

**Seamons, Colleen**

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**From:** Kirkwood, Nigel [Nigel.Kirkwood@apa.com.au]  
**Sent:** Tuesday, 16 September 2008 8:06 PM  
**To:** submissions  
**Subject:** Submission: Proposal P1007 - Primary Production and Processing Requirements for Raw Milk  
**Follow Up Flag:** Follow up  
**Flag Status:** Blue

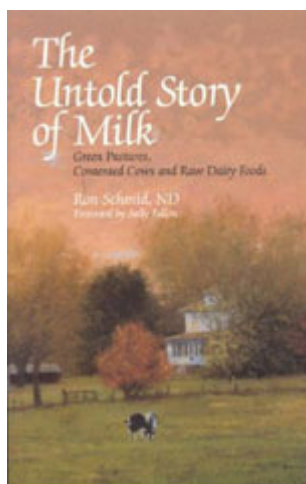
Dear Sir/Madam,

Please find below reference to compelling information on the inherent power of RAW Milk/Dairy & it's vital importance to our children & society as a whole!

Kindest Regards Nigel Kirkwood

### **The Untold Story of Milk by Ron Schmid**

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This fascinating and compelling book will change the way you think about milk.

Green pastures, contented cows and raw dairy foods

*"Raw milk is a movement whose time has come. This book will serve as a catalyst for that movement, providing consumers with the facts and inspiration they need to embrace one of Nature's perfect foods."*

Sally Fallon

This fascinating and compelling book will change the way you think about milk. Dr Schmid chronicles the role of milk in the rise of civilization and in early America, the squalid distillery dairies, compulsory pasteurization, the politics of milk, traditional dairying cultures and the modern dairy industries. He details the betrayal of public trust by government health officials and dissects the modern myths concerning cholesterol, animal fats and heart disease. And in the final chapters, he describes how scores of eminent scientists have documented the superiority of raw milk and its myriad health benefits.

Ron Schmid, ND, naturopathic physician, writer, teacher, and farmer, has prescribed raw milk for his patients for nearly 25 years. The author of *Traditional Foods Are Your Best Medicine*, Dr. Schmid is a graduate of the Massachusetts Institute of Technology and the National College of Naturopathic Medicine and has taught at all four of America's naturopathic medical schools. He's the former Clinic Director and Chief Medical Officer at the University of Bridgeport College of Naturopathic Medicine.

**What a revelation !**

**Laurie K Fisher**

This is an outstanding book for anyone who wishes to maintain a healthy lifestyle. It states in very great detail, the history of the beneficial uses of milk and the methods that the modern dairy industry has used in order to keep raw milk away from the American public. I have used raw milk for over a year and completely agree with the health benefits. It's a tragedy that big industry and corrupt politicians have taken away our rights to the products that we need. I highly recommend this book and suggest that it would also be a wonderful gift to anyone who has any health difficulties.

**Facts not urban myths****Jon Norris**

Milk is bad for you. No mammal needs milk after being weaned. Raw milk is dirty, dangerous, and a major health hazard. Only pasteurized milk is clean and only ultra-pasteurized or irradiated milk is really safe. Pasteurization was created to make the milk supply safe. Raw milk has no greater health benefits than pasteurized milk. People want pasteurized milk, and prefer it over raw.

Supposedly educated people will tell you these things and be dead serious. Unfortunately, they are dead WRONG on every single point above, and the health of tens of millions suffer greatly for their ignorance or intentional deceit.

Ron Schmid is one of the most important proponents of traditional diets. His first book, *Traditional Foods Are Your Best Medicine*, is the best introduction to the nutritional research of Weston Price currently available. With this new book, he once again proves his voice is a beacon of intelligence and clarity in a sea of disinformation and corruption.

This book is a scholarly, well researched and documented look into the trials and tribulations of milk use in society. While its primary focus is on the raw milk issue and the scientific and political shenanigans surrounding the milk business, it also delves into the related issues of the history of milk use and traditional diets.

There is a great deal of information in this book. Schmid traces the history of milk use from the distant past to current times. He cites considerable research and published works regarding the healing power and nutritional value of milk from healthy animals. He examines in detail the use of the raw milk cure, milk in traditional diets, and the political/economic battles around milk production in this country during the last century. An immense amount of hard work went into the writing of this book, and it shows. (Good job, Ron.)

Schmid unmasks the unscientific propaganda in the raw milk debate and gives the clearest and most objective report to date on the real science and history of this issue. His analysis of the research is in-depth and thorough, and his presentation of the information is calm and balanced. This stands somewhat in contrast to the other major work on the issue, *The Milk Book*, by William Douglass, which contains some factual errors, suffers from many typos, and can come across as snide and derogatory when it is intended to be humorous. (It is still quite worth reading, however, and I recommend it as well.)

Schmid's book is level-headed, comprehensive and powerful. He addresses all the issues of the raw milk debate in detail; disease, cleanliness, quality, politics, economics, nutrition, and health attributes. He adroitly dismantles the lies, propaganda, incompetence, and villainy of the powers that seek to deny the American people one of the most potent health foods on the planet, and addresses the science and historical facts in an irrefutable manner. This is currently the definitive work on milk. It is difficult to believe that one could do a better job. It is an easy 5 stars.

Every statement in the opening paragraph of this review has been proven false. Raw milk from clean, healthy, grass-fed cows is not only healthy, it has nutritional properties that could help alleviate many illnesses that currently plague our society. Even one of the founders of the Mayo Clinic used raw milk therapy to cure serious illness. (But you cannot patent milk. At least, not yet.)

It is vital in this day and age for people to take charge of their own health, and to do that they must have good information. If you want to know the facts about milk and the history of the milk industry in this country, get this book. It is a wonderful antidote to the urban myths and lies about milk that pervade our culture.

**Please Note – my email address has changed to [Nigel.Kirkwood@apa.com.au](mailto:Nigel.Kirkwood@apa.com.au)**

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