

Guillermou

The problem of milk treatment can be added to the type of milk and contamination by pesticides, antibiotics, vaccines, bisphenols, microplastics, etc. Raw milk with Beta-casein A2 instead of A1 from animals created with grass from cows, sheep, goats, such as Guernsey Dexter, Jerseys and others, its protein is more digestible and there is always the option of making yogurt with more bioavailable nutrients and probiotics. Milk from animals raised with unnatural feed contaminated with glyphosate, the synergy of gluten and casein with glyphosate causes intolerances and autoimmune reactions. Stephanie Seneff believes that gluten, peanut, soy and casein intolerance is related to glyphosate, she says the evidence is overwhelming.

occupyhealth.com/dr-susan-on-radio/stephanie-seneff-glyphosate-the-sco.. people.csail.mit.edu/seneff

The natural diet of a cow is free-range and mainly grass-based. When a cow eats grains in a CAFO instead of grass, which is the food for which they were designed, three adverse events occur, as Dr. Mercola reported: The cow becomes acidotic, as a result of using the glucose in the grains. , which may contain mycotoxins, which generates a very high protonation process, which harms the cow's kidneys. As a result, the cow can only provide milk for 1.7 lactations, which is 44 months, after which months they are slaughtered.

Raw milk yogurt is also very thick and creamy compared to pasteurized commercial varieties. Raw milk's healthy bacteria and high white blood cell count help reduce the risk of getting food poisoning. In addition, it is full of enzymes, more omega 3, conjugated linoic acid and vitamins from natural nutrition. The microorganisms found in raw milk cheese effectively limit the growth of potentially harmful organisms.

www.globenewswire.com/news-release/2015/12/02/792417/10157615/en/Westo..

Posted On 02/28/2024

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Under these unfavorable conditions of rearing, treatment and contamination of milk, it is not surprising that two recent prospective cohort studies in California and Sweden identified cow's milk consumption as a nutritional risk factor for breast cancer (ER + BCa) in North American and European populations. Most published meta-analyses ignore milk processing, especially the thermal effects of pasteurization versus UHT, and therefore do not provide information on the presence or absence of oncogenic MEX miRs. Genetic variations in domestic cows, such as bovine IGF1 gene SNPs, mastitis prevalence, feeding procedures (grass vs. corn), and environmental contaminations (aflatoxins, bisphenol A, pesticides, BMMF, MPs, nanoplastics) may have synergistic impacts on the oncogenic signaling capacity of milk.

In summary, available data from recent prospective cohort studies as well as pathobiochemical insights into the synergies between milk and estrogen receptor -positive BCa risk signaling pathways in close analogy with the impact of milk in the pathogenesis of prostate cancer. , the most common cancer in men. [link.springer.com/.../s13668-023-00457-0](https://doi.org/10.1186/s13668-023-00457-0) (2023).---- Here are some links to help those who find raw milk sources in different states: www.realrawmilkfacts.com/raw-milk-regulations .---- www.farmtoconsumer.org/raw-milk-nation-interactive-map .--- www.realmilk.com/real-milk-finder .--- <http://www.a2a2milk.com/> .---

Posted On 02/28/2024

juststeve

Jeez, Gui, just stunning the long list of 'solutions' one to follow after another temporarily curing public outcry, but actually only adding another insult to not only the health of the animals, but to us as well. One drug after another, vax's, chemicals, antibiotics all insulting Health. Above all else replace pesky labor with tech, machines, robotic solutions so as to crank out as many units as possible to reduce the labor, but not the profits. Converting a healthy nourishing health boosting food source when rose properly having not only little to no health offenders into a product interfering with our health, if not outright setting up conditions for Dis-Ease.

A bit of caution for those who have not experienced the Real Raw Milk Deal. First, whole milk being whole is thick, rich, heavy. The first impulse is what is wrong with this milk? When the pasteurized stuff starts to sour it thickens, so the alarm bells might go off for a nothing burger. Raw milk and raw milk foods require a break in period much like fermented foods, like kefir, kim chi. Too big a portion to once and a healthy gut, let alone a leaky gut, not accustomed to a healthy living product can cause digestive upset and issues.

As small as a tablespoon at a time and build up from there to allow the probiotics, and the once missing compounds to be assimilated back into the guts function is a safer way to begin. It will allow such things as mouth feel, the food textures to be accepted also. Like so many things, generations have been brought up on fast foods, finger foods, boxed dishes, tv dinners and many are turned off by the Real Deal. A very sad state of affairs to say the least.

Posted On 02/28/2024

wendybolt

Gluten is not digestible by humans as we do not make the necessary enzymes to digest it. It also can cause leaky gut and autoimmune conditions. Glyphosate adds insult to injury. I quit all wheat, barley and rye gluten years ago.

Posted On 02/28/2024

caws

Wendybolt, I too quit eating gluten 24 years ago. However I was recently talking with a friend who lives on a farm and home schools and she told me that since she began making her own bread she is no longer allergic. To be clear; she buys organic wheat berries in bulk, grinds them herself and has a bread machine for her family of 6. We both believe that it is likely the real problem is mostly the glyphosate used as a dessicant in non organic products. I can't even eat melons from the grocery store as they use dessicant on the fields to make picking easier. Roundup lands on the leaves but travels into the plant and roots before it dies so I grow my own.

Posted On 02/28/2024

Guillermou

Thank you Just, for your very well written contributions. Raw milk from grass-fed animals, in addition to having many properties, is also a good source of protein. According to a review of a multitude of recent studies, milk and dairy products have antioxidant and cardioprotective properties, especially when they are whole, raw and fermented, such as cheese, kefir and yogurt. The consumption of fermented dairy products is associated with fewer cases of colon and bladder cancer.

lipidworld.biomedcentral.com/articles/10.1186/s12944-019-0969-8 (2019).--- Cows that eat fresh grass produce milk with five times more unsaturated fat, called conjugated linoleic acid (CLA).

Hannia Campos of the Harvard School of Public Health in Boston found that those with the highest concentrations of CLA were 36 percent less likely to have a heart attack, compared to those with the lowest levels. www.intramed.net/contenidover.asp .---- The protein in cow's milk is of high biological value with 20% whey protein and 80% casein protein. Caseins, in particular, have an amino acid composition suitable for muscles and tissues.

Other milk proteins include a wide variety of enzymes, proteins involved in nutrient transport, proteins involved in disease resistance (antibodies and others), growth factors, etc. The protein fraction in whey constitutes a mixture of beta-lactoglobulin (~65%), alpha-lactalbumin (~25%), bovine serum albumin (~8%) and immunoglobulins, which are antibodies; especially high in colostrum. It also contains lactoferrins and lysozyme.

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Beta-lactoglobulin provides an excellent source of essential and branched chain amino acids. Alpha-lactalbumin is high in tryptophan, an essential amino acid, with potential benefits for increasing serotonin production, regulating sleep, Lactoferrin inhibits the growth of bacteria and fungi due to its ability to bind iron. Various studies have reported that whey proteins help with weight loss, preserve muscle mass, have anti-cancer properties, lower cholesterol and prevent oxidation, improve the immune response in children with asthma and significantly reduce blood pressure in patients with hypertension; decreasing the risk of developing heart disease or stroke.

wheyproteininstitute.org/facts/howwheyismade/wheyproteincomponents .-----

Posted On 02/28/2024

Guillermou

Yes Wendy Bolt and Caws. There are almost 3 million people in the United States who have celiac disease and another 18 million people have non-celiac gluten sensitivity. Of all the factors contributing to this epidemic, the most important is glyphosate. Since the late 1970s, the volume of glyphosate-based herbicides applied has increased approximately 100-fold in the United States. Glyphosate contamination can significantly contribute to --1). Acute and chronic kidney failure. --2) Pancreatitis. ---3) adrenal insufficiency. --4). Obesity. --5). Digestive problems. --6) Antibiotic resistance. --7). Cancer. --8). Endocrine disrupting effects, including infertility. - 9). Neurodegenerative diseases.

www.donnieyance.com/glyphosate-not-gluten-is-the-true-villain (2019). ----- Additionally, adding gluten and artificial yeast to bread is a more convenient way to make wheat flour bread-making. Potassium bromate, a powerful oxidant that helps bread rise, has been linked to kidney and thyroid cancers. Azodicarbonamide, which is used to blanch and ferment dough, but when baked, has also been linked to cancer in laboratory animals. Gluten intolerance can cause intestinal permeability, with local and systemic inflammation, due to the passage of chemical substances (peptides), germs, into the bloodstream, which cause autoimmune diseases, against body tissues, which can be favored by genetic predispositions.

Two aspects: 1. Inflammation and autoimmunity reside in the intestinal mucosa, years before the onset of systemic inflammation. 2. Autoimmune diseases and celiac disease have clinical, epidemiological, serological, environmental, genetic and dysbiotic manifestations associated with intestinal permeability. www.tandfonline.com/.../02648725.2023.2215039 (2023). ----
www.annualreviews.org/doi/abs/10.1146/annurev-pathmechdis-031521-03263.. (2023). ---
ubibliorum.ubi.pt/.../13555 (2023). --

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Celiac disease is associated with imbalances in the bacteria of the intestine, which can be stimulated by glyphosate damage to intestinal bacteria, by the loss of the action of cytochrome P450 enzymes, which are involved with the detoxification of environmental toxins, and others. factors that lead to chronic inflammation. A second mechanism of glyphosate damage to the lining of the digestive tract is the direct impact on the cells of the intestinal mucosa, a Velcro is called "zonulin" and is an adhesion factor that maintains the connections between the cells of the colon.

Zonulin is lost upon exposure to glyphosate, along with gut-associated lymphoid tissue, the intestinal epithelial barrier, controlling the balance between tolerance and immunity to antigens. The main function of zonulin is to regulate the flow of molecules between the intestine and the bloodstream, so it has a fundamental role in the tolerance/immune response balance. Zonulin, loosening tight intercellular junctions to allow the passage of nutrients and blocking the passage of macromolecules that cause the immune response. Zonulin can be used as a biomarker for preclinical detection of ECe in at-risk children, and multiple courses of antibiotics may increase your risk of celiac disease.

CDA by increasing zonulin levels. www.thehealthedgepodcast.com/wp-content/uploads/2015/03/Fasano-Review-.. .(2012)----- ZONULIN AS A BIOMARKER FOR THE DEVELOPMENT OF CELIAC DESIGN .-- publications.aap.org/pediatrics/article-abstract/153/1/e2023063050/196.. (2024).----- GLYPHOSATE, PATHWAYS TO MODERN DISEASES II: CELIAC SPRUE AND GLUTEN INTOLERANCE content.sciente.com/.../article-p159.xml .(2014)-- www.donnieyance.com/glyphosate-not-gluten-is-the-true-villain (2019).----

Posted On 02/28/2024

Newbones1

Hi Gui I used to buy organic raw milk until it was banned in Australia. I wonder why all the poisonous foods on supermarket shelves aren't banned. Probably because there would be nothing left on the shelves

Posted On 02/28/2024

Malasmom

What's your opinion of goat's milk for autoimmune patients? I have reduced dairy consumption to just ghee and occasional goat's cheese.. I miss goat's yogurt.. What do you think? I have Sjogren's syndrome..

Posted On 02/28/2024

brianallen1

When the expiration date on milk in the supermarket is 75 days out, you know you are getting a dead food-white water, with chemical vitamins added. Even "organic" has the same insane expiration date. The raw milk I obtain directly from the dairy farmer contains 4.5% milkfat. It needs to be shaken before each pouring. Too bad the price just increased to \$16 per gallon, however, that is what real food costs. I will just adjust my limited budget to keep drinking it. Real food and purified water first, everything else comes after.

Posted On 02/28/2024

nowmon

I live in the Phila. area, and not far from the Amish farm people. I use Goat milk for Kefir and let it sit out 2 days, then in the refridg. for 5 to 7 days, this slows down the ferment and it turns out a Kifer that's like NATTO, ferment, powerful stuff. Also it produces so much kefir grains I have to separate every 2 wks. And with this I make Kefir Water, mix with a little bit of natural sugar. This is good for digestion...

Posted On 02/28/2024

I like that of the many things Dr. Mercola discusses here on how to select the milk you buy, in addition to "raw" and "organic", and "A2", he mentions the cows should be grass fed, or pastured. If the cows are pastured only (and on organic pasture), and never confined, it can insure their food never gets to be grains that turn into glucose during digestion and bring on an acidic, disease condition in the rumen and the remaining digestive tract. So in theory, you could buy "raw, organic" and even "A2" milk but it could come from cattle that are actually heavily confined and fed "organic" grains that bring on the digestive difficulties.

In these situations, the cow is more likely to need antibiotics, and actually produces somewhat different milk characteristics than a cow that is allowed to range and graze. Cattle are, by nature, a grazing animal, and always need a very careful process to transition them to a high-glucose feeding operation or they can sicken and die quite rapidly. Allowed to graze though, the natural process of digestion of fiber rich diets from grazing produces an ideal mix of volatile fatty acids (VFA), mostly short chain fats, that are the primary calorie that sustains cattle. Cattle and wild grazing ruminants from camels to bison to deer all exist mostly on the absorption of VFA, and never on glucose that is derived from grains.

Natural feeding ruminants are on what we humans now call a ketogenic diet. Most energy comes from fiber that is converted by gut microbes to fatty acids which are absorbed as the primary energy source. www.ontario.ca/.../basic-beef-cattle-nutrition Milk cows that continually graze can live a long, productive life with many offspring. This is the typical "small farm" cow. Cows which are converted to a diet that is up to 90% grains are actually in what can be considered a degenerative diet that could bring on death in a few years. The health of these animals is always compromised.

Posted On 02/28/2024

Guillermou

Interesting aspects, stoneharbor. The natural diet of a cow is free-range and mainly grass-based. When a cow eats grains in a CAFO instead of grass, which is the food for which they were designed, three adverse events occur, as Dr. Mercola reported: The cow becomes acidotic, as a result of using the glucose in the grains. , which may contain mycotoxins, which generates a very high protonation process, which harms the cow's kidneys. As a result, the cow can only provide milk for 1.7 lactations, which is 44 months, after which months they are slaughtered. Milk and dairy products are sources of functional lipids, including CLA, oleic acid, n-3 FA, and short- and medium-chain FA, which are relevant to human health.

Butyric acid is a potent inhibitor of cancer cell proliferation; CLA consumption has anticancer, antidiabetic and antiatherogenic effects and is inversely correlated with obesity. The FA composition of cow's milk is affected by intrinsic factors (breed, genotype, parity, lactation stage and milk production) and extrinsic factors (diet composition, herd management, milking frequency and season. Several studies showed that including more grass in the diet results in higher milk fat content and a higher proportion of MUFA and CLA. This study found that a feeding system characterized by variable grass consumption in Holstein-Friesian cows of NAHF and NZHF genotypes generates rapid modifications in the relative concentration of palmitic, oleic, linoleic, linolenic and CLA FAs, which in turn have a significant impact on the health and technological indices of milk.

The atherogenic and thrombogenic indices will decrease, improving the nutritional value of the butters with the increase in grass consumption, obtaining milks with better lipid quality and technologically suitable for producing butters with softer textural properties.

www.sciencedirect.com/.../S2666910223000200 (2023).--

Posted On 02/28/2024

juststeve

Feed animals or anything sick foods make them sick and you get a sick animal. Eat a sick animal and you/we get sick. Meanwhile sick policies making it even harder for a real human scaled farm and farmers to make a go of it. Make it Local in your community to make it Real and to keep it Real. Each little community healing, creating Liberty, Independence feeds Freedom from would be World Government schemes.

Posted On 02/28/2024

stoneharbor

Yes, just, you have described the way we must work. Locally! Trying to push anything over social media, hoping our thoughts will catch on and go viral is just not practical. We must do it your way and work with our communities to make it Real. We need that freedom from the World Government schemes. Thanks for mentioning this in the comments. I hope it gets across to the whole Mercola tribe.

Posted On 02/29/2024

umfuli

I have drunk milk all my life but I have lived in countries where grass grazing cattle is the normal product. When I have entertained Americans in France they have all been overwhelmed by the quality and taste of french cheese.

Posted On 02/28/2024

Almond

When I lived in Europe many decades ago, I was overwhelmed with the taste of the butter. I don't know if it is still that way and so many countries now consume conventional foods. Bread was always fresh, too. I no longer drink milk. The only brand I trust was already \$10/gallon pre-covid and you had to meet the milk truck at drop points. I do not believe most of the "organic" raw milk sold in supermarkets is truly organic. It became suspect when I could not grow yogurt from it. Obviously, something was killing the yogurt bacteria. I suspect feed was contaminated with glyphosate or there were traces of antibiotics. I am not sure how loopholes in the organic laws work, but there was definitely something wrong with the milk. Nowadays, also read cheese labels and be aware. They should contain nothing except milk/cream, salt and rennet/enzymes unless flavorings such as herbs are added. No oil, cellulose, antibiotics, preservatives, etc.

Posted On 02/28/2024

Guillermou

Raw milk yogurt is also very thick and creamy compared to pasteurized commercial varieties. Raw milk's healthy bacteria and high white blood cell count help reduce the risk of getting food poisoning. In addition, it is full of enzymes, more omega 3, conjugated linoic acid and vitamins from natural nutrition. The microorganisms found in raw milk cheese effectively limit the growth of potentially harmful organisms. www.globenewswire.com/news-release/2015/12/02/792417/10157615/en/Westo.. Here are some links to help those who find raw milk sources in different states: www.realrawmilkfacts.com/raw-milk-regulations .----
www.farmtoconsumer.org/raw-milk-nation-interactive-map .--- www.realmilk.com/real-milk-finder .---
<http://www.a2a2milk.com/> .---

Posted On 02/28/2024

Sue12Cross

Yes Almond, fresh raw organic butter is probably more popular than ever here. It's just a matter of finding a supply. As you are no doubt aware, there is a lot of 'loss' in making butter and the labour and time, not forgetting skill. involved in hand-churning is quite significant. Therefore, many farmers prefer to sell raw milk and make raw cream rather than venture into butter - it's worth searching for though, there is nothing like it and it does freeze well. I'm trying to get my local organic farmer to produce it and as his wife has just retired from her day job - here's hoping! In the meantime I buy mine at the local organic shop.

Posted On 02/28/2024

brianallen1

Almond, I obtain grass fed, unpasteurized butter from German Butter brand imported by Fond O Foods. I also get raw, unpasteurized cheese from Organic Valley.

Posted On 02/28/2024

LadyLifeGrows

We can get French cheese in the USA. Imported cheese costs more than domestic, even twice as much, but I strongly prefer it.

Posted On 02/29/2024

kcj7530

I am in Florida and there are local farms that sell raw milk and cream and goats milk. I am in Northeast Florida and can get it at a local farmers market on Sunday. It is delicious. I did check out sprouts. It is an hour away from me, but I will definitely go there. Thank you, Dr. Mercola!

Posted On 02/28/2024

Sue12Cross

One thing just to be aware of, unless you are buying raw milk directly from the cow, you will not be getting the full product. Any milk that has been handled away from the farm, has had the cream skimmed off and then replaced depending on the designation of the milk, so skimmed, semi-skimmed and 'full-fat' - the latter of which is seemingly a marketing term and not the actual case, as it is a percentage return, not the original content. I was told this by organic dairy farmers, who sell their milk both directly and in bulk and have no reason to disbelieve it, so there's even another reason to buy direct. It also shows you how valuable a commodity that fat is! The other consideration, as always, is the breed of cow and the pasture they are on - 'grass-fed' is confusing, cows naturally eat a wide variety of aquatic plants and forest tree and shrub leaves - all cows are not the same and that goes for their environment too.

Posted On 02/28/2024

Guillermou

An interesting article. Previous archaeological and genetic research has shown that modern cattle breeds descend from multiple domestication events independent of wild aurochs (*Bos primigenius*). Two major areas of domestication in the Middle East/Europe and the Indian subcontinent resulted in taurine cattle lines. and indicine, respectively. American descendants of cattle brought by European explorers to the New World beginning in 1493 have generally been considered to belong to the bullfighting lineage. Cattle were independently domesticated from the aurochs, a wild bovine species, in the vicinity of the present-day countries of Turkey and Pakistan approximately 10,000 years ago.

Since then, cattle have spread with humans throughout the world, including to regions where these two distinct lineages have hybridized. Using genomic tools, this study investigated the ancestry of livestock around the world. We determined that descendants of cattle brought to the New World by the Spanish in the late 15th century show ancestry from multiple domesticated lineages.

This pattern was the result of pre-Columbian introgression of genes from African cattle into southern Europe. For several hundred years, the only livestock present in North America were those introduced by the Spanish, but indigenous livestock were introduced to North America through Jamaica in the 1860s. In the mid-20th century, indicine cattle were imported to Brazil, and there are now “naturalized” Brazilian indicine (Nelore) and indicine/taurine hybrid (Canchim) breeds.

www.pnas.org/.../pnas.1303367110

Posted On 02/28/2024

caws

Agreed. The whole concept of "a healthy diet consists of skim, 1%, or 2% milk " is a marketing scheme just like margarine. Selling these types of milk as the most healthy allows them to skim off all the cream to sell separately and double their profit. If a gallon of milk goes for \$6 and a pint of cream goes for \$5 then you are being duped. I have also noticed that it is nearly impossible to find any cream, or many other dairy products like yogurt & sour cream without carrageenan or some form of "gum" added as a thickener. Greek yogurt has become very popular ; but it is not the thick cream stuff I remember; but a thick sticky gross substitute. Stoneyfield Organic used to have whole milk plain yogurt that had clotted cream on the top; but so many people returned it because they thought it was bad they began homogenizing it. Such a shame.

Posted On 02/28/2024

Sue12Cross

Hi Gui, The cows here, I get my milk from are crosses from ancient local cattle and the Telemarks the Vikings brought with them in the 9th century. I find it wonderful that even in those days, when people went on long journeys, they took their good quality food with them! Caws, yes it's all about big profit margins for the middlemen and the supermarkets, my sister in Scotland was telling me that they are now adding seed oils including rape seed to dairy produce including yogurts, I can't imagine how horrible the taste of that must be minus the overloaded sugar and artificial flavouring, never mind the obvious health questions. I have a recipe book from 1865, in which the author decries adulterated processed foods.... nothing has changed, except now it isn't secret, it's in the ingredient list!

Posted On 02/28/2024

wendybolt

Unfortunately, I am allergic and lactose intolerant. I likely have been all my life. When I quit all dairy over a decade ago, all my symptoms of IBS, gas, bloating, abdominal pain, acid reflux and attacks of acute pain in the lower intestine requiring me to lie down until the pain subsided disappeared. So I will not be able to eat dairy again. When I did eat dairy, I did like raw milk and raw goat's milk was the best. I had it straight from the goat one time. It was delicious. This was about 40 years ago and I don't recall any symptoms from it. Now is a different matter. I stick to coconut milk these days and Daiya Cheeze products which produce no symptoms and taste just as good or better than dairy.

Posted On 02/28/2024

edw3083

Raw milk contains lactase (which is deactivated by pasteurization). Many people with lactose intolerance are able to tolerate raw milk. A2A2 raw milk is considered the most digestible.

Posted On 02/28/2024

Alro

Dalya contains safflower and canola oil chick full od PUFA's. Sorry to deliver the bad news. Also bummed because your mention of it caught my eye and iquee my curiosity, ergo the subsequent ingredient search. Peace

Posted On 02/28/2024

NaturalGrown

I have the privilege of knowing a regenerative farmer who grows his own pastures chem free for his pastured livestock. I've been consuming a gallon of raw milk per week for years. Usually it's from his particular cow breeds that test out at A2A2. Also, Doc mentioned Goat milk, which my buddy has as well. Dwarf Nigerian and Nubian goats. The sweetest milk is from these breeds. Make no mistake, it's the breed of animal and the diet they eat which influences the flavor and nutrient value. Also, the beef is so flavorful and wholesome from being raised properly. Find a farm and enjoy!

Posted On 02/29/2024

Ber3920

I had no idea what ultra pasteurized meant, so very useful. I recently started getting milk and heavy cream through Nourish, which I learned of from a Mercola article. Incredible products. You have no idea how far we've strayed from "natural" until you try the real thing.

Posted On 02/28/2024

zparkie2

Could not figure out what I was doing wrong. i was even drinking grass fed milk, my Lipid Panel every 6 months was over showing total cholesterol 272 and triglycerides 281 also LDL at 171 and my doctor was strong arming me to take statins. I could only figure it had to be the 2 and a half gallons of milk I was drinking a week. So I stopped drinking milk totally, and also no more ice cream. I would only eat organic and drink grass fed but totally stopped, Next blood test in 6 months my Total cholesterol went down to 184 and triglycerides down to 104. LDL dropped to 94. I have been maintaining great lipid panels since then and my doctor is amazed.

Posted On 02/28/2024

rw12341

I tend to agree with dr. R. Atkins (the precursor of keto diet) that best cholesterol level is about 260, because it covers our nerves making a sheath of myelin, preventing, among others, MS. My wife's and my cholesterol level is about 230, so after every LP test, I, not joking, say: "we have to bump it up!".

Posted On 02/28/2024

junkgrl

Yikes. Gallons of milk. That might have been your first clue. I have added milk back with honey. But a glass a day with other dairy is working for me.(I can't get raw or less pasteurized milk where I live. State forbids it) I drank too much raw milk from our cows as a kid and ended up horribly constipated. I still remember the terrible enema moments with mom. Later I pretty much had an aversion to milk. Totally. Don't like the taste even now but honey helps. I'm 75. Cheers!

Posted On 02/28/2024

Alro

We have been bamboozled when it comes to cholesterol. I read an article in the early 2000's on Mercola' site explaining the dangers of statins. I don't recall for certain fee interviewed or simply detailed the information espoused by a doctor who is researching memory loss and dementia and statins. He had written a book called "Lipitor: Thief of Memory" (sic). And it explain how important cholesterol is to our brain and that all our hormones are made from cholesterol etc. I got that from the americola article.

I didn't even read the book. I sent it to my parents. My mom was taking statins and I called her as soon as I read this article in told her about it. My father is a retired dr. Mom is a retured nurse. They both ignored the info. She continued on statins for another 5 years or so ir not more. Today she is all but catatonic, can't move or speak. Followed the familiar horrifying Alzheimer's arc of pain and suffering for the whole family . Please consider researching this. Cholesterol is not your enemy

Posted On 02/28/2024

badboy2

Back in 1932 there were no refrigerators in most of the homes in the US. Some of the very rich may have had them with the coils sitting on top of the unit, but most people depended on the ice man to bring a large rectangular chunk of ice, once or twice a week, to put in the top section inside of the ice box, or as the LEGAL aliens back then called it, ice-a-box-a. The ice man would ice pick the block of ice to size and give us kids the smaller chips to enjoy which was a relief during the hot summers. It wasn't long after that someone came up with the idea to shave the ice, add color sugar syrups, red, orange, blue, etc.

and sold them in a pointed paper water cup and called them Italian ices, which sold for 5 cents each. The ice would eventually melt and a person would have to cup out the water at the bottom of the ice box into a bucket and toss into the sink. A real pain at the time. The point I really want to make is that in 1932 the milk industry came up with homogenized milk, which gave the milk a longer shelf life. Refrigeration should have ended the homogenizing process, since it was no longer necessary.

The natural milk is put through a membrane under very high pressure which makes the fat molecules a whole lot smaller. whereas the smaller fat molecules can fit through the stomach lining and into the blood stream, whereas before, the larger natural fat molecules pass on through the digestive system and safely out of the body. So no longer is it necessary it is unhealthy. Milk fat is needed, (at least 2%), to help vitamin D transfer calcium from the stomach out to the body as needed.

Posted On 02/28/2024

Jam1883

The part of reason people got sick back in the day was not just how the milk was produced but how the milk was delivered to the customers in recycled glass bottles. These bottles were clean, but not to the technical standards of 2024. So the pathogens remained in the containers and when delivered to milk boxes on the front porch they just grew and people got sick.

Posted On 02/28/2024

ellivoc

I don't believe that. Had glass bottles for 70 years, have never known anyone I'll from using them. Much better than BPA plastic bottles.

Posted On 02/28/2024

NaturalGrown

My raw milk comes in glass mason jars from a farmer/neighbor I've known personally for decades. The jars are properly sanitized by today's standards, but, there are certain sanitation procedures that have to be followed correctly to insure safety. Even by today's standards, if the steps aren't followed precisely it would be detrimental to the consumer. Same for decades ago.

Posted On 02/29/2024

shaglus

We live in the age of Absurdity. Sad.

Posted On 02/28/2024

rkostoff

An Op-ed has been posted on Trial Site News (TSN) titled "Adverse health effects following Influenza vaccinations as reported in the Pubmed/Medline literature" (www.trialsitenews.com/a/adverse-health-effects-following-influenza-vac..). It is conceptually similar to a study on adverse effects following Covid-19 vaccinations posted on TSN about a month ago, with appropriate modifications made to the retrieval query. The post-Influenza vaccination adverse effects literature is about 1/3 the size of the similar Covid-19 literature, despite a coverage of 34 years of publications for the Influenza literature of interest vs three years of coverage for the Covid-19 literature of interest.

Additionally, the number of doses of Influenza vaccine administered in the USA over that 34 year period was about five times the number of doses of Covid-19 vaccine administered over its three-year literature coverage. The thematic breakdown between the two literatures is somewhat different.

Posted On 02/28/2024

yonemoto

Agree with all said. I happened to click the link for where Californians can find raw milk and was shocked to see its packaged in PLASTIC! That just doesn't compute!

Posted On 02/28/2024

jmr93096

I make my own kefir with UHT 4% fat organic milk. Living in Switzerland it's a casein A2 milk. Kefir being some kind of fermentation, amazingly I never did have a problem with UHT milk, the process take around 20 hours and I get a constant delicious thick kefir.

Posted On 02/28/2024

badboy2

Back in the 19th century, there was a problem in a small town in France where the milk was found to be contaminated with tuberculosis due to one cow that was found to have the disease. No one knew what to do. Louis Pasteur did not know what to do, when asked by the mayor and town council. The town had few cows, and the milk was greatly needed by the children and for other cooking needs. They could not afford to throw it away, whereas today, they would just dump it. Pasteur who worked with Dr. Antoine Beachamp, a biologist and medical doctor, asked him what to do. Dr. Beachamp simply told Dr. Pasteur to boil the milk which would simply kill the tuberculosis bacteria.

Pasteur ran and told the mayor to boil the milk and also took credit for the idea. Pasteur told Beachamp they were now going to boil the milk every day, (hence Pasteurize/Pasteur it). Dr. Beachamp told him no, for that would only ruin the value of the milk. Pasteur became noted for his plagiarism and stole many ideas from a lot of people. Eventually Antoine Beachamp told Louis Pasteur to work with someone else, for Dr. Beachamp wanted nothing more to do with Dr. Pasteur and especially with his germ theory for disease, which Dr. Beachamp did not agree with. Later Pasteur, near his time of death, finally admitted he was wrong about germ theory.

Posted On 02/28/2024

badboy2

In the early U.S. 1920's there was a notable epidemic of Rickets along the Northern part of the country, mainly in and around Boston, MA. It was much later found that pasteurization of milk was a cause. This is because pasteurization destroys many natural vitamins that are found in milk. In case you are not familiar with Rickets, it is a bone defect on weight bearing bones during the young growth stages of life. Some of the effects are, bowlegs, (which I thought, as a pre-teen was cause with cowboys, because they rode horses all the time. A lot of old cowboy actors I noticed were bowlegged. What did I know? Other Ricket affects were knock knees, (knees inward), pigeon toes (toes facing inward), duck feet or walk (where toes are pointed outward), Lazy foot, or wobbly foot, which lands incorrectly and sometimes causes a mis-step or slight stumble, and leg to hip and hip imbalance which can be noticed as the person walks.

These are all caused by a simple vitamin D deficiency. The medical profession knew that back a hundred years ago, so they decided to get vitamin D into every youngster, and the best way they decided was by putting SYNTHETIC vit. D into milk along with vitamin A. A lack of Vit. A can eventually cause permanent blindness. Early signs are night blindness, eyes hurt by seeing oncoming headlights or headlights through the rear view mirror.

And eventually low light like being in a dark cave. Vitamin A as Beta Carotene and eating carrots will cure this problem. So far there is no cure once the eyes go blind, so one can see that A is important even taking an occasional Cod Liver oil supplement will give you both A and D. The problem with Synthetic vitamins especially vitamin D is that they are destroyed by light. And where do they keep this staple at the grocery store?, way in the back of the store in the well-lighted and glass front door refrigerators.

Posted On 02/28/2024

Alro

Does anybody happen to know if freezing milk damages it? I ask because one of the local raw milk producers freezes it. Also I can rarely drink a gallon in time before it goes bad so I would like to extend its longevity by freezing a portion of it

Posted On 02/28/2024

Dr. Mercola

Believe it is fine. I purchase two gallons of raw goat's milk at a time that lasts me a month and freeze all of it.

Posted On 02/28/2024

roderics

How freezing effects it, I don't know. But real raw milk doesn't go "bad". It is turning into clabber. Look it up. I need to order a gallon of milk. It's been awhile since I had some clabber.:

Posted On 02/28/2024

rzi3663

Thanks for the article. Depending on where you are in Mexico, you may be able to find raw milk. Some health food stores carry it. There is even the possibility to be it online and have it delivered to your home anywhere in Mexico. See muuhmx.myshopify.com/.../leche-de-vaca-bronca-1-lt . I have no affiliation.

Posted On 02/28/2024

A1_Lectin_Free

All mammals (humans too) are supposed produce A2 beta casein milk. There was a mutation in some cows many years ago that caused a change from A2 to A1 casein. We were not designed to drink A1 casein milk, hence most of the milk/chees/yogurt/dairy issues today. There are A2 cows and they advertise their milk A2. The frustrating part is that we could fix this and the dairy industry knows it by simply inseminating cows with A2 sperm. In a matter of years we would have all A2 cows again. I would encourage you to read, *The Devil in the Milk*, by Keith Woodford. Check out his information

keithwoodford.wordpress.com/.../2

Posted On 02/28/2024

Wjj56582

I did once have a habit of buying raw milk. The farm got around the law by allowing me to purchase a portion of the cow and I had to fill my own containers at the milk house. It was a burden to do this but my son loved the milk and I'm glad he could have it for the short time I did this. Eventually I read what the government had to say about raw milk and it scared me. I probably wouldn't be so easily convinced now, especially when I think about my mom growing up on this and living to 92 years. Not to mention many, many cousins who never got sick from it.

Posted On 02/28/2024

iro5345

Thank you Dr Mercola for this excellent presentation. We love our Guernsey cow and the raw milk she gives us. I didn't know some of the information you gave us. And am so happy to know that our grass fed cow's milk is the best milk around. We use it for yogurt and anything you would use milk for.

Posted On 02/28/2024

ellivoc

Well, we drink raw,,organic full cream milk all the time, have done for many years. You can buy it in the UK easily. Also lots of cream, raw organic butter, raw organic cheese. All healthy here!!!! I also make lots of kefir from my raw milk. Obviously not good for those dairy intolerant but they could actually be intolerant to the chemicals in the milk, the homogenising, the pasteurisation vitamin K killing process , not actually the milk.

Posted On 02/28/2024

I_hatam

Organic Pastures raw milk cows are fed CANOLA PELLETS and other non-grass 'food'. They are not 100% pastured cows. If you want the best, real pastured cow milk get it at Nourish Co-Op, not Organic Pastures.

Posted On 02/28/2024

Sherryld

I drank very little milk throughout my life just for the reasons stated in parts of this article but I do eat other dairy such as cottage cheese and plain yogurt. I've been buying organic milk for a few years now and use that periodically. In Canada it's illegal to sell unpasteurized milk. I'm sure I could find some in the Mennonite community not too far from where I live in Ontario. My daughter has been buying milk from a country market who raise their own cows and their milk is lightly pasteurized. She said it's very tasty and has to be used quickly as it only lasts about a week in the fridge.

Posted On 02/28/2024

courtneylynn

I wonder how long ago that last quote by Fallon was written in the very bottom of this article..

Posted On 02/28/2024

Eevee

Interesting article knew some of it not all. Animal welfare so important for me and millions others, this dairy has made it work.... www.theethicaldairy.co.uk/about-ethical-dairy

Posted On 02/28/2024

umfuli

Thank you Almond for the precautionary information. I used to be able to get unpasteurised milk but I find that the supermarket milk makes excellent yoghurt, full cream, of course. Many people around here buy from Farmer's Markets and are very fussy about quality. I shall take your warning about cheese, thanks.

Posted On 02/28/2024
