

**SUBMISSION OF NATALIE CARRAD RELATING TO:
Proposal P1007-Primary
Production & Processing Requirements For Raw Milk Products.**

Despite growing up on a dairy farm, as a child I never drank milk.
My brothers did. They drank the milk our farm produced, they drank it fresh without pasteurising the milk.

As a teenager I suffered from severe acne that I ended up taking several courses of roacutane as prescribed by a specialist.
I still at 38 have the scares.
My brothers never suffered from acne.

Sore throats plagued me my entire childhood.
My brothers never seemed to get sore throats.

I always had very pale skin and had to be very careful during the summer as I sunburned very easily.
My brothers both had beautiful tans during the warmer months and never had to be as careful to cover up.

6 years ago I attended a lecture that was truly life changing for me. The lecture introduced me to the work of Dr. Weston A Price. The teachings really resonated with me. I had seen first hand the excellent health of my farming grandparents who consumed homegrown meat, milk and vegetables versus my city living grandparents who used bottled milk, processed food and store bought vegetables; they aged much more quickly.

Inspired with the Weston A Price Foundation and their message I started to drink the milk from my family farm immediately.

Be it the increased saturated fat in my diet, the available B6 or one of the many other seemingly magical components of raw milk.
But my sore throats went away instantly.
I felt so much stronger and life was so much easier not having to deal with a sore throat all the time.

Over time my skin developed more of an apricot undertone, not so pasty with a radical increased tolerance to the sun. Just like my brothers!

I currently work long hours but am known among my colleagues for rarely getting sick. This year I did catch our office flu, however it was completely gone within a week, I was still able to function at work thus no days off work, neither did I need antibiotics to clear the infection. My colleagues did not recover so quickly and some suffered reoccurring infections and numerous rounds of antibiotics.
Interesting that I would suddenly develop a strong constitution as an adult isn't. I attribute my new found overall health to my consumption of raw dairy.

I currently drink about 800ml of raw milk per day. Some I ferment into Kefir or yogurt. Some I drink straight. If I'm too busy to prepare a meal I use it as a fast meal replacement.

I consider it the single most important component of my diet. When holidaying I take it with me or try to arrange a local source. Thus Australia is not currently on my list of places to visit.

I am so very very thankful that here in New Zealand we are able to purchase raw milk from a local farmer and feel very strongly that it must remain this way.

I would also love for Australians to be able to choose to consume raw milk and to have the opportunity to enjoy the same health improvements that I have experienced.

Thus my motivation for this letter.

Ultimately I would love to see raw milk available in stores in Australasia, as in California and some parts of Europe.

Surely it is the right of the consumer to choose.

Regards

Natalie Carrad

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