

SUBMISSION OF JEN WATT RELATING TO: Proposal P1007-Primary Production & Processing Requirements For Raw Milk Products.

To whom it may concern

I'm writing in support of legalising raw milk.

From the ages of 23-29 I was chronically ill. I only just managed to hold down my job, taking many sick days, and had to visit my GP and other health specialists at least once a month.

I happened to read an article about many people being unable to tolerate milk, and I decided to go dairy-free for a few months to see what happened. To my amazement, some of my symptoms cleared up within days, and within three months I was perfectly healthy. Naturally, I decided to remain dairy-free after that. I'm now 38 and, in the 9 years since I gave up dairy, I have been extremely healthy. I watch my friends and colleagues come down with one bug after another, but I never get sick. In fact I haven't needed to see my GP or any other health professional since the day I stopped eating dairy.

Several years ago I started eating parmesan cheese and was thrilled to discover that it had no ill-effects. I slowly started to reintroduce other cheeses and dairy products, but some of my old symptoms came back. I eventually noticed that I could only tolerate dairy in small amounts, except for the parmesan cheese and organic yoghurt, which I could eat quite large amounts of. I think I can tolerate the yoghurt because it's fermented. And it was a couple of years before I actually read the fine print on the parmesan – it's from Italy and is made with raw milk. All the other dairy products I was eating, and having problems with, were made with pasteurised milk.

I'd heard that raw milk was available, because was reluctant to try it, because I have hated the taste of milk ever since I was a child. Then, several months ago, I tried some that a friend had and I was amazed at how delicious it was (like liquid icecream!). So I've been drinking raw milk for just a couple of months now and I thought I was 100% healthy before, but I'm feeling even better now. I have so much more energy and vitality.

I have many friends and family members who are dairy intolerant. Many of them continue to eat dairy because they can't envisage a diet without it. I would love for them to be able to easily access raw milk, to see if it can make a real difference in their life and their health, as it has in mine.

Yours faithfully

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