manures remain unseen. Now the Powers that Be pull out every trick in the book to move Livestock, Plants, Food Processing into city like conditions. Between it all, leaving Humanity Dis-eased, Weak, Damaged afraid of the sources of life, life itself.

Given time to adjust to Real Food, the foods sourced in the family farms over half a century ago fresh as fresh can be, cannot be beat. The homemade butters, ice cream we as little kids helped make created not only good health but contributed to the Joy and celebration of Life and Living with the family and the farm. A good farm is the interface between the wild, and the village life. Cities are unnatural, virus like reproducing over prime farmlands for easy building, profits and have been taken to extremes. The imbalance caused by pushing things out of sight out of mind are a major source of dis-ease.

Posted On 03/28/2024

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## Guillermou

Very much agree Just, it is a simple and real diet, based on ingredients that have been available for hundreds of years. One of the characteristics of ancestral food is that it is the ingredient itself that is the protagonist, not those that season, preserve or modify its flavor. They are also those foods that come from a local producer, of which we also know where they come from. By purchasing these foods we support a sustainable gastronomy free of pesticides and chemicals. In the same way, when we buy seasonal products we respect the cycles of nature and value what the earth offers us in each season, in the same way that our ancestors did.

Milk from animals raised with unnatural feed contaminated with glyphosate, the synergy of gluten and casein with glyphosate in causing intolerances and diseases. Stephanie Seneff believes that gluten, peanut, soy and casein intolerance is related to glyphosate, she 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..](https://occupyhealth.com/dr-susan-on-radio/stephanie-seneff-glyphosate-the-sco..) [people.csail.mit.edu/seneff](https://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 us to conclude that different levels of glyphosate were excreted in the urine of cows and glyphosate had a significant impact on the blood parameters of cows. In fact, researchers found that increased levels of glutamate dehydrogenase, glutamate oxaloacetate transaminase, and creatinine kinase, in cows could show the effect of glyphosate on liver and muscle cells. They also discovered that elevated urea levels on some farms could be due to glyphosate nephrotoxicity. [seattleorganicrestaurants.com/vegan-whole-food/chemicals-antibiotics-i..](https://seattleorganicrestaurants.com/vegan-whole-food/chemicals-antibiotics-i..)

Posted On 03/28/2024

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## Guillermou

Modern technocrats have found many ways to ruin our food, such as rapidly heating milk to 160 or even 230 degrees, using microwaves, irradiating with radioactive materials, spray drying at high temperatures, extruding at high temperatures and pressures, and embalming with sugar. Now a new technology has appeared on the scene: ultra-high pressure applied (HPP) to a variety of foods for humans, pets and babies. Examples of high-pressure processed products commercially available in the U.S. today include fruit smoothies, guacamole, ready-to-eat meals with meat and vegetables, oysters, salad dressings, hummus, ham, chicken tenders, juices.

fruits, sauces and fruit purees for babies. You won't find any particular symbol (in terms of irradiation) that indicates whether a product has undergone HP processing, but you may see the words "cold pasteurized." A 2008 review titled "High Pressure Processing: Effects on Microbial Food Safety and Quality," looked at the effects of high pressure processing on several pathogenic organisms and found that it did not eliminate all of them; The researchers found that the spores were especially resistant to high pressure, just as they are resistant to heat.

A study, published in the Journal of Dairy Science in 2016, that explored feeding HPP colostrum to calves. Said the researchers: "The results of this study suggest that high-pressure processing of bovine colostrum maintains an acceptable level of IgG while decreasing bacterial and viral counts," but they also noted that "calves fed pressure-processed colostrum had similar serum IgG but lower efficiency." absorption than calves fed heat-treated colostrum [emphasis added. More information in the link. [nourishingtraditions.com/pressured](http://nourishingtraditions.com/pressured)

Posted On 03/28/2024

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## NaturalGrown

K2 Superhero!

Posted On 03/28/2024

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## Guillermou

Vitamin K2 MK-4 is Dr. Price's Activator X and is unique in that it is the only form that is not a product of bacterial synthesis, but rather comes from animal sources. It is the synergistic element in Vitamin Butter Oil combined with Vitamin A and D in Cod Liver Oil to deliver nothing short of miraculous results in Weston Price's work. The study (EPIC) has revealed that increasing vitamin K2 intake can reduce the risk of prostate cancer by 35 percent. Men with the highest K2 intake had a 51% lower risk of mortality from myocardial infarction and a whopping 26% lower risk of death from all causes compared to men who ate the least K2!

Anti-Wulzen Stiffness Factor (also known as stigmasterol) is one of a group of phytosterols, including -sitosterol, campesterol, ergosterol (D2 provitamin), brassicasterol, delta-7-stigmasterol, and delta-7-avenasterol that is chemically similar to cholesterol. in animals. Stigmasterol is also found in unpasteurized milk and dairy products in fermented soybeans, American ginseng and various vegetables, legumes, nuts, seeds.

Butter contains two components rarely heard of anymore: Activator X. and the Wulzen anti-stiffness factor. Activator X is a fat-soluble catalyst found in butter and meat oil from animals that are fed a high-quality grass diet. Activator . It also plays a key role in bone repair and reconstruction. The compound helps protect against degenerative arthritis. It can be destroyed with excessive pasteurizing procedures and heating dairy products.

Posted On 03/28/2024

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## Guillermou

Research has indicated that stigmasterol may be useful in preventing certain types of cancer, including ovarian, prostate, breast, and colon cancer. Butter is the richest dietary source of butyric acid (3.4%), a short chain fatty acid, which is proving to be very beneficial for health researchers found that feeding butyric acid mice were leaner and had a tendency to overeat. They also had lower cholesterol, triglycerides and fasting insulin levels, all aimed at improving metabolic health and a lower risk of developing metabolic syndrome.

The intestine actually uses butyric acid as an energy source. Butyric acid has been shown to benefit those with intestinal disorders such as ulcerative colitis and Crohn's disease. That's because this short-chain fatty acid helps restore the integrity of the intestinal mucosa while reducing inflammation. (Another review) Studies have shown that butyric acid has the ability to cause cancer cells to mature into normal cells. This is a unique property, since most anti-cancer substances either destroy cancer cells or cause suicide.

Butyric acid, however, appears to preserve cell life by normalizing function.

[www.westonaprice.org/health-topics/in-defense-of-vitamin-k2-mk-4-dr-pr..](http://www.westonaprice.org/health-topics/in-defense-of-vitamin-k2-mk-4-dr-pr..) .-----

[www.researchgate.net/publication/362643996\\_Stigmasterol\\_in\\_Health\\_and\\_..](http://www.researchgate.net/publication/362643996_Stigmasterol_in_Health_and_..) .-----

[research.monash.edu/en/publications/health-benefits-and-pharmacologica..](http://research.monash.edu/en/publications/health-benefits-and-pharmacologica..)

[www.sciencedirect.com/.../S1063458409002179](http://www.sciencedirect.com/.../S1063458409002179) .--- [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) .---

[www.mdpi.com/.../1912](http://www.mdpi.com/.../1912) .----

Posted On 03/28/2024

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## rjskater

I and my family have been drinking raw milk for about 23 years. My grandchildren are 11 and 13 and only had raw. We have never gotten sick from the raw milk.

Posted On 03/28/2024

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## Catryna

I have drunk raw milk since 1969; raw cow milk from 1969 to 1980 and raw goat milk from then on until now. My children were raised on raw goat milk and some of my grandchildren. Most of my grandchildren also remain vaccine free or very few vaccines.

Posted On 03/28/2024

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## NaturalGrown

Raw goat milk saved my cousin's baby from dying. It's been told that it dramatically helped a local child with autism symptoms. Facts

Posted On 03/28/2024

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## Catryna

NaturalGrown Many decades ago a woman came to me because her baby was either born or had developed Ichthyosis. The baby was bottle fed. Using raw goat milk I made a formula with certain vitamins and other ingredients to nourish the baby properly and get rid of the problem, which it did over time.

Posted On 03/29/2024

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## **DumberFarmer**

Thank you for someone finally telling the truth about raw milk. If there was real justice in this world, dairy farmers would be able to sue UCLA professor Donovan for defamation. Louis Pasteur has been proven to be a fraud, and the germ theory has been clearly proven to also be a fraud. The number one reason processed food is typically detrimental to your health is because of the heating process it undergoes. In the case of raw milk, the lactate enzyme is destroyed during pasteurization and we wonder why we can't digest it or get the value of the nutrition from it. I have been lactose intolerant for quite a while and as long as I take a dairy digestive lactase enzyme, I can enjoy dairy however I am still not getting the full nutrition I would have received had it been digested as raw milk instead. Poor health is typically malnutrition and has much to do with how our food is delivered to our plate. The environment you put your food into is foundational towards receiving the nutrition from that food.

Hence good health starts with a healthy gut biome. The food you put into your gut will either feed the pathogenic or the beneficial microbiology. Most recognize the value of minerals, however, without beneficial biology absorption of those critical minerals is absent. We should all be screaming from the rooftops about cultivating an environment in our gut where beneficial biology can thrive. Bottom line if you want to achieve optimum health, it starts with a healthy gut biome.

Posted On 03/28/2024

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## **airsurfer**

Let the 'professor' consume dead food (exactly what 'sterilized' and 'pasteurized' means). Let us consume raw food like everyone else in nature since forever and thrive happily. It's a pity when the 'educated' prove how little they know and how much they are just paid skills. I have a degree too and all those pharma skills do is discredit everyone else! Luckily cows can not be corrupted.

Posted On 03/28/2024

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## Galeforce

Why are these people so hostile to natural foods? It reveals their ignorance of human and plant biology, and basic nutrition. The need for natural unprocessed high nutrient foods is even greater these days than ever.

Posted On 03/28/2024

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## juststeve

Indoctrination from every corner one can think of. We get it early in school, the made for kid's education shows. Reinforced all through Legacy Media who is underwrote with and by Too Big to Fail Pharma. Since the discovery of the need for extreme sanitation for surgery and a patient's recovery. The use of antibiotics to heal those whose body's defenses were breached by microbes not tolerated inside the body, has been used as a foundation to create an Obsessive Compulsive Germaphobe Society. Scores of people who willingly spray, scrub, swallow all kinds of chemical toxins in the belief they are improving their health, their quality of life.

Posted On 03/28/2024

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## anna.c60hotmail.com

propaganda & indoctrination! Same workings as "fat makes you fat" & "cholesterol causes heart disease" & how diabetes associations ( US & UK I believe) still recommend "beige food".

Posted On 03/28/2024

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## Catryna

Galeforce Money, it's always about money and control.

Posted On 03/29/2024

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Raw Horse's milk saved my father from death due to Lock Jaw when he was a kid. His mom found a farmer with a new colt and the farmer brought my dad the fresh milk with colostrum each day, Grandma fed the milk through a straw down his throat to keep him from starving and the higher nutrient content and the colostrum from the mare went to work to help his immune system conquer the tetanus.

Posted On 03/28/2024

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## The Texan

I knew a man whose older sister was born premature at home. The country doctor told the family the baby would not live but the dad refused to accept that even though the mother was not giving milk. He milked their cow. The baby did not do well on that so he decided to try his mare who had recently foaled. The little girl flourished on that milk. Not long after that younger brother told me this, I found scientific studies from Italy where they proved that mare's milk was the best natural milk to give premature infants. Those studies are hard to find now.

Posted On 03/31/2024

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## rel6213

When conventional medicine is the THIRD largest cause of death from THEIR advice & their alleged health remedies, & when raw milk is the ONLY food that all mammals grow & thrive on, I wonder that this propagandist can look herself in the mirror, much less try to teach others.

Posted On 03/28/2024

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## ElMinetero

Pasteurization is to increase shelf life and profits, nothing else.

Posted On 03/28/2024

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## geoff2180

I grew up in New Zealand in a dairy farming community. My father was a cheese factory manager. Farmers delivered the milk to the factory on their trucks and tractors. The milk arrived in large cans and my father would tip the milk into weighing vats and then pull the plug and it would drop into the factory system. Every day my father would fill our billy with raw milk from a farm that he trusted. For cream just skim it off. We all grew up on raw milk. I refer to us kids, the kids whose parents lived and worked at the factory and the farm kids. So everyone at our small school. I don't remember any sick kids at school. I and my brothers and sister were all healthy.

Here I am 74 years of age and living in Australia. I have had a healthy life and remain so. I think I benefit from the foundation I had growing up on raw milk and garden grown veggies. I didn't see a city until I was 17 years old. We had a small town a long way off. It was a pretty simple life. There was no fast food and no trans fats. Just butter and full cream milk. As an adult I once asked my father if the milk we grew up on was safe. He replied that it can be not safe. He said look at the cows and see if they are clean and healthy looking. Years went by and I was on Australia's Gold Coast. There was a farmer up high in the hinterland selling raw milk out of his cow shed.

The milk was in containers in the fridge and there was/is an honesty tin. You got what you wanted, put your money in the tin and left. As far as I know he is still there. That farm survives only on milk sales out the cowshed door. As for the cows? Well they are just over the fence. I go over and say moooo to them. They are clean and healthy looking and grass fed. You could call it organic because the farm does not spend valuable money on fertilisers or food other than hay when it's dry. Boy, I sure miss that milk and the experience. But I now live far away and it is just a dream from the past. Sigh.

Posted On 03/28/2024

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## NaturalGrown

I'm currently getting milk that way weekly. Beautiful natural farm. Blessed in every way. Search and find

Posted On 03/28/2024

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## QuebecCity

In Canada the gouvernements are dead set against raw milk

Posted On 03/28/2024

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[anna.c60hotmail.com](mailto:anna.c60hotmail.com)

from what I've read here in the UK - Canada are dead set against real life these days!

Posted On 03/28/2024

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## Rosebud10000

I grew up on a small dairy farm in South Africa consuming delicious unpasteurised milk products. Of course it's better. However there are some caveats which go without saying. The people looking after the cows, especially in the milking parlour have to be committed to delivering a clean and healthy product. And the cows must be regularly tested for relevant diseases. In South Africa that would be bovine tuberculosis, brucellosis and mastitis. Sadly there are not many dairy farms in which I would have the confidence to drink the milk they produce, pasteurised or not. Anyone seeing the sludge that remains after the milk is strained would not either.

Posted On 03/28/2024

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## Guillermou

Good practices are health. In an interview with Sally Fallon Morell, president of the Weston A. Price Foundation, journalist, cook, nutrition researcher, homemaker and activist. She is the author of the book "Nourishing Traditions". Her interest in nutrition topics began in the early 1970s, after reading the book "Nutrition and Physical Degeneration," .. In a very interesting survey in 2007, what they found was that about 3% of people, when asked if they had drank raw milk in the last week, answered yes. 3% of the population is equivalent to 9 million people and, taking into account that raw milk consumption is growing in the United States, I think a very conservative estimate would be that about 10 million people drink raw milk in this country.

Many people are fed up with all this, they are repelled by industrial farming, they don't like the taste, the processing to which it is subjected turns it into a highly allergenic food, so many people cannot drink it at all. Then they discover the real milk movement, they find out through us that raw milk is actually a very safe food, that tastes wonderful, and many people who cannot drink normal, pasteurized commercial milk, have no problem when drinking raw milk.. SallyFallon says laws against raw milk are based on 40-year-old science.

40 years ago, there was a deep-rooted belief in germ theory, which says that all germs are bad, that there is no way "clean" milk would come out the back of a cow, and that there are no benefits in consuming raw milk. Now the scientific paradigm has completely changed, we know that most bacteria are beneficial, and many studies have also been done on raw milk, specifically a type of study called "challenge studies" or microbiological stability studies, which They consist of introducing pathogens into raw milk, and measuring the levels over several days.

Posted On 03/28/2024

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## Guillermou

What they observe is that these levels do not increase, but rather decrease until they disappear. There are several studies like these in the scientific literature. The reason this happens is that raw milk contains compounds that kill pathogens, which are also destroyed by pasteurization. And we have learned all this in recent decades, and it has forced many scientists to rethink their position regarding raw milk. There are also half a dozen studies conducted in Europe that showed that raw milk can protect against allergies, asthma and eczema (see references at the end of the interview), and we also have many corroborating testimonies.

The tide is changing. We would never recommend raw milk from a dairy where the animals are confined, where the cows are in manure all day and receive all kinds of medications. Raw milk has to come from cows that are in a healthy and clean environment. That means that they are mostly on pastures, that they are clean, they enjoy fresh air and sunlight, and that milk is safe in practically any circumstance thanks to all those compounds that destroy pathogens. Today we have tools to ensure the safety of milk that we did not have 40 years ago.

On our farm, we do a test called the Petrifilm test, and with that we check the coliform levels every day with each batch of milk. It is a test that you do yourself and that costs you about 3 dollars. We do it every day and normally the result is zero, which tells us that our milk is very clean. So there are cheap ways to check it directly on the farm. [www.westonaprice.org/sally-fallon-morell-on-raw-milk/#gsc.tab=0](http://www.westonaprice.org/sally-fallon-morell-on-raw-milk/#gsc.tab=0).--- [www.realmilk.com/.../](http://www.realmilk.com/.../).--- [mara-labs.com/blogs/journal/episode-222-sally-fallon-morell-on-pasteur..](http://mara-labs.com/blogs/journal/episode-222-sally-fallon-morell-on-pasteur..) <https://www.realmilk.com/>.--- [www.lacarnedepasto.com/2018/08/07/leche-cruda-entrevista-sally-fallon-..](http://www.lacarnedepasto.com/2018/08/07/leche-cruda-entrevista-sally-fallon-..)

Posted On 03/28/2024

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## NaturalGrown

You said it, committed to cleanliness. That's probably a key factor haha! And healthy? Yes. Living Nutrition. Alive! My body thrives on it. A gallon a week

Posted On 03/28/2024

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## butlerbv

I found that feeding cows high grain diets Helps them produce more milk, but runs the risk that the milk can be borderline acidic and prone to infection by pathogens. If cows are Grassfed they may produce less milk , but it is also alkaline (pH 7.2) and much more healthy. The calves are much less apt to have diarharria. That is a great protection to raw milk drinkers if the cow is basically Grassfed.

Posted On 03/28/2024

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## Track Record

I was raised from a baby on raw milk in England. My Father was a milkman, collecting from the farm and delivering door to door. I remember later on when TT milk was introduced, milk from tuberculin certified cows. That seems to have been the perceived threat but I remember being given the tuberculin test at school along with everyone else and along with almost everyone else receiving the BCG inoculation because we hadn't been in contact with anyone suffering the disease. However pasteurization became the modern thing to do and most of dads customers fell for the story that it meant that the cows lived on pastures.

My Dads version was it was done to turn milk into a store commodity for the benefit of large store operations. And this is exactly what happened. My Dads business became part of ASDA, which used to be called Associated Dairies but became a supermarket which eventually became part of Walmart, fulfilling his prediction. I still think the original action was a fraud contributing to a decline in general health and a contributor now to the decline in life expectancy, down about three years over the past ten. Nutrition is the foundation of health and thus longevity.

Posted On 03/28/2024

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## chrisphillips

wondering about cheese...raw milk cheese is so much more expensive but i suppose the milk proteins in cheese from pasteurized milk are damaged as well... gosh its so counterintuitive that the simplest things in life - clean air, water and food, are oft the hardest to come by, and certainly at a cost beyond many.

Posted On 03/28/2024

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**nancy\_falster**

And Chris, make sure to look for cheese culture and rennet that comes from a bovine and not a microbe! It's hard to find here in rural East Texas

Posted On 03/28/2024

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## **NaturalGrown**

Raw and ALIVE! Living nutrition. Health at it's pinnacle. I enjoy this nutrition by the gallon, from a small farm that has beautiful animals and beautiful pastures, never sprayed chems and regenerated by rotational grazing. So delicious. Let me tell this testimony. A cousin had a newborn child that could not tolerate the mom's milk, formula or store milk. About to die, he went and got raw goat milk and that saved the baby. Contemplate that. They actually told me a local child with autism did amazingly well with the raw goat milk.

Posted On 03/28/2024

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## Guillermou

Great prize for the extraordinary action. Each person must experiment with food but the truth is that raw foods are energy-dense. Solar radiation produces anti-inflammatory, analgesic and modulating effects. It stimulates cells and regulates the production of hormones and neurotransmitters. Through the skin we absorb between 25-30% of solar photons. Studies by Fritz Albert Popp and doctors such as Xiuxiu Wang and Jinzhao Huang, from the University of Jinan (China), have demonstrated the effectiveness of acupuncture or moxa treatment to increase the emission of biophotons along the meridians. . The most frequent indications are pain, fibromyalgia, nervous system disorders, respiratory and inflammatory problems, hormonal imbalances and chronic infections.

Biophotons have been considered a modern interpretation of the traditional Qi concept. Likewise, they would allow biophotons and connective tissue to be related, and said relationship with the meridian system. This fact could indicate that the meridians described by Chinese medicine are like fiber optic cables that carry a large amount of bioinformation in the form of biophotons and with the function, among others, of contributing to the regulation and organization of biological systems.

The raw foods we eat not only provide calories, proteins, vitamins or minerals, but they literally transfer sunlight to the body. This light is essential because it provides physical coherence, order, and organizational capacity, which is essential for all living beings.

[www.sciencedirect.com/.../S1887836913700887](http://www.sciencedirect.com/.../S1887836913700887) .---- [www.terra.org/.../biofotones](http://www.terra.org/.../biofotones) .---- The Energy That Heals Part II: Biophoton Emissions and The Body of Light [www.chi.is/energy-heals-part-ii-biophoton-emissions-body-light/](http://www.chi.is/energy-heals-part-ii-biophoton-emissions-body-light/) (2018) Biophoton Detection and Low-Intensity Light Therapy: A Potential Clinical Partnership [www.ncbi.nlm.nih.gov/.../PMC2957070](http://www.ncbi.nlm.nih.gov/.../PMC2957070) (2010)

Posted On 03/28/2024

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## Horsea

Generally speaking, goats' milk is way more suitable for humans than cows' milk.

Posted On 03/28/2024

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## hisgarness

I've been sourcing raw milk the majority of my life. Pasteurized and homogenized milk simply described is dead milk. The processing kills beneficial bacteria. The real push behind the processing is to control milk and its distribution. The necessary equipment for pasteurizing, homogenizing and bottling is more than any small farmer can afford. The Weston Price Foundation is a good source for finding raw milk.

Posted On 03/28/2024

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## Almond

Sovereignty Coalition launches Zoom meetings and Spaces on X to defund and exit the WHO [sovereignty.substack.com/p/sovereignty-coalition-launches-zoom?utm\\_cam..](https://sovereignty.substack.com/p/sovereignty-coalition-launches-zoom?utm_cam..) THE SENATE HAS SURRENDERED US SOVREIGNTY TO THE WORLD HEALTH ORGANIZATION! The last legal line of defense is the individual states. "Per the 10th Amendment of the U.S. Constitution, "the powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people."" "Indeed, some states are moving forward with bills and resolutions to do just that. Yesterday, the Louisiana Senate unanimously passed by a vote of 37-0 a bill to the state House that prohibits international organizations from exerting authority or influence within the state.

The bill asserts, "No rule, regulation, fee, tax, or mandate of any kind of the World Health Organization, United Nations, and the World Economic Forum shall be enforced or implemented by the state of Louisiana or any agency, department, board, commission, political subdivision, governmental entity of the state, parish, municipality, or any other political entity."" Contact your state legislators and ask them to do the same.

Posted On 03/28/2024

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## Almond

How can raw milk be unsafe if it is tested and good sanitation practiced?! (How many food recalls have there been in the last year for foods that are allegedly govt inspected? yet, none of these products have been removed from the market--even when they are repeatedly found to be diseased.) We are not only losing our health due to supermarket dependency and overregulation, but we are losing knowledge and a way of life. How many families would purchase a milk cow because they had child labor and it was considered more economical than buying milk? When we were first married, people would bring their own 5-gallon buckets to a Jersey dairy to get raw milk.

I made a lot of yogurt back then and it was delicious--unlike anything you buy. It had a thin layer of yellow butter that rose to the top and sealed it from oxygen. Most of the time, I would use excess milk for making butter. Sometimes, I would get extra milk and make cheese, esp. in the spring. The whey from churning butter makes the absolute best lemonade--do not waste it by pouring it on plants. 1:5 lemon juice:water. Sweeten to taste. I love cows as long as they belong to my neighbor across the fence and I do not have to milk them. I choose not to keep a cow and real good quality raw milk has gotten so expensive that we no longer buy it.

However, I have found some good sales on European cheeses. (I suppose that is also coming to an end with European farmers being treated like a fruit fly in California... govt trying to wipe them out.) I would like to get raw milk again. Hubby and I were just discussing it this evening and I have an idea that may work for others and help many people at the same time. We have become aware that there is a shortage of funding for 4-H projects for many reasons, inc. the poor economy. Spring 2025, we will make an offer to buy calves for a 4-H-er in exchange for a portion of the milk produced on a weekly basis.

Posted On 03/28/2024

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## unprocessed\_me

Thank you to the Mercola team for publishing this article at a time when the "safety" vultures are making noise again. Most of them live in dead or medical environments and only have experience with factory farming. I've been drinking raw milk for 15 years and I help people get access to it. I have been witness to 1000s of families feeling better and learning about their own bodies by working directly with traditional foods. We need to keep (and grow) traditional knowledge (just like human breastfeeding). Raw milk dairies and private customer relationships are SELF-regulating. If the local raw dairy farmer were to mess up, they would be out of business quickly. The animal containment operations just pay the fine (and donate to their senator) when things go wrong in their factories (and they do go wrong).

That said, I would never drink unpasteurized milk from any of the dairies supplying most of the stores (even the organic ones). They don't have to keep the animals clean -they will be steam cleaning your milk to 212 deg F on three different cycles. That milk is as dead as dead can be and does not even have to be refrigerated after it's air sealed. They just refrigerate it because Americans expect to find milk in the cooler. I love the ending of this article. "Health officials like Professor Dunavan can protest all they want, but fewer and fewer people are listening."

Posted On 03/30/2024

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## Ronald\_H

I occasionally go out of my way to get raw goat milk from Drake Family Farm in Utah. In a conversation with Ronald Drake, we discussed my lack of concern for pathogens because my immune system function would destroy it without me even noticing. His goats are healthy and the milk is clean and fresh. Theoretically, someone somewhere with immune system challenges could be susceptible to a miniscule bacteria count and it should be up to that person to consider their situation to make their own responsible choices without government interference.

Posted On 03/29/2024

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## [pisces](#)

A retired former nurse berated me for pushing the benefits of raw milk one time simply because her son had contracted Listeriosis. At the 45th latitude, I suspected her son had low Vitamin D. Word of caution: There are many Karens out there who need to 'shoot the messenger' rather than admit they might be the problem. On the plus side, If you want to investigate any disease state, note how nearly all of them are also related to low D levels.

Posted On 03/29/2024

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## [sandrasbarroicloud.com](#)

I raised my two boys on raw milk. They are now in their forties. Neither has any food allergies, and neither one has ever had a cavity or any bone issues. They are very lean, strong, active men. Road and off-road bikers. I never allowed flouride treatments or any other cavity prevention treatment on their teeth, and we drank only distilled water. Of course, no processed food was allowed in our home. I am a huge advocate of raw milk. San

Posted On 03/29/2024

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## [hkpray2day](#)

My grandpa, born in 1900, was a dairy farmer. He died at 97 having consumed raw milk all his life. My dad followed in his footsteps and died at the age of 93. They defied all the medical science. Grandpa ate multiple eggs for breakfast followed by gingersnap cookies. Dad would eat butter off the spoon. They call Loma Linda a blue zone. Ha, ha, ha. My father-in-law also drank raw milk most of his life. He died at 94 on a Caribbean island. They still revere and celebrate old age there. Almost every month there is an article in the newspaper about So and So who turned 100,102,103. We make sure we tell our children not to believe the medical community because we have seen differently.

Posted On 03/28/2024

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## **nomajohns**

I grew up on raw milk from my uncle's farm. I am 87 and in great health. I don't take any medicines and I don't see any doctors.

Posted On 03/28/2024

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## **jwl4842**

My son is 36 had eczema all his life started drinking raw milk and after a couple of months is eczema completely disappeared

Posted On 03/28/2024

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## **pjucla**

Remember raw milk delivered to our home , awesome know your peeps . Be wise , stay healthy all !

Posted On 03/28/2024

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## **DoorlessCarp**

Is there any area of public health that they can get right? I take kefir as an alternative. \*\*\* Suppression of pathogens in properly refrigerated raw milk "...The Dietert study also compiled evidence of health benefits for raw milk consumers, and no outbreaks of illness from 2018 to 2020 in CA when more than 1,352,000 gallons of fluid raw milk was provided in the CA retail market, consistent with a risk of illness less than 1 in over 20 million 250-mL servings for retail raw milk consumers. Notably, the US Food and Drug Administration (FDA) and the Food Safety and Inspection Service (FSIS) jointly reported that both raw and pasteurized milks were high risk foods for severe listeriosis [5], and a recent systematic review reported that severe listeriosis risks were significantly higher for pasteurized than raw milks [6]."

[www.ncbi.nlm.nih.gov/.../PMC10715650](http://www.ncbi.nlm.nih.gov/.../PMC10715650)

Posted On 03/28/2024

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## Heimdall1

One should maybe ask for whom the milk is safe? The average consumer might think they mean him/her, but the producers of course mean themselves as pasteurised milk you can store for 'half a century' which reduces costs. If one checks that is a fallacy as well, because raw milk left alone goes through different stages of cheese as someone called it. I put a liter in a glass bottle in a dark cupboard high up where it's warm for two days then into the fridge for a couple of days or weeks to get a nice kefir. natural one, strangely it tastes fresher the older it is, like the sour milk that was ages ago I guess. The reason why people with lactose intolerance can drink milk is that pasteurisation destroys lactase needed for digestion of lactose.

Tested it on my wife who was surprised drinking raw since then, with exception of stupid paleo period. Still think farmers are overcharging, If going with price more could be sold, well when there is enough. In UK the one milk station doesn't have enough as they say Ramadan increased consumption, but well they will organically grow their herd. One should ask why it's made so difficult to buy raw milk? The food industry makes people sick and pharma sells them drugs to 'heal' them? A perfect business model, if I would be the owner of both;-).

Posted On 03/28/2024

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## hellbent

You mention that "in UK the one milk station doesn't have enough as they say Ramadan increased consumption" - that sounds like the UK has just one "milk station"! There are raw milk producers scattered across the UK - some areas more than others. We have 3 or 4 within an hour or so of us, including ones organically farmed. I have never known any run out, even during high demand times.

Posted On 03/28/2024

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## Heimdall1

Yeah you maybe but not around London area resp. greater London area and I can't tell as I am not driving 1.5 hrs just because government makes it so difficult for farmers to sell milk. One farmer I found once had closed because of some 'issues'. Same lies like the ones above, that milk shall be the culprit for disease. Hook & Son faced the same some years ago, they fortunately went through. Well that they run out is what the farmer told me meaning they have only as much as they have. Sh.. happens but after I knew I could go different times to get it. I know there are many else, but not in the area especially when they have open only certain times.

Posted On 03/28/2024

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## NaturalGrown

LACTASE, it does a body good!

Posted On 03/28/2024

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## Antisandman

The Windsors have their own biodynamic dairy and farms that produce healthy food. They would never subject themselves to what they subject the little people. Chuck III travels with his own chef and food supply.

Posted On 03/28/2024

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## The Texan

Checking my email after finishing milking a feisty goat, putting her heavily creamed, naturally homogenized milk in the freezer to quick cool, putting her up; then, coming back in for a glass -- and I find this article. No need to convert me! So much easier and economical than a cow but, before she freshened, I did buy raw Jersey milk directly from a dairy who runs their cows on meadows.

Posted On 03/31/2024

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## kathleen38

I make my own yogurt, kefir and fermented vegetables. The yogurt I make is L. Reuteri which according to the directions will not ferment well with raw milk due to competing bacteria strains and advise to use ultra pasteurized milk. Is this inaccurate?

Posted On 03/30/2024

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## unprocessed\_me

I make yogurt weekly from raw milk. The directions you are reading may very well be accurate. They are basically saying that their particular bacteria may not perform or produce the best texture or thickness if the milk has its own flora strains (which it will if it's raw). They also say this for legal reasons. Some yogurt recipes call for powdered milks to increase texture. My perspective is if you take the time to make your own yogurt and/or find raw milk, why on earth would you want to re-create the processing steps that they use for store yogurts? They do all these tricks to the yogurt and kefir so they can still only list one two ingredients, while still getting a texture they are after.

If you want to start with raw milk and keep the yogurt formulation raw (so it has a variety of lacto-bacterial strains), then heat the raw milk only to 100 or 105. Add 2-3 Tablespoons of commercial yogurt (I find Dannon plain works pretty well). And hold the temp of that yogurt at 100-105 for 24 hours. You could also use your culture (instead of commercial yogurt) in this same formula and see what happens. When you use lower temps you need to elongate the fermentation time. Hope this was helpful.

Posted On 03/30/2024

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## The Texan

I have made raw goat's milk yogurt using commercial yogurt as a starter. The raw milk does have natural probiotics in it. Temperature has a LOT to do with which strains grow best. Some yogurts add *L. rhamnosus* now and it grows best at 98-99F. The culture MUST contain *S. Thermophilus* and *L. Bulgaricus* or it cannot be labeled "Yogurt." Those were the original strains Elie Metchnikoff at the Pasteur Institute used but they take temperature much higher than human body temperature to flourish and can live up to 125F.

I.e. They're really of no use to the body. My grandparents would let raw milk clabber, and that's what they called it, "Clabber." When left unrefrigerated and kept slightly warm, the natural probiotics in it would sour the milk and solidify it to a degree. I have noticed that the lower the temperature while fermenting, the milder tasting the finished culture is. In short, I'd say to find out the ideal temperature range for *L. Reuteri* and try to keep your culture at that temperature. Also, if you make a culture out of raw milk, visit the actual farm!

I bought raw goats' milk from one place and came home and pasteurized it. (The goats were kept on dirt.) On the other hand, with the farm that pastured their goats on lush grass meadows and hand milked and dropped the temperature down quickly in a freezer, I had absolutely no qualms fermenting their raw milk without pasteurizing it first. When the State tested their milk, the man exclaimed how amazingly clear it was of any issues. I would never buy raw milk unless I saw the actual farm.

Posted On 03/31/2024

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## Sherryld

It's illegal in Canada to sell raw milk. There's a market close by that raise their own jerseys and they sell the closest thing to raw milk. Their customers have been asking them to sell it raw but the government would shut them down in a second. I'm sure raw milk can be found in the Mennonite community here in Ontario.

Posted On 03/28/2024

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## DeeCar

I grew up on raw cow milk as did my five siblings, mother, and father. Except for the common childhood diseases, we were never sick. No vaccines until they gave polio vaccines in school.

Posted On 03/28/2024

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## mir8793

If you have ever been in a milking parlor it's obvious that it needs to be pasteurized. The problem with pasteurization it kills what ever enzymes in the milk and also makes it hard to digest. I use raw milk from a local farmer that has 3 milking cows. She is careful that the utters are clean. I have no problem digesting this milk.

Posted On 03/28/2024

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## LadyLifeGrows

Weston Price's and Dr. Pottenger's research definitively proved that pasteurized milk does not nourish as well as raw milk and leads to dental caries and skeletal problems. But that research did not consider the cleanliness of the dairy. No way is raw milk safe if it comes from a typical CAFO, or from cows with zoonotic diseases (humans get it from animals) such as tuberculosis, or brucellosis (all I know about that one is that Devvy Kidd got it from raw CAFO dairy and firmly believes that it should be totally illegal for anybody to drink raw milk, even from their own family cow). Almost everyone has a bias either for raw milk (if they know facts such as this article, or simply believe that God or Nature knows best) or against it for pasteurization (most of us).

A strong bias. Many raw dairy fanatics hurt the cause by their blindness about what milk should be pasteurized. They even think raw dairy should be transported across state lines, which is only ok for aged cheeses that USDA allows to be sold raw. Those are the best of both worlds and are safe. I consider it a violation of atheist religious rights not to allow the milk that humans evolved on, or to fail to have it inspected on occasion if it comes from dairies with more than 10 or 20 cows. Same thing for Godly people and Created For.

Posted On 03/28/2024

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## stuckinamoment

Having owned and milked cows, goats, and sheep I will say there's nothing better. No problems with my children drinking it growing up. I've not seen more hysteria over any other food.

Posted On 03/28/2024

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## Horsea

Supporters of raw milk or any milk talk as if there are no alternatives to milk whatsoever. A long time ago, people depended on animals' milk to stay alive. That's not the situation today. My mother heated our cows' milk (I come from a small farm) before making cottage cheese, that much I remember. Also, milk was heated before we consumed porridge of any kind (oats, cornmeal, buckwheat, millet [yes, millet]). I believe she learned that from her own mother. Today, I hate the taste of milk, even when cooked into a pudding or hot cocoa; but I don't mind occasional yogurt and yes, I'm glad that it is pasteurized first. The exception is that once in a long while I buy hard cheese made from non pasteurized milk (I don't regularly eat cheese.) As long as it's been aged in salt for 60 days, it is legal.

Posted On 03/28/2024

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## RepublicDoctor

Just out of curiosity, I wonder if Dunavan has the same reservations about the ever increasing numbers of vaccines given to children, including the Covid vaccine given to 6 month olds? Our parents raised us on raw milk in the Seventies. We used a local dairy farmer with free range grazing--not a CAFO operation. A sample was sent out to the lab regularly just to make sure there was no coddies in it. I wonder if Dunavan is as concerned about these CAFO dairy farms and the extreme measures needed to keep the cows healthy under these filthy conditions? We raised our kids on raw Goat's milk from local farmers. Just as healthy a raw Cow's milk but easier for infants to digest. I can't believe parents would give their children formula. Shameful!

Posted On 03/28/2024

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## helpothers

When I was homeschooling my kids we took a trip to a dairy processing plant. I remember the docent telling us that they checked the milk to make sure the bacteria counts were in a good range, then the milk was bottled. So I asked the question, what happens when the milk is not in a good range? He explained that they would then mix it with the "good" milk until the bacteria counts were in range. I never bought milk that wasn't organic after that. I did try some raw milk and my mil tried to make yogurt with it but it just soured which supposedly means, it wasn't raw. It was really hard to find back then and \$12 per gallon. I'd like to try again - I have dairy issues but can tolerate cream and butter. Did a run on A2 but couldn't drink daily - 3 days would bring symptoms. Moving shortly to a rural area that has these items so looking forward to trying again.

Posted On 03/28/2024

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## Antisandman

In Ecuador there is always fresh grass. There are many small farmers that sell their milk to large processors. By recent law all dairy is supposed to be pasteurized. I have lived in 3 rural localities and not had any problem getting raw milk still warm from the udder. I simply pay more than the big producers. 50 centavos/lit on the coast lately raised to 70cents, In the highlands I pay \$1 though they only asked 80cents. I immediately add a couple of capsules of multi strain probiotics. Without heating I have delicious healthy yoghurt in 24 hours. On the coast the cows are A2 Zebu with loads of fat in the milk. In the highlands the cows are A1 Holstein freaks.

I buy extra cream to add so the yoghurt approximates Zebu. Some of the farmers are pasturing using the Savory method. The cows are so healthy they seldom use meds. In the highlands the soil is depleted of essential minerals as noted by W. Price when he visited. Unrefined sea salt is added to the feed so the cows will have healthy calves and produce milk well. Thyroid problems and cretinism is common in the highlands. I searched many pharmacies & even thyroid doctors offices for iodine supplements. I found it in stores for farmers. A blatant example of MDs & Merck making money off sick people & vets making money off healthy animals. In the early 80s we were being frightened about the dangers of saturated fats.

Japan having the longest longevity was used as an example. The World Almanac showed that Switzerland was right behind, but that was never mentioned. I kept using whole milk cheese, butter & coconut oil in my restaurants & at home. Like Price, when in Kenya in the mid 90s, I noticed that the Maasai & other herding tribes thrived on a mostly raw milk diet. Some women in our group were critical of the custom of warriors visiting married women & the husband having to vacate. In my mind just a normalization of Mrs. Robinson protecting her daughter. The warriors were gorgeous. Some womenj were salivating.

Posted On 03/28/2024

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## Antisandman

Sally Fallon is one of my few heroes. I heard an interview with her in 2004 on KPFA Berkeley. She said that high fructose corn syrup was toxic to the liver. I asked a friend who was head of Immunology at the U of Utah. He confirmed it. I asked him how they knew & when? He replied autopsies & they had known for at least 20 years. I asked why had not the FDA done something? He just smiled at me as if to say: "How naive you are." My MD conferred and added that a single Coke will suppress the immune system. There is a scene in the film "Super Size Me" where Morgan Spurlock's expensive, respected, Manhattan MD who was monitoring him prior, during and after the experimental 30 day MacDonalds only diet is looking at Morgan's liver panels and comments that he did not understand how a high fat diet would cause liver panels to look like an alcoholic's.

Having a very poor self censoring mechanism, I stood up in the theater and shouted: "It's the sugar stupid!" This is before I had heard Sally Fallon. When "Nourishing Traditions" was first published in 2003, I read it and was so impressed I bought 12 copies and distributed them to family and friends. Most of them are still in use.

Posted On 03/28/2024

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## sue2613

It is rather ironic to talk about raw milk in Europe. If you go to any market, you will find racks and racks of Ultra Pasteurized milk. It is now one of the most popular milks in many European countries, especially Italy, Spain and Portugal or any of the warmer countries. Raw milk is rare, and pasteurized is usually hidden

Posted On 03/28/2024

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## MrPOrangi

I'm in NZ, we purchase our milk direct from the farmer who is now very good clean blooded friends. The farmer has several clients who buy raw milk for their children because the kids get asthma, excma from processed milk.

Posted On 03/28/2024

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## REALTORGUY

I grew up on raw milk on a farm. I bought raw milk in stores all my life in Oregon and California. But I moved to Texas and learned that it is against the law for a store to sell raw milk!

Posted On 03/28/2024

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## stelmar1

I have been drinking raw milk for a long time now, and am a healthy 87 year old with no allergies or other problems attributed to raw milk by those who have a "control" agenda. If anyone wants to drink raw milk for its known benefits but fears some germ contamination, he/she can always add two drops of diluted chlorine dioxide to the milk to kill every and all pathogens without affecting the taste of the milk.

Posted On 03/28/2024

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## ele8310

There are a lot more issues here than mentioned. First off cows can have Listeria Pasteurella and TB. With appropriate inspections that has been almost irradiated. I did hear about Pasteurella outbreak from Alta Denadairy in Southern California over 30 years ago. These are not trivial bugs! They can be deadly. Secondly, cows milk should probably not be given to children in families, that have Type 1 Diabetes. There is a strong correlation with coming down with it. Goat milk is safe.

Posted On 03/28/2024

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## maxxon

The discussions about raw milk are historic, meaning they have been going on almost forever. Way back when farmers that raised milk cows used their own product and did the best they knew about how to keep the milk safe, more than likely nobody got sick or died because the product was used very locally and very quickly. Even when dairy farms first arrived as a business this was still true. Only when it became a major industry and corporations became involved was the need for stricter health standards necessary because the milk was now being shipped and hauled and not consumed until many days later. So pasteurization became the norm. Not because the raw milk itself was tainted but because the "shelf life" of raw milk was now being extended beyond what nature was providing.

Pasteurization added nothing but a way to increase shelf life and therefore profits to the corporations. Biologically, pasteurization actually damages milk so much so that vitamins and minerals need to be added back to even make it somewhat healthy again. Pasteurization changes the very natural structures of milk. The fat content is damaged because heat of any kind above the body temperature of the cows perverts nature. Then the industry demanded homogenization which also damages the product. Simply shaking the naturally separating cream to disperse it more evenly was enough.

Homogenization basically whips it into a frenzy that changes the structure of the fat into teeny tiny almost nano particles. These particles are then more easily able to pass into the consuming body where they would otherwise not go. None of this is necessary. Especially today when the dairy farmers are required by law to follow very strict sanitation procedures like using all stainless steel bulk and glass handling storage and transferring equipment. Raw milk is even safer now than ever before and definitely as healthy as nature originally made it. As with so many other things today, follow the money to see who wrecked milk

Posted On 03/28/2024

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## Iwona14

Its sad that most of new born babies are drinking formula- reconstituted milk powder.  
[www.westonaprice.org/health-topics/childrens-health/is-raw-milk-safe-f..](http://www.westonaprice.org/health-topics/childrens-health/is-raw-milk-safe-f..)

Posted On 03/28/2024

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## Iwona14

[www.westonaprice.org/health-topics/modern-foods/microphotography-of-ra..](http://www.westonaprice.org/health-topics/modern-foods/microphotography-of-ra..)

Posted On 03/28/2024

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## Anne.Kirsche

Our family grew upon raw milk. If I could find it, would drink it again maybe. I haven't had pasteurized milk in decades. I am hesitant to consider raw milk now because of feed and drugs administered to cows.

Posted On 03/28/2024

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## DwayneOxford

We were raised on it, never the 1st prob. Except green onions in early spring, bitterweed in late fall. My dear Mom, RIP, milked the cow 2X a day, we had to if she was sick, which was VERY seldom, and I hated it. We had zero idea then how blessed we were, sure do now.

Posted On 03/28/2024

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## jenmeli46

My mother grew up drinking raw milk, as did my aunt and uncle. My grandfather was a farmer and had milking cows. All three of them are senior citizens now and they're very healthy.

Posted On 03/28/2024

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## **fuzzygoat**

I grew up on raw milk. The whole family drank it. My dad started buying it from a local dairy when I was around 6 yrs old. (Back in the 50's and 60's). We didn't drink it as babies. None of us had any problems with allergies or illnesses. Maybe the dairy was more sanitary than other dairy's, who knows. We all stopped drinking milk as adults and replaced it with Almond milk just because we thought it was healthier. But for about 15 years we drank raw milk. I did not give raw milk to my own children but my son had allergies to regular milk his whole life. We only drink Almond milk now.

Posted On 03/28/2024

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## **sharkloon**

Where is the Mayo Foundation ( forerunner of Mayo Clinic) research on 8,000 people with cancer and myriad diseases where they All benefitted dramatically? The treatment was Raw Milk. I've never been able to find the original paper.

Posted On 03/28/2024

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## **jamesgang**

[www.realmilk.com/milk-as-medicine](http://www.realmilk.com/milk-as-medicine) Article on Mayo Foundation - see above link

Posted On 03/28/2024

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## ellivoc

You must also remember that when it is grass fed milk, pasteurisation destroys the vitamin K2 , so nothing there to help any new calcium going to the bones/skeleton. My whole family has had raw grass fed organic dairy, milk, butter, cheese for many years, never any problems. We can get it at our local Farmers market. In England it must be sold direct by the farmer although cheese can be found in Supermarkets. I also grew up on a farm, we had one jersey house cow so always only raw milk and lovely home made clotted cream and butter.

Posted On 03/28/2024

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## JGW1950

If you live in the Chicago and southern Michigan area, please consider buying excellent (legal) raw milk; wholesome, pasture-raised meat; and many other products from Family Farms Coop. Contact them at [familyfarmscooperative@gmail.com](mailto:familyfarmscooperative@gmail.com). They could really use some support. They have had to move from one distribution place after another as businesses or in one case the new pastor at their church distribution site didn't want to get involved in "that stuff." In 2007, they were harassed by the Michigan government, but we made such a stink that Michigan now allows private buying clubs for raw milk. Even when this was going on, even during the pandemic and lockdowns, these brave farmers crossed state lines to give us our food and milk.

I was a sickly toddler with multiple health issues, and i was diagnosed with a milk allergy. My mom was told to stop giving me milk, but I was below the growth charts in terms of weight, and I was a very picky eater. Someone suggested raw milk, and my mom heard about this coop, which was originally set up by Dr. Mercola. I drank their raw milk throughout my childhood, until I left for college. I am now almost six feet tall (pretty good for a girl who looked like a skeleton and was below the charts) and hardly ever get sick.

Posted On 03/28/2024

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## **Suzicreamcheese**

If one cooks something (pasteurisation is cooking,) then it's a known fact one destroys some of the vitamins. The scare tactic used back in the early part of the 1900's for which my mother fell hook line and sinker, was that you could get TB from raw milk, whereas it is now commonly known that it's the poorly nourished who catch or come down with TB. As with vaccines being proudly promoted by its sellers as being the cause of a lessening of so many diseases, rather than it being the result of improvements in hygiene and living standards that brought greater health...The lies told by those who sell their products, irrespective of whether or not they are needed, desired or healthy has been detrimental to too much of life on earth since it became possible to reach millions via the invention of radio.

Had a better education been available to the general public, with greater knowledge given to learners about the 'ways of the world', then advertising of un-needed stuffs would have resulted in far fewer sales of damaging products, because educated people would have been taught to practice discernment. The moral of the story is we need to make sure we educate our children with all necessary information, so they don't fall for the nefarious tactics used by the unscrupulous in this world.

Posted On 03/28/2024

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## **sco3869**

I don't think there was practical refrigeration prior to 1925.

Posted On 03/28/2024

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## **Suzicreamcheese**

Long ago, the Irish used to keep their butter fresh by leaving it, well wrapped, in ponds or streams...the water was very cold.

Posted On 03/28/2024

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## DeeCar

Most homes had a cellar to store rootcrops, and a spring or cistern to store cold food including milk and butter. We even had a milkhouse where my grandparents stored milk and other foods needing cold. It was a concrete building and water was pumped into a sink on the outside from an adjacent well. The cold water flowed into basins that kept food cold. It had enough room to hold cans of milk that were delivered to a creamery daily.

Posted On 03/28/2024

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## kimhayes

Like I said before, nice to see the olive branch extended here. We all don't have to like each other, yet we do need to be an adult and learn to work together. Bravo Dr. Joe Mercola.....you're a fabulous role model! Always evolving and a voracious student of life. I too am a student of life!

Posted On 03/28/2024

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## wendybolt

Back in the 70's and 80's I was drinking raw cow's milk regularly. I had no allergy at that time. I may have had lactose intolerance but apparently it was tolerable! I even one time watched a man milk a goat after which he gave me a glass of fresh goat milk to drink, which I did. I loved it! And drank it whenever I could find it. I must say though that goat milk must be fresh. When it starts going bad, it takes on a very strong goaty flavor. But I had no illnesses from either cow or goat milk during those years. Nowadays I cannot ingest any type of dairy (includes cow, goat and sheep milk), as I am both allergic and lactose intolerant. Oh, well. Now I stick to coconut milk with no problems at all!

Posted On 03/28/2024

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## ssh18810

When I was a teenager in the late 1960s to mid 70s my family had raw milk delivered to our home for quite awhile. But at some point in California it became illegal to sell it. I remember being very disappointed because raw milk tasted so good. No one in our family became ill from it.

Posted On 03/28/2024

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## ulika7

People are uneducated and don't know what questions to ask: Milk as it is should no be drunk - why? Because it actually causes brittle bones! Yes bones become like chalk and are prone to breaks. Ask WHY ? Because milk causes acid in tbe stomach which then the bones are leaking calcium to neutralise the acid in tbd gut. We could be consuming long life milk instead of fresh which is much safer. There's a big difference between the A1 protein and A2 protein that comes from the jersey cows. All of Europe has the jersey /A2 and I could consume it without any problems. Whereas the A1 protein I strongly believe caused me decades of endometriosis as cows also consume grains laced with roundup and other toxins. Check out .not milk.com website.

Posted On 03/28/2024

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## Suzicreamcheese

Organics and good practice are the answers, also NOT consuming too much milk, as it is really meant for baby cattle, not humans...so moderation in all practices is probably a good approach. We've been at the receiving end of far too much extremism and 'they' are trying to implement even more extremism...we have to be aware and educate ourselves too.

Posted On 03/28/2024

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## 1digger

Speaking of uneducated, there is no reason to not drink milk; it's good for you like the old commercial. The notion that it's only for baby cows is another in a long line of 'veggie tales' from the anti-meat crowd.. It's nonsense to claim it causes brittle bones; that's absurd on its face. The body needs calcium but it needs the associated nutrition like magnesium and Vitamin K2 for proper assimilation otherwise it collects too much within the body in joints, blood vessels, the heart, etc. Magnesium on the other hand does not collect and thus requires more on a regular basis which is counter to the corrupt FDA recommendations that claim a 2:1 ratio of Cal-Mg; when if anything, since Calcium collects in the body and a generally healthy diet provides plenty of Calcium; it's Magnesium that needs to be increased since it's important for some 300+ biological processes.

The push from the FDA & so-called doctors is get your calcium; that alone can lead to your brittle bone conclusion if it doesn't have the proper balance with Mg & Vit. K2 but not by drinking milk. Once our household eliminated Calcium supplementation and changed our Mg intake to reverse the FDA recommendations to 1:1 or 1:2 Cal-Mg, we realized much greater health.

Calcium also naturally contracts; Mg naturally relaxes so the balance is key. We've been drinking 3 gallons (raw/A2) of milk at a minimum per week for decades and have no plans on reducing a vitally important dietary food from our diets. I'll take the plant processed milk of a cow, sheep or goat over some manmade overly processed lab created 'plant milk' or whatever the notmilk crowd pushes.

Posted On 03/28/2024

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## MoMac46

Raw milk is apparently an offence in Scotland- whether cows, goats, or sheep raw milk is banned sadly.

Posted On 03/28/2024

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## **GoldCoaster**

Sally Norton says it's unfortunate many are now not consuming enough dairy. The calcium blocks oxalate absorption. Humans are no longer eating oxalate foods seasonally only, to have a chance to detox oxalate, so need daily dairy. Best is raw if you can get it, A2, and cheese.

Posted On 03/28/2024

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## **GoldCoaster**

I grew up on unhomogenized pasteurized milk. Never knew anyone with asthma.

Posted On 03/28/2024

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## **exmouth123**

As Dr.Michael Greger says, the only thing that should be drinking cows milk are baby calves.

Posted On 03/28/2024

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## **DeeCar**

People have consumed milk from animals for thousands of years. In return, the animals are kept safe from predators and supplied safe places to eat.

Posted On 03/28/2024

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## LadyLifeGrows

That slogan became very popular in the 90's plus when dairies switched almost wholly to CAFOS. When I was a schoolgirl in the '60's the class took a trip to a Borden's dairy, which was a pleasant, good-smelling place with lots of pasture for the cows. Nobody would want schoolchildren witnessing today's dairies. In the 1960's, nutrition education was paid for and provided by the dairy industry, and based on the Four Food Groups, one of which was dairy. That idea is nonsense with today's degraded food.

Posted On 03/28/2024

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