

Raw Milk & Your HEALTH

WHY RAW MILK IS GREAT FOR YOU: Raw milk is a whole food. It is not processed and still contains all of its pro-biotic bacteria, enzymes, and fats. Raw milk is kept raw and has not been oxidized by heat. In America, most diets are devoid of “raw fats, beneficial bacterial, and enzymes”. All of these nutritional elements are found in abundance in raw milk. Over 120 years ago, most diets around the world contained these essential nutritional elements. When you heat milk, it destroys beneficial properties: including, enzymes, proteins, and other living components needed for digestion and absorption of minerals in milk... So, why is raw milk good for you?

Lactose Intolerance Symptoms

People that suffer from lactose intolerance, when drinking pasteurized dairy products rarely suffer from L.I. when drinking raw milk products. WHY? The lactase enzyme is present (never destroyed by heat). Beneficial bacteria that are still a live in raw dairy products create the lactase enzyme. So drink up!

Asthma and Reactive Airway Disease

Raw milk still contains its beneficial bacteria, raw fats, and enzymes; thus, it is highly anti-inflammatory. All of these elements and systems work to reduce the inflammatory reactions associated with Asthma. The PARSIFAL Study (studied 15,000 children in EU and other studies of raw milk) proved raw milk to reduce Asthma and allergy reactions. Pasteurized dairy products can trigger an immune response, secondary to the pieces of dead bacteria and free-floating proteins (no longer naturally contained within the cell wall). These free-floating proteins trigger a histamine reaction, also known as phlegm or a mucus response.

Osteoporosis

One of the most important enzymes naturally found in raw milk is Phosphatase. This enzyme is one of the many enzymes destroyed in pasteurization. In fact, the test that declares milk “pasteurized” is called the “Negative Alpha Phosphatase Test”. Ironically, this enzyme is responsible for the absorption of minerals, including calcium into the bones. People that suffer from osteoporosis do not produce enough of this enzyme; therefore, need raw milk to have rapid bone density increases that can be measured over time.

GI Tract Conditions, Ulcers, IBS, etc.

Consuming raw milk and fermented raw dairy products can heal ulcers, IBS, and Crohn’s Disease. HOW? The inner lining of the intestines are nourished by whole foods and sources of good bacteria to make enzymes. By eating whole, living foods (including raw dairy products), 80% of the immune system can be healed.

Immune System Rebuilding Food

The human immune system is made up of (about) 75-80% beneficial bacteria, most residing in the gut. Most people that suffer from frequent colds, ear infections, and weakened immunity rarely suffer from these conditions after switching to raw milk.

Information From RealMilk.org