

Response to PROPOSAL P1007 PRIMARY PRODUCTION & PROCESSING REQUIREMENTS FOR RAW MILK PRODUCTS (Australia Only)

For more than a decade I have been a consumer of 3 – 4 litres of raw milk per week, and also regularly eat products made from raw milk such as kefir, butter and cheeses. I am in my mid 60s, very healthy – I take no medications or vitamin supplements – and most people place my age as being in the 40s.

I submit that it would be tremendously beneficial to the health of our community if raw milk were to replace the highly processed product sold as milk in the supermarkets – raw milk from cows preferably grass-fed and who had been tested to be free of tuberculosis and brucellosis.

- **motivations for consumption to identify any value and behaviour based consumer segments;**

My motivation for consumption is the tremendous benefit to my health.

The State Government benefits from huge cost savings on health care as I have hardly entered a doctor's surgery since I started to pay particular attention to my diet which includes, as you can see, a high consumption of raw milk and products made from raw milk.

- **knowledge about raw milk; their sources of information; and the benefits and risks associated with raw milk consumption;**

To quote from the book “Nourishing Traditions” by Sally Fallon and Mary G. Enig, Ph.D

“Heat alters milk's amino acids lysine and tyrosine, making the whole complex of proteins less available; it promotes rancidity of unsaturated fatty acids and destruction of vitamins. Vitamin C loss in pasteurisation usually exceeds 50%; loss of other water-soluble vitamins can run as high as 80%; the Wulzen or anti-stiffness factor is totally destroyed as is Vitamin B12 needed for healthy blood and a properly functioning nervous system. Pasteurisation reduces the availability of milk's mineral components, such as calcium chloride, magnesium, phosphorus, potassium, sodium and sulphur, as well as many trace minerals. There is some evidence that pasteurisation alters lactose, making it more readily absorbable. This, and the fact that pasteurised milk puts an unnecessary strain on the pancreas to produce digestive enzymes, may explain why milk consumption in civilised societies has been linked with diabetes.

Last but not least, pasteurisation destroys all the enzymes in milk – in fact the test for successful pasteurisation is absence of enzymes. These enzymes help the body assimilate all body-building factors, including calcium. That is why those who drink pasteurised milk may suffer from osteoporosis. Lipase in raw milk helps the body digest and utilise butterfat.

Modern pasteurised milk, devoid of its enzyme content, puts an enormous strain on the body's digestive mechanism. In the elderly, and those with milk intolerance or inherited weaknesses of digestion, this milk passes through not fully digested and can build up around the tiny villi of the small intestine, preventing the absorption of vital nutrients and promoting the uptake of toxic substances. The result is allergies, chronic fatigue and a host of degenerative diseases.

All the healthy milk-drinking populations studied by Dr Weston Price consumed raw milk, raw cultured milk or raw cheese from normal healthy animals eating fresh grass or fodder.”

- **consumption behaviour such as the frequency, quantity, storage and treatment of raw milk;**

Frequency:

Every day for over a decade.

Quantity:

3 to 4 litres of raw milk per week

Raw milk cultured butter – daily

Kefir and cheese several times a week

Storage & Treatment:

I transfer raw milk from the plastic containers into 1 litre glass bottles and store cheese and butter in glass containers.

To gain maximum benefit I drink the milk without heating it.

- **a socio-demographic profile of the consumers interviewed.**

For the past 25 years I have lived in Ashgrove, Queensland. I have two professional, adult daughters with partners – all four consume raw milk and raw milk products daily and do not buy supermarket milk. One daughter lives in Kelvin Grove, the other in the inner western suburbs of Sydney.

Shirley Everett
152 Waterworks Road
Ashgrove, Qld 4060
Tel: 3366 2127

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