

Seamons, Colleen

From: Sherry Strong [sherry.strong@sherrystrong.com]
Sent: Friday, 22 August 2008 7:53 AM
To: submissions
Subject: Submission

Follow Up Flag: Follow up
Flag Status: Red

To the Attention of the Standards Management Officer,

Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products.*

I have followed the milk debate for several years now. I have spoken on panels with articulate, well informed, critically researched raw milk advocates such as Mark McAfee and Arabella Forge. I openly admit that I do not have the scientific knowledge that they and like minded experts have. I implore you to examine the compelling, well researched substantial body of evidence.

What I do have is real life experience and have witnessed many people benefiting from switching from pasteurized milk to raw milk. I know of many people who experience health problems from pasteurized milk products and believe that they should have the right to purchase raw milk products legally.

Milk has been consumed raw for most of human history, it still is in many countries safely, responsibly and healthily. I speak to people from countries where raw milk is legal and they marvel at a country that allows tobacco, alcohol and pharmaceutical drugs to sold legally despite thousands of deaths directly attributable to these substances, yet does not allow a food as nature intended to be sold legally. Personally it can only be possible due to a powerful lobby on the part of a entirely pasteurized dairy incorporated industry. There is a growing number of citizens that are watching the actions of bodies set up with the intention, to help the public yet increasingly appear to be more influenced by powerful industries. We citizens are watching and now we are speaking. We want to be heard and will hold our governments accountable for protecting the interests of big business over the health of the people.

I know from experience of working with many people over years, as well as the experience of many other health care practitioners that when people switch to raw milk from pasteurized milk that many health issues are cleared up or are greatly improved. Raw milk is alkalizing when consumed, pasteurized milk is acid forming (as is most processed food).

Most diseases are exacerbated and arguably in many cases caused by over acidification of the body, the more alkaline the diet the less opportunity for disease to take hold. See the work of numerous scientists and health professionals like microbiologist Dr. Robert O.

Young and Oncologist Dr. Tullio Simoncini in the use of alkalizing the body to treat a vast array of diseases including Diabetes, Chronic Fatigue, MS, Asthma, Allergies and Cancer.

I know that many known harmful and carcinogenic additives, banned in other countries are legally added to Australian foods (such as those listed below), yet cannot fathom why raw milk as nature intended with all it's health giving properties (many of which are destroyed by pasteurization) is not permitted to be legally consumed. Raw eggs, raw meats and lettuces can contain deadly bacteria if not handled properly, yet are still legally sold, why is raw milk treated differently?

Since the introduction of highly processed foods, including highly and unnaturally processed dairy products (ie; low fat milks scientifically developed and constructed, bumped up with sugars and fortified with synthetic nutrients) we have seen a direct correlation in the incidence of food related disorders including obesity, diabetes, cancer and allergies. Cultures that do not have these foods do not have the incidences that we in industrialized countries have. If you look at the tables around the world in the book "The Hungry Planet" by Faith Deluzio and Peter Menzel you will see that

the countries with the most processed foods have the highest rates of preventable lifestyle diseases where as the countries who obtain their foodstuffs closest to nature have the least amount of lifestyle diseases, diseases that are set to cripple our health care system.

Again I implore you to consider the substantive body of evidence prepared by realmilkaustralia.com and the Weston A. Price Foundation as a reflection of a growing body of people who wish governments would respect the rights and choices of people who compose its constituency, to have access to natural foods such as healthy raw milk from healthy cows.

Sincerely,
Sherry Strong
chef, nutritionist, food educator & writer sherry@sherrystrong.com
+613 93144131
PO Box 544 Yarraville, 3013

(1) COLOUR e102:

Tartrazine. is an Aromatic Hydrocarbon.

Causes cancer. The FDA states that over 100,000 people are allergic to tartrazine.

U.K. studies have shown that 79% of hyperactive children are allergic to tartrazine.

It is believed to cause allergic reactions in 15% of the total population. Known effects are urticaria, asthma, altered states of perception and behaviour, uncontrolled hyper agitation and confusion. Known reactions are rhinitis (hay fever), bronchospasms (breathing problems), blurred vision and purple patches on the skin. It may also cause wakefulness in young children at night. Tartrazine is known to inhibit zinc metabolism (zinc is required in over 200 enzyme systems in the body). It is an active ingredient in herbicides used to kill aquatic weeds. In 1986 the ?British Institute of Mental Handicap?

linked it with aggressive behaviour in children. Prevents the action of an enzyme that breaks down many potentially harmful toxins formed during digestion. Tartrazine is one of four Azo dyes known to interfere with the digestive enzymes l-Amylase, Pepsin and Trypsin. The British Medical Journal, The ?Lancet?, lists these problems associated with tartrazine:- Allergies; Thyroid Tumours; Lymphocytic Lymphomas, Chromosomal Damage; Trigger for Asthma; Urticaria; Hyperactivity.

As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.) Tartrazine is completely banned from foods in Norway and Finland and is heavily restricted in Austria, Sweden and Germany.

. (2) COLOUR e110 - Also called FD & C Yellow No.6; Cl Food Yellow 3.

Causes cancer. Azo Dye - As an Azo Dye, it is implicated in bladder cancer, liver cancer and sarcomas. (In hair dyes, tartrazine is absorbed through the skin.)

Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA). Aspirin sensitive people will incur allergies to Sunset Yellow. It produces urticaria, angi-oedema (swelling of the blood vessels), gastric upset, and vomiting. Dangerous to asthmatics and causes hyperactivity and ADD. Should be avoided by those suffering from rhinitis.

One in 1000 are allergic to Sunset Yellow. It is one of four Azo dyes known to interfere with the digestive enzymes l-Amylase, Pepsin and Trypsin. The ?Lancet? list these problems associated with Sunset Yellow:

hives; rhinitis; nasal congestion; bronchoconstriction; when combined with Amaranth [123] or Ponceau [124], it may cause an anaphylactoid reaction; eosinophilotactic purpura; allergies; kidney tumours; chromosomal damage; abdominal pain; indigestion for food.

(Dogs fed 2% suffered eye defects, sometimes causing blindness. Caused an increased of tumours in animals. Growth retardation and weight loss

(3) COLOUR e129 -

Artificial colouring. Coal Tar Dye. Also called FD&C No.40). An allergen in allergic skin conditions. Increases heart rate and is implicated in behavioural problems.

Should be avoided by those suffering from asthma, rhinitis and urticaria. Tumours and lymphomas can result from consuming Allura Red. Banned in Austria, Norway and Finland. Prohibited throughout the EECwas experienced.

Completely banned in U.K., Norway, Finland and Sweden

(4) COLOUR e133 -

Artificial colouring. Also called Cl Acid Blue 2; Cl Pigment Blue 24; FD&C No.1.

Polycyclic Aromatic Hydrocarbon - (listed as human carcinogens by the EPA).

Triphenylmethane Dye.14% are allergic to this dye. Hyperactivity and skin allergies. Should not be consumed by young children or infants. Highly CARCINOGENIC.

Banned in the British Commonwealth 1972-1980, Austria, Belgium, France, Norway, Sweden, Switzerland and Germany.

(5) COLOUR 150 & E150 Caramel
(E150a - Plain Caramel; E150b - Caustic Sulphite Caramel; E150c - Ammonia Caramel; E150d - Sulphite Ammonia Caramel). Flavouring made from sucrose. Causes damage to some genes, slows down growth, causes enlargement of kidneys and intestines and may destroy Vitamin D. Can cause convulsions. Causes Vitamin B6 deficiencies. TERATOGENIC and CARCINOGENIC. Causes hyperactivity. Is a neurotoxic hazard.

From Real Milk Australia

Real Milk is an unrefined 'wholefood' that is superiorly rich in enzymes and essential bacteria. It is vitamin and mineral rich and has powerful immune-boosting properties.

Real Milk is not pasteurised. This is because the pasteurisation process significantly reduces the levels of vitamins and minerals in the milk. Furthermore, the delicate enzyme proteins and essential bacteria are denatured and destroyed.

The lack of enzymes in the final pasteurised milk product renders the milk indigestible for many people. For example, the "lactase" enzyme is required for the digestion of the milk sugar "lactose". Similarly, the "phosphatase" enzyme is vital for the absorption of calcium. Without these enzymes, the calcium is not well absorbed and the lactose is difficult to tolerate (hence the condition 'lactose intolerance').