

Seamons, Colleen

From: Catriona Davies [catrionadavies@gmail.com]
Sent: Sunday, 14 September 2008 9:02 PM
To: submissions
Subject: You need to head your email Submission re Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products.
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My name is Catriona Davies.

I am a practicing naturopath and nutrition lecturer at tertiary level.

I use raw goats milk, for myself and my clients, and have done so for several years.

Supported by a great deal of research into the issue of pasteurised versus raw milk over many years, as well as my personal and clinical experience with goats milk, I am strongly in favour of the proposal to legalise the sale of unpasteurised cows milk all over Australia.

I have personally witnessed substantial health improvement in my clients with the use of raw goats milk, from conditions such as allergies and eczema through to digestive disorders and female reproductive disorders.

I encourage my patients to purchase culture their own raw milk (homemade yoghurt) in order to preserve freshness and enhance the safety of consuming it. Raw milk is laden with "friendly" micro-organisms as well as lactase and other enzymes, so when cultured in a warm environment for 8-12 hours, the acidophilus and other beneficial bacteria proliferate and create an even healthier product, with reduced risk of contamination.

Because of the enzymes present in raw milk, allergic individuals can often safely consume raw milk with no digestive difficulty.

Over the years, I have not had even one single report or experience of food poisoning from use of raw dairy products. I believe the supplier of raw goats milk which I use take exceptional care of their animals.

It is the right of all Australians to have legal access to wholesome, unadulterated raw milk, so they can make their own informed dietary choices.

Sincerely,
Catriona Davies
200 Liverpool St, East Sydney
NSW 2010
ph 0408 259 403