

TO: Each Los Angeles County Board of Supervisor

REPORT IN FAVOR OF RAW MILK

EXPERT REPORT AND RECCOMENDATION

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EXHIBIT B

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EXECUTIVE SUMMARY

SUPPLEMENTAL REPORT IN PETITION TO UPHOLD UNANIMOUSLY PASSED VOTE IN FAVOR OF GRADE A AND GUARANTEED RAW MILK TO CONFORM TO CALIFORNIA STATE CODE

Petition Report & Attached Exhibits: Exhibit A, Supplemental Report (“SR”, 32 pages); Exh. B, Dr. Nancy Mann, PhD Biostatistics; Exh. C, Dr. James Privitera, MD; (former Commissioner of Los Angeles County Medical Milk Commission); Exh. D, Dr. Paul Fleiss, MD (incumbent President of the American Association of Medical Milk Commission, former chairperson for the LACMMC); Exh. E, Dr. Roger Noorthoek; Exh. F, Dr. Earl Smith; Exh. G, Dr. Thomas Cowan, Exh. H, Sally Fallon; Exh. J & K, Raymond Novell; Exh. L, Mikel Theobald; (13 pages).

FACTS

On December 8, 2000, LA County Department of Health Services (“DHS”) ordered Claravale raw milk off of healthfood store shelves. Many consumers called and faxed the Board of Supervisors and The Department of Health, and vigorously complained. On December 19, 2000 the Board approved a motion by Mayor Antonovich, instructing the Director of DHS and County Counsel to align the County ordinance with State Code, thus permitting the sale of Grade A and Guaranteed raw milk. .

Pursuant to an amended order by Supervisor Yaroslavsky, the DHS submitted its Report On Raw Milk, Grading, Testing and Public Health Implications (“DHS Report”), January 2001. The DHS Report contains prejudicial, unsubstantiated, misleading and inaccurate content designed to intentionally (malice), unreasonably (unlawfully & in bad faith) and illegally obstruct (Equal Protection) and deny (Equal Protection & Right to Choose) access (RICO) and eliminate raw milk. Having considered the DHS Report, Director Mark Finucane recommends that the excessive certification procedures for current raw-milk “hold and test”(for each milking, 2 milkings per day) be maintained for 12 months while DHS recommends to the State a “hold and test” for each milking procedure, rather than allow for immediate conformity to State code. These procedures are so costly that any small dairy would not remain in business for long. Claravale would be unable to produce raw milk. This certification procedure drove Alta-Dena to abandon its production of Stueve’s (their raw milk subsidiary), leaving Claravale the only raw milk dairy left in California.

Legal Merits

Fraudulent efforts to eliminate raw milk have been ongoing since World War II (see SR History p. 25,26,27), when the push for pasteurization was undertaken. Although It has been extensively countered by scientific study findings, Medical Journal reports, and “high risk” group consumers clinical experience (see SR), the Department of Health Services “official” bias towards it has illegally remained.

- 1) In the last decade, Four Los Angeles County Medical Milk Commissioners raised raw milk certification standards unreasonably, prejudicially and discriminatively high: (SR, p.32, last par; Exh. C, par 2; Exh. J, par. 1; Exh. K, par. 5,7.) Too often, the milk did not pass the excessive standards and the raw dairy producers were forced out of business, leaving LA County residence without raw milk. — “It is the policy of this State to promote, foster and

encourage the intelligent production and orderly marketing of commodities necessary to its residents...” (13 Cal.2d at pp. 626-627, 91 P.2d 577.)

- 2) Los Angeles County consumers, mostly in the “high risk” group, have been successfully using raw milk to reverse medical conditions of serious and critical illnesses either not responsive or due to side affects of regular treatment with drugs, surgery, and radiation. Some were sentenced to die as incurable. Most of them have been consuming Claravale raw milk for the entire time that tests showed bacterial and pathogen counts in the raw milk, were considerably beyond what is unscientifically “speculated to be safe.” None of the “high risk” consumers got sick from the raw milk for that 16-month period, instead their conditions greatly improved, or completely recovered. Many of this group are Petitioners on the Raw Milk Agenda, available for testimony, but were not allowed to speak at the hearing.
- 3) It is without merit to claim the High Risk group is at any greater risk than with Pasteurized milk consumption. There is evidence to the contrary (SR, p.7, ¶ I-III; 10-12.)
- 4) It is without merit to raise the concern “substantially higher risk of serious infections, and some of which can be transmitted to other”, when there is no substantial empirical scientific evidence to substantiate this claim.
- 5) It is prejudicial to claim there are no known health benefits to raw milk consumption when extensive scientific study findings exist: DHS Report (p.5, par 6.) states, “A review of the literature found no scientific study which demonstrates medical or health benefits of raw milk.” DHS has more resources than most individuals to have gathered the information that Dr. Douglas and others have presented in the Supplemental Report. It is shameful of the Department of Health, illegal and immoral to show such unmitigated prejudice and bad faith to the people they are supposed to protect. (SR, p.8 ¶ 4; p. 19-28.)
- 6) Statistics show that racial groups have allergies to pasteurized milk and can only drink raw milk without symptoms. (SR, p.14 ¶ 5; 22 ¶ 3.) Denying these groups access to a necessity is unlawful and prejudicial.
- 7) Pursuant to State law, the county has been granted the discretion to determine whether milk sold in the County must be pasteurized (F&A Code section 35756). The Board has the discretion to adopt the proposed ordinance as an exercise of this discretion. Pursuant to State law (Gov. Code S818.2), a public entity is not held liable for injury caused by adoption of an ordinance. This is immunity granted as an expression of its discretion “...so long as the requirement of the municipal ordinances are not in themselves pernicious as being unreasonable and discriminatory...” Natural Milk vs. City of San Francisco, 20 Cal.2d101. If the Board doesn’t adopt the ordinance as protected for doing so, it would err and abuse its discretion if that decision is based on a prejudicial, unsubstantiated, faulty and incomplete report.

A related case that occurred with the California State DHS and legislature:

In 1997, the California DHS encouraged “An act to amend Section 113996 of the Health and Safety Code, relating to retail food facilities, and declaring the urgency thereof, to take effect immediately.” Assembly Bill 2612, containing the proposed amendment, was introduced to require all ready made meat and eggs to be cooked well-done. The bill was passed and made law in January 1998. Action against the law was initiated because the law was discriminatory and prejudicial, violated freedom of choice, etc., to minorities of racial, ethnic, cultural, religious, and culinary preferences. Assembly Bill 2612, containing the new proposed amendment, was introduced to allow raw meat and eggs as long as the patron was notified by language, signage or menu, or the patron asked for meat or

egg to be served other than cooked well-done. This allowed for ready made foods to be served raw, such as steak tartar, carpaccio, sashimi, cerviche, kibbie, and Caesar salad.

Based on the extensive evidence contained herein of safety, health benefits, and legal merits, it is completely improbable, given the long history and traditional use of raw milk without any epidemic attributed to raw milk to date, that there exists such a danger, and to claim otherwise without scientific, historical, or legal basis, is dangerous, making opinion as unlawful policy for regulation, and does not show good faith towards the people strongly advocating, who desire it.

We respectfully submit that state-governed Grade A and Guaranteed raw milks are safe and health-giving based on the medical, health, and scientific study and findings and legal merits. To withhold immediate conformity to State code as unanimously passed would endanger the residents of Los Angeles County. Claravale Dairy is the only raw milk dairy serving Southern California.

Respectfully,

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Petitioners

Encl: Exhibits A, Summary of and Supplemental Report; Exh.B, Dr. Mann; Exh.C, Dr. Privitera; Exh.D, Dr. Fleiss; Exh.E, Dr. Noorthoek; Exh.F, Dr. Smith; Exh.G, Dr. Cowan; Exh.H, Sally Fallon; Exh.J, Novell; Exh.K, Novell; Exh.L, Theobald.

CC: Los Angeles County Health Commissioners
Chief of Operations, Public Health, John F. Schunhoff, PhD.
Director Mark Finucane, DHS
County Counsel
Gray Davis, Governor

SUMMARY
of
SUPPLEMENTAL REPORT IN FAVOR OF RAW MILK (SR)
EXPERT REPORT AND RECOMMENDATION

The report was compiled and condensed by the International Medical Expert on raw and pasteurized milk, Dr. William Campbell Douglas, Jr. M.D., author of the definitive book analysis of scientific and clinical study on milk, The Milk Book; and the proponent and leading present-day empirical scientist on the positive effects of raw milk products on humans, Aajonus Vonderplanitz, Scientific Nutritional Researcher and author of We Want To Live, Vol.1 Out of the Grips of Disease and Death, and Vol.2, Healthfully, the Facts.

This Supplemental Report addresses the Board's concerns regarding raw milk, encompassing: Health Risks From Drinking Pasteurized Milk; Bacterial Risks from Drinking Pasteurized Milk, Infant Death Syndrome and Colic from Feeding Pasteurized Milk, Disease and Disease-Risks from Drinking Pasteurized Milk, Health Benefits and Risks from Drinking Raw Milk, Bacterial, Viral & Parasitological Resistant and Nutritive Value of Raw Milk, Medical Milk Therapy - Prevention and Reversal of Disease from Drinking Raw Milk, Infant Raw Milk Safety and Health Benefits, Raw Milk Safety and Health Benefits In General, Immune Raw Milk Therapy Benefits, Raw Milk As a Preservative, Nutritive Value of Raw Milk vs. Pasteurized Milk, History of Movement Against Raw Milk; The Creation of the Assumption That Pasteurized Milk Is Safer Than Raw Milk, National Unsubstantiated Claims Against Raw Milk, Chronology of Unsubstantiated Claims Against Raw Milk Produced in California, How Credible is the Center for Disease Control regarding Raw Milk?, Bacteriology, and Conclusions and Recommendations.

ANALYSIS of the DEPARTMENT OF HEALTH SERVICES REPORT ON RAW MILK, JANUARY 2001, and Director Finucane's letter of recommendations.

- DHS Report, p.4, ¶ 6, cited the UCLA statistical *Assessment of the Excess Risk of Salmonella dublin Infection Associated with the Use of Raw Milk*, *Public Health Reports*, Vol. 103, No. 5. DHS Report stated, "37% of reported *Salmonella dublin* infections were acquired from raw milk." The assessment was a statistical guest-imation based on many unknown variables. Dr. Nancy Mann, PhD Biostatistics, UCLA 1965, Exhibit B, refutes the statistics. She indicates that the conclusion that any milk caused the sporadic 241 cases studied was improbable. She states that if milk had been the cause, there would have been an epidemic. There was no epidemic; only sporadic incidences. Other flaws with the Assessment were: It was not known the reason a case reviewed entered a hospital or saw a doctor; the case histories do not tell cause of death in the 36 who, later, were reported dead in that 3-years period; and at least 3-4 weeks had elapsed when the case histories were taken. People do not remember what they ate yesterday much less a month ago. "It is very difficult, if not impossible to identify, in an individual case, which of the possible risk factors caused the illness," said Dr. Benson Werner, epidemiologist with the California Department of Health Services. The UCLA Assessment was based on analysis of questionnaires and mathematics, not clinical or empirical science.
- DHS Report, p. 4, ¶ 3, lists an epidemic of *Listeriosis* "linked" to soft cheese that contained raw milk. The court ruled in this case that raw milk was not responsible.
- DHS Report, p. 4 ¶ 5, states, "...ten people statewide...were confirmed with *Salmonella typhimurium*...who stated they had consumed raw milk in the week prior to their illness." Milk was not all that they ate. Dr. Werner, testified in court about *Salmonella typhimurium*, the

“...most common *Salmonella* infection in humans in California each year... *Salmonella typhimurium* is such a large category, it receives probably half of all cases...could be in any food... it could be related to person to person transmission and other sources.” The Report continues, “Molecular fingerprinting determined that the strain from ill persons was the same as found in raw milk.” Yet, Dr. Werner’s said that that strain is every where. If someone drinks out of the bottle, as many milk drinkers do, they place it in the milk. There is no empirical evidence that raw milk has caused *S. typhimurium*. As Dr. Mann said, if the milk had been the cause, there would have been an epidemic. There was no epidemic. The other cases cited in DHS Report fail on the same grounds.

- DHS Director Mark Finucane’s letter of January 24, 2001, p.2, ¶ 2, he stated that the LA County inspection system was superior to the State inspection system. Claravale moved from the city in which it had been for nearly 70 years. The move and upgrade is complete and Claravale now functions according to State regulations.
- In his letter, p. 2, ¶ 2, Mr. Finucane raised the concern about raw milk being “substantially higher risk of serious infections, and some of which can be transmitted to others.” DHS Report, p.2. expressed concern over bacterial counts in raw milk. However, the assumption that raw milk is a carrier of disease is unsubstantiated by case history.
 - I. In nearly 40 years, millions of people drank over 3 billion glasses of Alta Dena Dairy raw milk and there was not one epidemic, and not one proved case of foodborne illness because of it.
 - II. Raw milk produced under gross conditions has not been proved to be the cause of an epidemic. No one has been maimed by drinking raw milk. (SR 17-20.) Until 1950, raw milk commonly contained bacterial counts of 3 million ml and 200 ml pathogens, compared to 10,000 ml and 10 ml pathogens now, and there were no epidemics that proved to be caused by raw milk, proving that raw milk is **not** harmful when containing many pathogens (SR p. 18, ¶ 2-3) even when used as a preservative for raw meat (SR p. 24).
 - III. A review of the cases DHS cited in their Report, p. 4, shows a total of 156 cases from 1973 until 1992, but no outbreaks or epidemics attributed to raw milk. Let’s say that that figure was valid, although it is not, as explained above: $156 \text{ cases} \div 19 \text{ years} = 5.6 \text{ cases each year}$ attributed to raw milk. That is the lowest incidence of any animal product produced. However, there is extensive evidence showing that pasteurization is a great health risk to the public, having caused numerous epidemics. One pasteurized-milk epidemic involved 200 people, another 468 people, another 1,492, another 16,284, another 17,000, and another 197,000 people. In each incident the product was from a single source producer. In the years 1978-1997 there were 232,485 people who suffered due to outbreaks from pasteurized milk. (SR p. 8-10.) If we were to disregard all of the other outbreaks from pasteurized milk and consider only those listed on pages 5-8, we have: $232,485 \text{ cases} \div 19 \text{ years} = 12,236 \text{ people effected each year}$ from bacteria in pasteurized milk. In almost all cases, CDC reported that investigation showed proper pasteurization. CDC’s figures and CDC’s conclusion that “pasteurization provides assurances against infection”, are contradictory and untrustworthy. Considering that CDC attributed only 4% of foodborne illness to milk consumed in the same bulk as other foods, it is the safest product to consume and does not merit the prejudice that it receives. But as the facts state, pasteurized milk has caused 2,185 times more Foodborne illness than was attributed to raw milk.
 - IV. The decline in raw milk consumption met with a dramatic increase in Salmonella illness, illustrated on SR P. 35. It could be reasonably argued that the deprivation of raw milk to the public resulted in a loss of natural immunity to bacteria and more people succumbed, and

continue to succumb, to bacterial illness. The ill effects to cultural groups from loss of raw milk and allergies to pasteurized milk has been repeatedly studied and confirmed. (SR p. 12, ¶ 5.)

- Strains of bacteria have become immune to antibacterial agents and humans are becoming more susceptible to bacterial illness. (SR p. 33, ¶ 6.) Science has proved that humans become immune to bacteria to which they are exposed. Legally and morally, it would be correct to allow people to develop or maintain natural immunity by ingesting them in food-form, especially those who are considered “high risk”. People who buy raw milk are aware that there may be pathogens within it by the Government warning label.
- There has been no proof that feeding or contact with raw milk is unsafe or dangerous to infants and children, nor to the “high risk” groups defined by health departments. We are not saying that food-poisoning does not exist. We have no evidence that raw milk has proved to cause any illness in any children and other “at high risk” individuals. Evidence exists that infants and children thrive on raw milk. (SR p. 21-23, and Exh. L.) Illnesses in infants have been treated successfully with raw milk for centuries in hospitals and clinics. (SR p.19-20.) Raw milk reduced infant deaths in hospital by 94%. (SR p.19, ¶ 6.)
- DHS Report (p.5, ¶ 6.) claims, “A review of the literature found no scientific study which demonstrates medical or health benefits of raw milk.” SR presents a portion of the expert data on the benefits of raw milk from: Harvard, Princeton, Cambridge, University of Georgia Dairy Science Department, Dartmouth College, Ohio State University School of Agricultural Chemistry, Washington University School of Medicine, Tufts University, the Mayo Clinic of Minnesota, The Price Pottenger Nutrition Foundation, medical journals and publications such as Certified Milk Magazine, American Association of Medical Milk Commission, Milk Industry Foundation, The Lancet, JAMA, World Cancer Research Fund, American Journal of Clinical Nutrition, New England Journal of Medicine, British Medical Journal, Consumer Reports, Consumer’s Union, and St. Vincent’s Hospital, the prestigious Hartford Hospital. (SR p.19-24.)

Dr. J.E. Crewe, M.D., from the Mayo Clinic, Rochester, said, “...the treatment of various diseases over a period of eighteen years with a practically exclusive [raw] milk diet has convinced me personally that *the most important single factor in the cause of disease and in the resistance to disease is food...*” (SR p.21, ¶ 11)

CONCLUSIONS AND RECOMMENDATIONS

The barrage of present-day bacterial misinformation thrust upon the public is predominantly unscientific speculation regarding raw milk and not based on empirical examination. (SR p.26-31.)

Raw milk, if produced with a modicum of cleanliness, is safe because of built-in safeguards (that would be destroyed by pasteurization). (SR p.17-19, 24.) It is clear that the testing requirements for Grade A raw milk are more than is required to produce safe raw milk. Pasteurized milk has a high rate of disease attributed to it. Codes for pasteurized milk are more lenient.

The LACMMC requirement to “hold and test” for two days is unsafe because holding favors the growth of bacteria, such as *Listeria monocytogenes*, even at refrigerated storage temperatures. Enzymes produced by these bacteria survive pasteurization. (p.13, ¶ 2.) No “hold and test” recommendations were made for pasteurized milk.

California State Codes are more than necessary to insure safe Grade A and Guaranteed raw milk in Los Angeles County. The vast majority of Californians enjoy the freedom to consume Grade A and Guaranteed raw milks. (DHS Report, p.3, ¶¶ 4-5.)

Grade A and Guaranteed raw milks should be permitted to be sold in Los Angeles County, especially with its high rate of cultural groups who can drink no other milk because of their allergies to pasteurized milk. (SR p.12, ¶¶ 5.)

It is also recommended that possible metabolic or other infectious, and environmental sources of vomiting and diarrhea must be explored where pathogens are found. The questions must be asked: Are pathogens the cause or result of degenerative disease? Are they the cause or the cure? Is pointing the finger at microbes a distraction from the causes of disease? Is the pollution of our food, water and air the predominant cause of disease that fosters bacterial growth? All hypotheses must be open to independent testing and researchers held accountable to the rules of evidence.

SUPPLEMENTAL REPORT IN FAVOR OF GRADE A RAW MILK
EXPERT REPORT AND RECCOMENDATION

BY
DR. WILLIAM CAMPBELL DOUGLASS JR., M.D.
Aajonus Vonderplanitz, Scientific Nutritional Researcher

Dr. Douglass Credentials:

I am a fourth generation physician whose family has practiced medicine in the Southern United States since 1850, a graduate of the University of Rochester; the University of Miami School of Medicine; and the United States Naval School of Aviation and Space Medicine. I have taken postgraduate courses at Oxford, Princeton, Harvard, and the Universities of California, Florida, and Pennsylvania. I researched extensively on raw milk and pasteurized milk, and wrote the published book *The Milk Book* of two editions and several printings.

1) HEALTH RISKS FROM DRINKING PASTEURIZED MILK

a. BACTERIAL RISKS FROM DRINKING PASTEURIZED MILK

In 1945 there were 450 cases of infectious disease attributed to raw milk. There were 1,492 cases attributed to pasteurized milk.¹ There was 1 case of disease for every 12,400,000 quarts of pasteurized milk consumed, and 1 case of disease for every 18,900,000 quarts of raw milk consumed.² In other words, a person could drink 6,500,000 more quarts of raw milk than pasteurized without getting sick.

In 1945 there was an epidemic of food-poisoning in Phoenix, Arizona.³ The official report reads, "Pasteurization charts...show milk was properly pasteurized and leads to the assumption that toxin was produced in milk while it was stored..." There were 300 sick people from this pasteurized-milk food-poisoning.

Great Bend, Kansas, in 1945, had 468 cases of gastroenteritis from pasteurized milk. This was traced to "unsanitary conditions in dairies, unsterilized bottles". Nine people died.

In October 1978, there was an epidemic of salmonella attributed to food-poisoning by pasteurized milk in Arizona involving 68 people. The bacteria level was *23 times* the legal limit. The CDC reported that the milk had been properly pasteurized. Yet the CDC continues to tell us that, "...only with pasteurization is there. . . assurance" against infection.

In June, 1982, 172 people in a three-state area in the Southeast were stricken with an intestinal infection. Over 100 hundred were hospitalized. The infection, which caused severe diarrhea, fever, nausea, abdominal pain, and headache, was caused by pasteurized milk.⁴

¹ *Milk Facts*, Milk Industry Foundation, New York City, 1946-47.

² Letter from Professor Fosgate, Dairy Science Department of the University of Georgia.

³ Darlington, pp. 21 and 19.

⁴ The Atlanta Journal, Atlanta, Georgia, September 24, 1982.

In 1983, an outbreak of listeriosis that occurred in Massachusetts 1983, pasteurized whole or 2% milk was implicated as the source of infection. Inspection of the milk-producing plant detected no apparent breach in the pasteurization process.⁵

In August 1984, approximately 200 persons became ill with *S. typhimurium* from pasteurized milk produced in a plant in Melrose, IL. The regulators kept this outbreak secret. Without evidence they concluded that the milk wasn't properly pasteurized. But, again, in November 1984, another outbreak of *S. typhimurium* occurred in persons consuming pasteurized milk bottled in the same plant. Again, they kept it secret and assumed the milk was not properly pasteurized. Then, in March 1985, there were 16,284 confirmed cases of *S. typhimurium* resulting from pasteurized milk bottled in the same plant. Tests proved the milk had been properly pasteurized. Investigators with preconceived notions, fueled by the efforts of health departments, came to conclusions without an investigation and had first accused raw milk and the media carried it to the people.⁶

Consumer Reports, January 1974, revealed that out of 125 tested samples of pasteurized milk and milk products, **44% proved in violation of state regulations**. Consumer Reports concluded, "The quality of a number of the dairy products in this study was little short of deplorable." Consumer Reports stated that "**former objections" to pasteurized milk are valid today:**

- a) Pasteurization is an excuse for the sale of dirty milk.
- b) Pasteurization may be used to mask low quality milk.
- c) Pasteurization promotes carelessness and discourages the effort to produce clean milk.

Consumer's Union, reporting in June 1982, stated that coliform were found in many tested samples of pasteurized dairy products. Some had counts as high as 2200 organisms per cubic centimeter.

Some Outbreaks Attributed to Bacterial Food-poisoning from PASTEURIZED MILK

- 1945—1,492 cases for the year in the U.S.A.
- 1945—1 outbreak, 300 cases in Phoenix, Arizona.
- 1945—Several outbreaks, 468 cases of gastroenteritis, 9 deaths, in Great Bend, Kansas.
- 1978—1 outbreak, 68 cases in Arizona.
- 1982—over 17,000 cases of *yersinia enterocolitica* in Memphis, Tenn.
- 1982—172 cases, with over 100 hospitalized from a three-Southern-state area.
- 1983—1 outbreak, 49cases of listeriosis in Massachusetts.
- 1984—August, 1 outbreak *S. typhimurium*, approximately 200 cases, at one plant in Melrose Park, IL.
- 1984—November, 1 outbreak *S. typhimurium*, at same plant in Melrose Park, IL.
- 1985—March, 1 outbreak, 16,284 confirmed cases, at same plant in Melrose Park, IL.
- 1985—197,000 cases of antimicrobial-resistant *Salmonella* infections from one dairy in California.⁷⁸

⁵ Fleming DW, Cochi SL, MacDonald KL, et al. Pasteurized milk as a vehicle of infection in an outbreak of listeriosis. N Engl J Med 1985; 312:404-7.

⁶ Raw Certified Milk and Foodborne Illness, 1998.

⁷ Ryan CA, Nickels MK, Hargrett-Bean NT, et al. Massive outbreak of antimicrobial-resistant salmonellosis traced to pasteurized milk. JAMA 1987;258:3269-74.

- 1985—1,500+ cases, Salmonella culture confirmed, in Northern Illinois.
- 1993—2 outbreaks statewide, 28 cases Salmonella infection.
- 1994—3 outbreaks, 105 cases, E. Coli & Listeria in California.
- 1995—1 outbreak, 3 cases in California.
- 1996—2 outbreaks Campylobacter and Salmonella, 48 cases in California.
- 1997—2 outbreaks, 28 cases Salmonella in California.

Professor Fosgate, Dairy Science Department of the University of Georgia, said, “Pasteurization has been preached as a one-hundred percent safeguard for milk. This simply is not true. If milk gets **contaminated** today, the chances are that it will be **after pasteurization.**”

b. INFANT DEATH SYNDROME, COLIC AND OTHER INFANT DISEASES FROM FEEDING PASTEURIZED MILK

The Sudden Infant Death Syndrome (SID), crib death, baffled scientists for years. Apparently healthy babies die in their sleep without crying, without struggling. Infants are six months of age or younger with the highest incidence at about three months. Almost every conceivable cause, from Vitamin C deficiency to suffocation in bedding has been hypothesized as cause. Barrett, in 1954, suggested that inhalation of food while sleeping may be the cause. **Barrett and co-workers at the University of Cambridge** worked from facts that already proved that most infants fed on pasteurized cow's milk had evidence in their blood that they are potentially allergic to cow's milk protein. Infants often regurgitate various amounts of milk while asleep that could cause anaphylaxis to a small amount of milk inhaled into the lungs. Subjecting guinea pigs sensitized to milk, they dripped pasteurized milk into the throat and down the windpipe. “**Very soon after introducing the [pasteurized] milk into the larynx** of an anesthetized guinea pig, the animal **stopped breathing without any sign of struggle.**”

Colic is a concern with infants who are fed pasteurized milk. One out of every five babies suffers from colic. Pediatricians learned long ago that **pasteurized cows' milk was often the reason. A more recent study also linked pasteurized cow's milk consumption to chronic constipation in children.**⁹ These researchers observed that **pasteurized milk consumption resulted in perianal sores and severe pain on defecation, leading to constipation.**

Dr. Pottenger elaborated on malnourishment caused by pasteurized dairy, “Can human infants be born of mothers who are deficient, and yet attain a fair degree of skeletal development if given a proper raw milk supply? The three infants in figure 4 were born of mothers known to be hypothyroid. Prior to the birth of the infants shown, all three mothers had given birth to children within three years. Each of the previous children was asthmatic, showed infantile rickets, and possessed poor skeletal development. **The first child shown in Figure 4 [healthiest-looking] was breast fed from birth, with the mother living under excellent health-promoting conditions.** The second child was on powdered milk for four weeks, and on raw certified milk after that without cod-liver oil or orange juice. Both the first and second child began supplemental feedings when they were about five months old and were very healthy

⁸ CDC. Outbreaks of Salmonella enteritidis gastroenteritis -- California, 1993. MMWR 1993; 42:793-7.

⁹ Iacono G, Cavataio F, Montalto G, et al. Intolerance of cow's milk and chronic constipation in children. N Engl J Med 1998;339:110-4.

babies. The third baby was always sickly and had been on formulae since birth. **These formulae included powdered milk, pasteurized milk, boiled milk, boiled certified milk and canned milk. She had suffered from severe gastric distress during her entire infancy and when eight months old she developed asthma. She is very small though her parents are of larger build.**¹⁰

Steinman studied rats.¹¹ The decay process in rats' teeth is biologically identical to that in human teeth. He divided his rats into several groups. The control group received a standard nutritious rat chow made by the Purina Company. Steinman discovered that these rats would average less than one cavity for their entire lifetime. The second group received a very heavy refined sugar diet. Although they grew faster than the Purina rats, they averaged 5.6 cavities per rat. The third group was fed "homogenized Grade A **pasteurized milk**" and they **had almost twice as many cavities** as the sugar-fed group - 9.4 cavities per animal. **Dr. Weston Price in *Nutrition and Human Degeneration* proved fifty years ago what Steinman showed in 1963: Processed milk leads to disease and premature death.**¹² **Nizel of Tufts University reported that decayed teeth were four times more common in pasteurized milk-fed babies** as opposed to breast-fed babies. **Dr. Weston Price, D.D.S., proved that processed food, such as pasteurized milk, causes poor development of the facial bones.**

Dr. A. F. Hess wrote in his abstracts, "...pasteurized milk...we should realize...is an incomplete food...infants will develop scurvy on this diet. This form of scurvy takes some months to develop and may be termed subacute. It must be considered not only the most common form of this disorder, but the one which passes most often unrecognized..."¹³

"Some have questioned whether pasteurized milk is really involved in the production of scurvy. The fact, however, that when one gives a group of infants this food for a period of about six months, instances of scurvy occur, and that a cure is brought about when raw milk is substituted, taken in conjunction with the fact that if we feed the same number of infants on raw milk, cases of scurvy will not develop--these results seem sufficient to warrant the deduction that pasteurized milk is a causative factor. The experience in Berlin, noted by Newmann (Newmann, H., *Deutsch. Klin.*, 7:341, 1904) and others, is most illuminating and convincing in this connection. In 1901 a large dairy in that city established a pasteurizing plant in which all milk was raised to a temperature of about 60 degrees C. After an interval of some months infantile scurvy, was reported from various sources throughout the city. Neumann writes about the situation as follows:¹⁴

"Whereas Heubner, Cassel and myself had seen only thirty-two cases of scurvy from 1896 to 1900, the number of cases suddenly rose from the year 1901, so that the same observers--not to mention a great many others--treated eighty-three cases in 1901 and 1902.' An investigation was made as to the cause, and the pasteurization was discontinued. The result was that the number of cases decreased just as suddenly as they had increased."¹⁵

"One of the most striking clinical phenomenon of infantile scurvy is the marked susceptibility to infection which it entails--the frequent attacks of 'grippe,' the

¹⁰ Clinical and experimental evidence of growth factors in raw milk, *Certified Milk*, January, 1937.

¹¹ Pottenger, *Clinical Physiology*, Volume IH, Nr. 3, 1961.

¹² Price-Pottenger Nutrition Foundation, La Mesa, California.

¹³ Infantile Scurvy. III. Its influence on growth (length and weight), *Am. J. Dis. Child.*, August, 1916.

¹⁴ Infantile Scurvy. V. A study of its pathogenesis, *Am. J. Dis. Child.*, November, 1917.

¹⁵ *Ibid.*

widespread occurrence of nasal diphtheria, the furunculosis of the skin, the danger of pneumonia in advanced cases...”¹⁶

“Recently, Minot and his colleagues came to the conclusion that adult scurvy can be precipitated by infectious processes; in other words, that latent scurvy can by this means be changed to manifest scurvy. In general, therefore, investigations in the laboratory as well as clinical observations are in agreement in stressing the interrelationship of scurvy and bacterial infection.”

“This illustrates the futility of pasteurization of milk to prevent infection from diseases the cows may sometimes have, such as undulant fever. The infant is then made subject to the common infectious diseases, and deaths from these common diseases are not attributed, as they should be, to the defective nature of the milk.”¹⁷

c. DISEASE AND DISEASE RISKS FROM DRINKING PASTEURIZED MILK

Lipase, an enzyme, in milk helps fat digestion but is totally destroyed by pasteurization. Therefore, no galactose for milk-sugar digestion, no catalase, diastase, or Peroxidase. Pasteurized-milk allergy in children and adults, caused by altering the milk proteins through heating, has caused a major health problem in the United States.

Lactose intolerance for pasteurized dairy is common among many populations, affecting approximately 95% of Asian Americans, 74% of Native Americans, 70% of African Americans, 53% of Mexican Americans, and 15% of Caucasians.¹⁸ Symptoms, which include gastrointestinal distress, diarrhea, and flatulence, occur because these individuals do not have the enzymes that digest the milk sugar lactose and protein in pasteurized milk.¹⁹

Often, with these gastrointestinal symptoms bacteria, such as salmonella, will be found active in the blood and stools, indicating that pasteurized dairy incites bacterial activity that is, then, associated with a food. Food-contamination is often not the problem because the bacterial activity originates in the body to help the body decompose the pasteurized milk or heat-treated food.

Studies have shown cholesterol oxidation products to cause atherosclerosis and cancer. Pasteurized milk contains cholesterol oxides and epoxides. Raw milk has none of these.

Phosphatase is essential for the absorption of calcium and is plentifully present in raw milk but *completely destroyed by pasteurization*. The “decalcification” of pasteurized and formula milks which are fed to children may be a major cause of osteoporosis later in life. We now know low calcium absorption in even healthy women may cause a loss of spinal bone mass as early as age 20. **Such women may lose 50% or more of their bony mass by the age of 70.**²⁰

R.D. Briggs of the Pathology Department of Washington University School of Medicine, read that the British reported a higher incidence of heart attacks among persons with

¹⁶ Ibid.

¹⁷ Hess, A. F., “Recent advances in knowledge of scurvy and the antiscorbutic vitamin,” J.A.M.A., April 23, 1932.

¹⁸ Bertron P, Barnard ND, Mills M. Racial bias in federal nutrition policy, part I: the public health implications of variations in lactase persistence. J Natl Med Assoc 1999;91:151-7.

¹⁹ Stig Erlander, PhD. a talk on Raw vs. Pasteurized Milk, 2001.

²⁰ Medical Month, January 1964, pp. 43.

chronic peptic ulcers.^{21,22} In 1960, Briggs and his associates undertook a statistical study of ten medical centers in the United States and five in Great Britain. They compared the incidence of heart attacks in ulcer patients taking a Sippy (pasteurized, homogenized milk and cream) diet with those not using milk. Results were startling and unequivocal. In the US, patients taking the Sippy diet had a three-fold higher incidence of heart attacks. In England the heavy pasteurized, homogenized milk drinkers had a six-fold increase in heart attacks as compared to the non-milk users. We know from the work of **Pottenger, Wulzen, McCulley, and Oster** that the specific constituents creating this type of calcification is heated protein and xanthine oxidase. Natural milk, raw milk, contains no heated protein and no biologically available xanthine oxidase.

One reason pasteurized milk doesn't taste as good as raw milk from the farm is because of "holding over" milk. The milk is placed in large "milk silos" until ready for processing. It may remain for days. This favors the growth of bacteria called psychrotrophic.²³ These bacteria, such as *Listeria monocytogenes*²⁴ grow at the refrigeration temperatures of the silos used for storage. The psychrotrophics produce enzymes that survive the pasteurization process, making pasteurized milk sometimes taste bitter, unclean, oily, chalky, metallic or medicinal.

The pituitary hormone, TSH, stimulates the thyroid gland. If minute amounts of this pituitary hormone were absorbed daily from unbalanced pasteurized milk, depression of the thyroid gland could eventually result. Low thyroid function has become extremely common in the USA. Some experts estimate that fifty percent of the people over fifty years of age have some degree of low functioning thyroid.

Another hormone from the pituitary, ADH, absorbed regularly from pasteurized milk causes water retention. ACTH, a powerful adrenal stimulator, absorbed regularly from pasteurized milk contributes to everything from diabetes and hypertension to Addison's Disease (adrenal exhaustion), and acne.

Several cancers, such as ovarian cancer, have been linked to the consumption of pasteurized dairy products. According to a study by **Daniel Cramer, M.D., and colleagues at Harvard**, pasteurized dairy-product consumption affects a woman's ovaries.²⁵ Some women have particularly low levels of certain enzymes, and when they consume processed dairy products on a regular basis, their risk of ovarian cancer can triple that of other women.

J.L. Outwater of Princeton University and Drs. A. Nicholson and N. Barnard of The Physicians Committee for Responsible Medicine cited more epidemiological studies that show a positive correlation between pasteurized dairy products and breast cancer and prostate cancer, presumably related, at least in part, to increases in a compound called insulin-like growth factor (IGF-I).²⁶ IGF-I is found in processed cow's milk and has been shown to occur in

²¹ Morris, British Medical Journal, 2:1485, 1958.

²² Circulation, Vol. XXI, pp. 438, April 1960.

²³ Dairy Record, February, 1982.

²⁴ Journal of Bacteriology, June 1995, p. 3205-3212.

²⁵ Cramer DW, Harlow BL, Willet WC. Galactose consumption and metabolism in relation to the risk of ovarian cancer. Lancet 1989;2:66-71.

²⁶ Dairy products and breast cancer: the IGF-1, estrogen, and bGH hypothesis. Medical Hypothesis 1997;48:453-61.

Chan JM, Stampfer MJ, Giovannucci E, et al. Plasma insulin-like growth factor-1 and prostate cancer risk: a prospective study. Science 1998;279:563-5.

increased levels in the blood by individuals consuming processed dairy products on a regular basis.²⁷ Another recent study showed that men who had the highest levels of IGF-I had more than four times the risk of prostate cancer compared with those who had the lowest levels.²⁸

Synthetic hormones such as recombinant bovine growth hormone (rBGH) are commonly used in pasteurized dairy cows to increase the production of milk but results in mastitis, or inflammation of the mammary glands. When these are ingested it increases the levels of cancer-causing and other dangerous chemicals in milk. rBGH-derived milk contains dramatically higher levels of IGF-1 (Insulin Growth Factor), a risk factor for breast and colon cancer. IGF-1 is not destroyed by pasteurization. An article in **Cancer Research, June 1995**, shows that high levels of IGF-1 are also linked to hypertension, premature growth stimulation in infants, gynecomastia in young children, glucose intolerance and juvenile diabetes.

Dr. Samuel Epstein, M.D. professor of occupational and environmental medicine at the University of Illinois School of Public Health and chair of Cancer Prevention Coalition, Inc., reports that IGF-1, which causes cells to divide, induces malignant transformation of normal breast epithelial cells, and is a growth factor for human breast cancer and colon cancer. In reviewing the data, Canadian scientists discovered that Monsanto's secret studies showed that rBGH was linked to prostate and thyroid cancer in laboratory rats.²⁹

Epidemiological studies of various countries show a strong correlation between the use of pasteurized dairy products and the incidence of insulin-dependent diabetes (Type I or childhood-onset).³⁰ Researchers in 1992 found that a specific protein in pasteurized dairy sparks an auto-immune reaction, which is believed to be what destroys the insulin-producing cells of the pancreas.

Wulzen, of Wulzen Calcium Dystrophy Syndrome notoriety, reported that the test animals fed pasteurized milk did not grow well and consistently developed a highly characteristic syndrome, the first sign of which was wrist stiffness, a form of arthritis. But far worse was the effects from pasteurized skim milk. These animals became weak and emaciated and then died. First they developed the characteristic wrist stiffness and then muscular dystrophy. Autopsy revealed severe hardening of the arteries and calcification of other soft tissues. The animals also developed testicular atrophy with complete sterility, severe calcification of most large blood vessels, anemia, decrease in hearing resulting in complete deafness, high blood pressure, and development of calcium deposits around the bone openings in the spine that provide for the exit of nerves. Sciatica and other nerve compression syndromes result from calcification.

No one has offered any well-documented, experimental proof of any other cause for the extensive calcific disease that we see today. Until science conducts tests on humans drinking raw and pasteurized milks, we would be wiser to assume it is probable that the consumption of pasteurized milk causes the same disease-conditions in humans. The Wulzen experiments

World Cancer Research Fund. Food, Nutrition, and the Prevention of Cancer: A Global Perspective. American Institute of Cancer Research. Washington, D.C.: 1997.

²⁷ Cadogan J, Eastell R, Jones N, Barker ME. Milk intake and bone mineral acquisition in adolescent girls: randomised, controlled intervention trial. *BMJ* 1997;315:1255-69.

²⁸ Chan JM, Stampfer MJ, Giovannucci E, et al. Plasma insulin-like growth factor-1 and prostate cancer risk: a prospective study. *Science* 1998;279:563-5.

²⁹ New York Times, "Synthetic Hormone in Milk Raises New Concerns," Jan. 19, 1999.

³⁰ Scott FW. Cow milk and insulin-dependent diabetes mellitus: is there a relationship? *Am J Clin Nutr* 1990;51:489-91.

Karjalainen J, Martin JM, Knip M, et al. A bovine albumin peptide as a possible trigger of insulin-dependent diabetes mellitus. *N Engl J Med* 1992;327:302-7.

were repeated and conclusive.

Professor Hugo Kruger of Oregon State University confirmed the Wulzen experiments. He proved that there is a definite connection between pasteurized milk and stiff joints that eventually led, in experimental animals, to muscular dystrophy.

Pasteurizing milk turns the lactose into beta-lactose that is far more soluble and therefore more rapidly absorbed into the blood stream. The sudden rise in blood sugar is followed by a fall leading to low blood sugar, hypoglycemia, which induces hunger. If more pasteurized milk is drunk to satisfy the hunger, then the cycle is repeated: hyperglycemia, hypoglycemia, hunger, more milk, etc. The end result is obesity. Obesity has become one of the most common diseases of childhood. **Pasteurized milk causes obesity even if it is skimmed.** Pigs have been and are regularly fattened with skimmed milk.

In an effort to alleviate hunger among a Northeast Brazilian tribe, they were given processed powdered milk. The milk caused rapid growth and irreversible blindness.³¹

Francis M. Pottenger, Jr., M.D. wrote in his abstract, **“Milk, an animal product, is the essential food of all infant mammals.** Mammals are so classified in the scale of living things because of the common characteristic of the female nursing her young. The infant mammal is accordingly carnivorous in his natural habits irrespective of whether the adult of the species is herbivorous or carnivorous.

“If the adults on a carnivorous diet show conditions of deficiency on cooked meat, is it not reasonable to suppose that growing infants on entirely cooked carnivorous diets will do likewise? Many experimenters, such as Catel, Dutcher, Wilson, and others, have shown such to be the case in animals fed on pasteurized milk...”

Pasteurized milk is touted for preventing osteoporosis, yet clinical research shows otherwise. **The Harvard Nurses' Health Study, 1997**, which followed more than 75,000 women for 12 years, showed no protective effect of increased processed-milk consumption on fracture risk.³² In fact, increased intake of calcium from **pasteurized dairy products was associated with a higher fracture risk.** An Australian study showed the same results.³³ Additionally, other studies have found no protective effect of pasteurized dairy calcium on bone.³⁴

Krauss, W. E., Erb, J.H., and Washburn, R.G. wrote in their abstract, “Kramer, Latzke and Shaw (Kramer, Martha M., Latzke, F., and Shaw, M.M., A Comparison of Raw, Pasteurized, Evaporated and Dried Milks as Sources of Calcium and Phosphorus for the Human Subject, Journal of Biological Chemistry, 79:283-295, 1928) obtained **less favorable calcium balances** in adults **with pasteurized milk** than with ‘fresh milk’ and made the further observation that milk from cows kept in the barn for five months gave less favorable calcium balances than did ‘fresh

³¹ Certified Milk Magazine, November/December, 1946.

³² Feskanich D, Willet WC, Stampfer MJ, Colditz GA. Milk, dietary calcium, and bone fractures in women: a 12-year prospective study. Am J Public Health 1997;87:992-7.

³³ Cumming RG, Klineberg RJ. Case-control study of risk factors for hip fractures in the elderly. Am J Epidemiol 1994;139:493-505.

³⁴ Huang Z, Himes JH, McGovern PG. Nutrition and subsequent hip fracture risk among a national cohort of white women. Am J Epidemiol 1996;144:124-34.

Cummings SR, Nevitt MC, Browner WS, et al. Risk factors for hip fracture in white women. N Engl J Med 1995;332:767-73.

milk' (herd milk from a college dairy)."³⁵

"According to S. Schmidt-Nielsen and Schmidt-Nielsen (Kgl. Norske Videnskab. Selsk. Forhandl., 1:126-128, abstracted in Biological Abstracts, 4:94, 1930), when **milk pasteurized at 63 degrees C. (145 degrees F.) was fed to mature rats, early death or diminished vitality resulted in the offspring.** This was attributed to the destruction of Vitamin A."³⁶

"Mattick and Golding, "Relative Value of Raw and Heated Milk in Nutrition, in The Lancet (220:662-667) reported some preliminary experiments which indicated that **pasteurization destroys** some of the **dietetic value of milk**, including partial **destruction of Vit. B1.** These same workers found the **raw milk** to be considerably **superior to sterilized milk in nutritive value.**"³⁷

"**Pasteurization was** also found to **negatively affect the hematogenic and growth-promoting properties** of the special milk (raw milk from specially fed cows, whose milk did not produce nutritional anemia--whereas commercially pasteurized milk did)..."³⁸

"Guinea pigs fed raw milk with an addition of skim milk powder, copper and iron salts, carotene, and orange juice grew well and showed no abnormalities at autopsy. When **pasteurized whole milk** was used, **deficiency symptoms began** to appear, **wrist stiffness** being the first sign. The substitution of **skim milk** for whole milk **intensified the deficiency** that was characterized by **great emaciation and weakness before death...**At autopsy the **muscles were found to be extremely atrophied, and closely packed, fine lines of calcification ran parallel to the fibers.** Also **calcification** occurred in **other parts of the body.** When cod liver oil replaced carotene in the diet, paralysis developed quickly. The feeding of **raw cream cured the wrist stiffness.**"³⁹

"**Pasteurization of milk destroys about 38% of the B complex** according to Dutcher and his associates..."⁴⁰

"On the 7.5 cc. level two rats on raw milk developed mild polyneuritis toward the end of the trial; whereas three **rats on pasteurized milk developed polyneuritis early,** which became **severe as the trial drew to a close.** On the 10.0 cc. level **none of the rats on raw milk developed polyneuritis, but three on pasteurized milk were severely afflicted.**"⁴¹

"Using standard methods for determining vitamins A, B, G and D, it was found that **pasteurization destroyed at least 25% of the vitamin B in the original raw milk.**"⁴²

"The **pasteurization of milk** has been found to **destroy 20-50% (of the Vitamin C),** the first month of life."⁴³

³⁵ Studies on the nutritive value of milk, II. The effect of pasteurization on some of the nutritive properties of milk, Ohio Agricultural Experiment Station Bulletin 518, p. 8, January, 1933.

³⁶ Ibid., p. 9

³⁷ Ibid., p. 7.

³⁸ Ibid., p. 11.

³⁹ Annual Review of Biochemistry, Vol. 18, p. 435. 1944.

⁴⁰ Lewis, L.R., The relation of the vitamins to obstetrics, American Journal of Obstetrics and Gynecology, 29.5:759, May 1935.

⁴¹ Ibid, p. 23.

⁴² Ibid, p. 30.

⁴³ Jordan, E.O., A Textbook of General Bacteriology, Twelfth Edition, Revised, p. 691, W. B. Saunders Co., 1938.

Dr. R. M. Overstreet wrote, “The vitamin C of cow’s milk is largely destroyed by pasteurization...”⁴⁴

Woessner, Warren W., Evehjem, C.A., and Schuette, Henry A. wrote in their abstract, “Samples of raw, certified Guernsey and certified vitamin D milks were collected at the different dairies throughout the city of Madison. These milks on the average are only a little below the fresh milks as recorded in Table I, indicating that commercial raw and certified milks as delivered to the consumer lose only a small amount of their antiscorbutic potency. Likewise, samples of commercial **pasteurized milks** were collected and analyzed. On an average they **contained only about one-half as much ascorbic acid as fresh raw milks** and significantly less ascorbic acid than the commercial unpasteurized milks.

“It was found that commercial raw milks contained an antiscorbutic potency which was only slightly less than fresh raw milks and that **pasteurized milks on the average contained only one-half** the latter potency. **Mineral modification and homogenization** apparently have a **destructive effect on ascorbic acid.**”⁴⁵

2) HEALTH BENEFITS AND RISKS FROM DRINKING RAW MILK

a. **BACTERIAL, VIRAL & PARASITICAL RESISTANCE AND NUTRITIVE VALUES FROM DRINKING RAW MILK**

A letter from the Pennsylvania Bureau of Foods and Chemistry left no doubt about their confidence in raw milk, “I can think of no incident in Pennsylvania in the past twenty years in which raw milk was determined to have been the cause of human illness.”⁴⁶

From 1958-1999, there had **not** been **one outbreak caused by raw milk in California**, and only speculative sporadic occurrences. In 1958, a Salmonella-outbreak of 11 cases was blamed on certified raw milk but “no Salmonella was ever found in batches of the milk being consumed or in the herds.”⁴⁷ **Californians enjoyed 50 years of raw milk consumption without a single outbreak.**

Raw milk contains enzymes and antibodies that make milk less susceptible to bacterial contamination, such as nisin, and lactoperoxidase that inhibits the growth of Salmonella. Pasteurization destroys or neutralizes these antibacterial properties.

Dold, H., Wizaman, E., and Kleiner, C. wrote in their abstract, “Human or cow milk added to an equal volume of agar did not support the growth or allowed only slight growth of B. diphtheriae Staph. aureus, B. coli, B. prodigiosus, B. pyocyaneus, B. anthracis, streptococci, and unidentified wild yeast.”⁴⁸ **The ‘inhibins’ in cow’s milk are inactivated by heating between 60-70 degrees C. for 30 minutes.** Attempts have not been made to identify the natural antiseptics.”

⁴⁴ Northwest Medicine, June, 1938, as abstracted by Clinical Medicine and Surgery, “The Increase of Scurvy,” 42, 12:598, December 1938.

⁴⁵ The determination of ascorbic acid in commercial milks, Journal of Nutrition, 18,6:619-626, December 1939.

⁴⁶ Private communication, August 9, 1979.

⁴⁷ Raw Certified Milk and Foodborne Illness, 1998.

⁴⁸ Z. Hyt. Inf., “Antiseptic in milk,” The Drug and Cosmetic Industry, 43,1:109, July, 1938.

Example Of Protective Qualities Of Raw Milk, Even When It Is Dirty

In the course of my research, I visited dozens of dairies. As you know from cleaning your car, spraying the surface with a hose is ineffective. The surface must be wiped. The same is true of a cow teat. This was demonstrated to me quite dramatically at a dairy with milk destined to be sold raw. The hose was taken and the teats sprayed in the usual manner. A white towel from the stack was used to wipe one of the four teats. Plenty of mud and manure could be seen on the towel. If those teats aren't cleaned properly, and they often were not in those other dairies, that mud and manure went in milk. They pasteurized it, but how many people want feces, mud, and urine in their milk even though it is pasteurized heated?

Jack Mathis, President of Atlanta's Mathis Dairy, was invited to inspect the dairy at the Atlanta City Prison Farm and make suggestions for modernization. He said, "It looked more like an outhouse than a milking parlor." Manure on the cow's hindquarters was running over the teats, the milking apparatus, and into the milk. From the milking machine, the milk ran into an open ten-gallon can by hose. "You couldn't see the top of the can for the flies," Mathis said. "It was like a bee hive with flies walking in and out of the can."

Mr. Mathis assumed that the milk was for the prison farm pigs, but it wasn't. It went directly to a cooler in the prison dining hall, complete with cow and fly manure and fly carcasses. It was simply strained through the cooler and then drunk by the prisoners. **No case of pathogenic contamination** occurred that was **caused by the raw milk in 10 years**. If raw milk is such a danger, why didn't any one get sick?

The British journal The Lancet reported, "**Resistance to tuberculosis increased in children fed raw milk instead of pasteurized**, to the point that in five years only one case of pulmonary TB had developed, whereas in the previous five years, when children had been given pasteurized milk, 14 cases of pulmonary TB had developed."⁴⁹

Raw milk also contains an anti-viral agent. **In 1997, British studies showed that** some mysterious substance in the aqueous portion of the **raw milk**, below the cream layer, **works against viral infections**.⁵⁰ **Formula and boiled milk do not contain this virus-fighting agent.**

Raw milk as a vermifuge: James A. Tobey, Doctor of Public Health, Chief of Health Services for the Borden Company, wrote about the successful **use of raw milk in the treatment and prevention of worms in humans**.⁵¹ We know that worms flourish on starch but have a tough time surviving on protein. **Hegner** proved experimentally that a diet consisting largely of the raw protein casein, the principle **protein of milk**, will often lead to a total **elimination of the worms**.⁵²

Phosphatase is essential for the **absorption of calcium** and is **plentifully present in raw milk** but *completely destroyed by pasteurization*. Phosphatase is an essential agent to the properly development of a strong skeletal structure.

The enzyme **lipase aids in the digestion of fats**. It is **plentiful in raw milk** but destroyed by pasteurization.

⁴⁹ The Lancet, p. 1142, May 8, 1937

⁵⁰ Matthews, et al, The Lancet, December 25, 1976, pp. 1387.

⁵¹ Ibid., April, 1935.

⁵² Science, 75:225, February 20, 1932; JAMA, April 9, 1932; JAMA 83:83, 1924.

b. MEDICAL MILK THERAPY – PREVENTION AND REVERSAL OF DISEASE FROM DRINKING RAW MILK

One of the most remarkable and important discoveries in medicine, the incredible healing power of fresh raw milk, goes unnoticed by the medical profession. No one knows who first used raw milk as a therapeutic agent, probably the Egyptians. **Hippocrates**, the father of medicine, **prescribed raw milk for tuberculosis**.

William Osler, the **most respected physician** of the early 20th Century, said, “A **rigid [raw] milk diet** may be tried ... this plan in conjunction with rest **is most efficacious**.” And then he quoted Cheynes, “Milk and sweet sound blood differ in nothing but color: **Milk is blood**.”

Dr. J.E. Crewe, from the **Mayo Foundation, Rochester, Minnesota**, presented his findings on the therapeutic uses of raw milk before the Minnesota State Medical Society in 1923. Although Dr. Crewe's experiments were on the feeding of raw milk for disease, **the key**, he injects, **is not milk but raw milk**. Dr. Crewe reported, “While milk is widely used and recommended as an article of diet, it is seldom used by regular physicians exclusively as an agent in the treatment of disease. **For fifteen years I have employed the so-called [raw] milk treatment in various diseases ... the results obtained in various types of illnesses have been so uniformly excellent** that one's conception of disease and its alleviation is necessarily modified.”⁵³

His report was met with apathy and indifference, saying, “The **method** itself is **so simple** that **it does not greatly interest medical men**.”⁵⁴ The fact that many diseases are treated and successful results [ignored], leads almost to disrespect.”

i. INFANT SAFETY AND HEALTH BENEFITS FROM FEEDING RAW MILK

Johns Hopkins University and the University of Maryland found that **raw cows milk contains 2½ times more of the enzyme IgG** than pasteurized milk. This important enzyme **inhibits rotavirus** organisms that cause diarrhea in infants.

The sister in charge of **St. Vincent's hospital** was very concerned about the **high death rate among infants from gastroenteritis**. She asked **Dr. Paul B. Cassidy, M.D.** for his advice, and he recommended a switch from pasteurized to raw milk. The raw critics predicted that there would be a catastrophic increase in infant deaths from using raw milk. The **death rate in infants from gastroenteritis quickly fell by 94%**, from a high of 89 in 1922 to less than 5 per year⁵⁵ until the use of raw milk was stopped. Raw milk was extremely popular among leaders in medicine before World War II. The prestigious **Hartford Hospital** used only certified milk, most of it raw, “in the artificial feeding of infants, for expectant and nursing mothers, and *for all other cases*. “

It has been known since the earliest days of husbandry that the newborn calf thrives on raw milk. Calves fed pasteurized milk since birth die by the third month.

Relief of muscle cramps in pregnancy was reported by **John Fowler, M.D.**, Worcester,

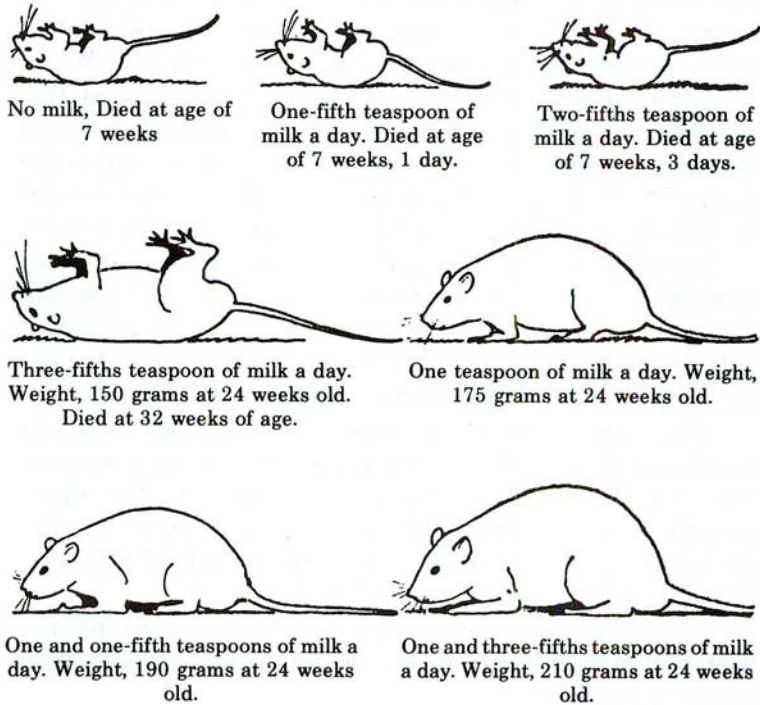
⁵³ Certified Milk Magazine, January 1929.

⁵⁴ Ibid.

⁵⁵ Annual Convention, Certified Milk Producers Association, Hotel Roosevelt, New York City, February 8, 1938.

Massachusetts. He said that raw-milk therapy was “**very effective**, and in no instance where used faithfully, were the **muscle cramps in pregnant women** a cause of discomfort.”

The Effect of Milk on Growth



An experiment done with rats in 1927 vividly illustrated the remarkable growing power of even a small amount of raw milk. The rats were given a very good diet *except* the milk portion was very carefully controlled. They could eat all they wanted *except* for the raw milk. The above illustration is from a March, 1928 publication illustrating the findings of the experiment

Destin Callahan got off to a bad start in life. He was not breast fed. **Asthma developed by** the time he was **six months old**. His mother couldn't recall any time during his nine years that he hadn't wheezed. He had been in and out of hospitals with asthma attacks, sometimes nearly fatal, at least six times every year. He had taken antibiotics and cortisone almost continuously since the age of six months. Destin was nine years old, but he was the physical size of a six year old. He was intelligent but thin and delicate. Destin's mother and father came to the Douglass Center in Atlanta, Georgia desperate to try something different and non-toxic. They felt that Destin's poor growth was at least partially due to constant medication. He had been to many allergists with frequent skin testing. His parents had been told that their son was allergic to milk. We informed them that 99% of people affected had allergies only to *pasteurized* milk. We decided to have a serum manufactured containing the various factors to which Destin was allergic by skin test. This serum was then injected into a pregnant cow. After the calf was born, the colostrum was taken from the mother, frozen, and given daily to Destin. **After six weeks** of the raw milk, Destin began to improve. For the **first time in his life he stopped wheezing**. His parents were astounded and almost afraid to believe it. On Christmas Eve, Destin became overly excited about Christmas and had a severe asthmatic attack. Marcy and Les Callahan had the courage to eschewed the customary medications and gave Destin raw milk colostrum every hour. By Christmas morning, Destin was completely without symptoms. Destin **grew rapidly after starting the raw milk and colostrum treatment**.

Raw milk contains bioactive vitamins. Through the process of chromatography, we now know that **synthetic vitamins are not the same as natural ones**, yet marketers of pasteurized milk continue to point out the supplemental vitamin content of their pasteurized milk, using this as an argument for equivalent nutrient value of raw milk. However, **natural Vitamin C**, for instance, is **33% higher in fresh raw milk** than in pasteurized milk. Some have concluded that both milks are inadequate in Vitamin C, and raw nor pasteurized milks should be depended upon as a Vitamin C source. Fact is contrary to this argument, **many babies fed pasteurized milk develop a scurvy-like syndrome and raw milk-fed babies did not**. The **research of Friederger** also testified that **pasteurized milk with vitamins added produced the same deficiencies as those caused by vitamin destruction from pasteurization**.⁵⁶

Francis Pottenger, M.D. proved there is deficiency disease, similar to Vitamin C deficiency (scurvy) that can be cured by giving an endocrine product that contains no Vitamin C. He proved that raw milk has this endocrine nutrient and pasteurized milk does not. He proved that **raw milk reversed and prevented scurvy**.

Stefansson, an Anthropologist working for the U.S. government, demonstrated that a supposedly adequate intake of Vitamin C in the form of tomato juice did not prevent scurvy in an arctic sea captain. When the captain ate raw meat for a few days he was completely cured.⁵⁷ It was pointed out in 1942 that "... the **cows** of the country **produce as much Vitamin C as does the entire citrus crop**, but most of it is **lost as the result of pasteurization**."⁵⁸

French physiologist, Rene Dubos said, "From the point of view of scientific philosophy, the largest achievement of modern biochemistry has been the demonstration of the fundamental unity of the chemical processes associated with life." In other words, if it happens in guinea pigs, rats and cats, it probably happens in humans.

A **Dutch chemist, Willem J. Van Wagendork at Oregon State College**, confirmed the Wulzen findings that **pasteurized dairy creates calcification and stiffness**. He found that guinea pigs with calcification of the tissues could be **relieved with raw cream** but not so with pasteurized cream. The active factor is transmuted and **rendered ineffective by pasteurization**.

ii. RAW MILK SAFETY AND HEALTH BENEFITS IN GENERAL

Dr. Crewe's use of raw milk therapy in advanced cases of pulmonary tuberculosis improved rapidly. This was ironic in that raw milk was being blamed, incorrectly, for a great deal of the tuberculosis seen in that decade. (Hippocrates told doctors hundreds of years ago that raw milk would greatly alleviate tuberculosis.)

Crewe reported on his raw-milk treatment of edema (swelling), "In cases in which there is **marked edema, the results obtained are surprisingly marked**. This is especially striking because so-called dropsy has never been treated with large quantities of fluid. With all medication withdrawn, **one case lost twenty-six pounds in six days, huge edema disappearing from the abdomen and legs with great relief to the patient**."

Cardiac and kidney cases showed remarkable improvement. One patient with **advanced heart and kidney disease lost thirty pounds of fluid in six days drinking raw**

⁵⁶ Certified Milk Magazine, October 1927 as reported by Victor E. Levine, Prof. of Biological Chemistry & Nutrition, Creighton University School of Medicine.

⁵⁷ Harper's Magazine, November/December, 1925 & January 1936, from the Stefansson Collection, Dartmouth College.

⁵⁸ Proc. Nat. Nut. Conf. for Defense, May 14, Federal Sea Agency, pp. 176; U.S. Government Pat. Off., 1942.

milk.

On the treatment of **high blood pressure**, Crewe reported that he had “never seen such **rapid and lasting results** by any other method.”

Patients with heart failure were taken off medications, including digitalis (Lanoxin), and “responded splendidly.”

Perhaps the most startling raw-milk treatment, and one that goes counter to present-day thinking, was **obesity**. Dr. Crewe: “One patient **reduced from 325 pounds to 284 pounds in two weeks**, on four quarts of milk a day **while her blood pressure was reduced** from 220 to 170.”

The same results might be obtained, as Crewe implies, by eating fresh raw meat. He relates the story of the explorer Stefansson, who traveled the frozen Arctic with his colleagues living on fish, seal, polar bear, and caribou nothing else for nine months. Most of this was eaten raw, and although undergoing the severest of hardships, they were never sick. On the return journey, they discovered a cache of civilized food, including flour, preserved fruits and vegetables, and salted, cooked meat. Against Stefansson's advice, the men ate this preserved food for several days. They quickly developed diarrhea, loose teeth, and sore mouths. Stefansson immediately placed them on raw caribou tongue, and in a few days they were well.

Raw milk is by far the most convenient and acceptable form of raw animal protein supplying the enzymes, antibodies, and nutrients needed for recovery from disease.

Dr. Crewe reported on his work again in 1930. He quoted a colleague, who was also treating with raw milk, “This was the worst case of **psoriasis** I have ever seen. This boy was literally covered from head to foot with scales. We put the boy on a milk diet and **in less than a month he had skin like a baby's.**”

Crewe postulated, because of the remarkable effects seen in such a great variety of diseases, that raw milk may be supplying some hormonal elements to the patient. He repeatedly saw **marked improvement in patients with toxic thyroid disease**, a hormonal malady.

Rapid and marked improvement in the infection and in the reduction of the size of the prostate gland was seen routinely. With **shrinkage of the gland, the blockage clears and surgery avoided**, Crewe reported. **Urinary tract infections, even without prostate swelling were greatly improved.**

The raw milk treatment of **diabetes** caused most patients to **become sugar-free in 4-10 weeks**. This was astounding because the milk sugar in five quarts of milk, the amount he used daily for diabetes, was *1/2 pound*.

And finally Crewe commented on the large group of **patients for which no specific disease could be found**, “These patients are often underweight. They may consume a fairly large amount of food, but they do not gain in weight or strength. They are often nervous and are frequently classed as neurasthenics. Usually, the skin condition is poor; they are sallow, and disappointed because no one can tell them what the trouble is. They do not respond well to medical treatment... Every physician knows this class of patients because they are unhappy and unsatisfactory to treat.” He reported that they “**respond admirably**” to raw-milk therapy, but he added, “The chief fault of the treatment is that it is too simple . . . it does not appeal to the modern medical men.”

Dr. Crewe: “**...the treatment of various diseases over a period of eighteen years with a practically exclusive [raw] milk diet has convinced me personally that the most important single factor in the cause of disease and in the resistance to disease is food...**”

Dr. L. J. Harris wrote, “Dr. Evelyn Sprawson of the London Hospital has recently stated that in certain institutions **children who were brought up on raw milk (as opposed to pasteurized**

milk) had perfect teeth and no decay.⁵⁹

The Lancet published that in **children, teeth are less likely to decay on a diet supplemented with raw milk** than with pasteurized milk.⁶⁰

“The dividing line between a food and a medicine sometimes becomes almost invisible. In many diseases **nothing heals the body and restores strength like [raw] milk...**” **Dr. J.F. Lyman, Prof. of Agricultural Chemistry, Ohio State University.**

Milk has been used for gastric disorders, especially ulcers, for centuries. In the 19th century, **Cruvelheir** advocated **raw milk** as the most **important part** of the **treatment of gastric ulcer.**⁶¹

Benjamin M. Bernstein, M.D., a gastroenterologist, described a much more difficult gastrointestinal disease, “...very sick with active diarrhea, abdominal pain, loss of blood and consequent anemia, frequently with fever, markedly dehydrated and in severe cases, 'nigh unto death'.”⁶² Referring to his successes with **raw milk**, he said, “...milk not only may, but **should be used in the management of any type or variety of gastrointestinal disorder.**”⁶³

Samuel Zuerling, M.D., ear, nose, and throat specialist, Assistant Surgeon, Brooklyn Eye and Ear Hospital, reported an unusual case treated with **raw milk.**⁶⁴ “Not long ago a gentleman came to me for relief of a severe burning sensation in the nose...he was panicky. He had sought relief and obtained no results...the patient readily acceded to a milk...diet and in a few days had complete relief.”

The Bahimas of Africa drink six pints a day. In fact, they eat little else. This is also true of the Nuers of the Upper Nile, the Todas, the Kazaks, and the Hottentots. They all live healthfully.

Pelvic Inflammatory Disease in women is an abscess involving the fallopian tube and ovary. **Seaman** reported that conventional antibiotic therapy had not helped. The woman went to an Indian country doctor who **treated her with raw milk straight from his cow. In six weeks she was free of disease.**⁶⁵

Fermented raw milk has been shown to **retard tumor growth** and decrease the activity of alkylating agents associated with stomach cancer.⁶⁶

iii. IMMUNE RAW MILK THERAPY BENEFITS

Eighty years of research with **successful Immune Raw Milk Therapy,** from Ehrlich to Peterson, has been ignored by members of the *American Medical Association:*

Dr. Alan Howard, Cambridge University, England, discovered that whole raw milk actually **protects against abnormally high cholesterol.** Feeding two quarts of whole milk a day to

⁵⁹ Vitamins in Theory and Practice, p. 224, Cambridge, University Press, 1935.

⁶⁰ EFFECTS OF PASTEURIZATION OF MILK ON TOOTH HEALTH, The Lancet, p. 1142, May 8, 1937

⁶¹ B.M. Bernstein, Paper presented to the AAMMC Conference, Atlantic City, NJ, June 8, 1942.

⁶² Loc. cit.

⁶³ Loc. cit.

⁶⁴ Certified Milk Magazine, September 1936.

⁶⁵ Seaman, Women and *the Crisis in Sex Hormones*, Bantam Books, 1979, pp. 203.

⁶⁶ Raw Certified Milk and Foodborne Illness, 1997.

volunteers caused a drop in cholesterol.

Dr. George Mann, Vanderbilt University School of Medicine, concurs with Dr. Howard. He found that four quarts of whole milk per day **lowered blood cholesterol level by 25%**. **Cambridge's Howard** concluded, “. . . all this business that saturated fats in milk are bad for you is a lot of nonsense.” Raw milk therapy is preferable to taking clofibrate, a chemical prescribed by doctors for lowering the cholesterol level of the blood. Clofibrate can cause heart attacks, gall bladder attacks and cancer.

The Lancet reported on immune milk therapy by showing conclusively through a scholarly review of the literature and research that:

- 1) Antibody against disease is absorbed from the gastrointestinal tract into the blood.
- 2) Rheumatoid arthritis and hay fever will respond to immune raw milk therapy.
- 3) The udder acts as an antibody-forming organ independent of the cow's blood-immune system. The appropriate bacteria, fungus, or virus need only be infused directly into the teat canal for antibody production in the colostrum milk.

Doctors Peterson and Campbell of the University of Minnesota began rekindling the fires of controversy in 1955. Peterson had had **success treating rheumatoid arthritis** patients with immune raw milk from cows immunized with streptococcus antigen.⁶⁷ There was great blind resistance to this therapy of arthritis. Things got so emotional in Virginia that this perfectly harmless food was impounded by the state from two dairies.⁶⁸ They said it was a “biological product” (no kidding) and needed a Federal license. **The FDA declared that immune raw milk was a drug and confiscated 80 cases.”**

Peterson's work with **allergies**: The cow's udder was stimulated with pollen antigen such as rag weed. The resulting **immune raw milk was fed to asthma and hay fever sufferers**. In a controlled experiment, **thirty-six patients were improved to a significant degree**. The **symptoms disappeared** in a definite order: First, the asthma, then nasal congestion, and lastly, itching of the eyes.

Dr. Donald H. Hastings, a Bismarck, North Dakota veterinarian, from University of Minnesota, aware of Peterson and Campbell's work, read that the Japanese had isolated measles virus from the intestines of multiple sclerosis patients. He postulated that multiple sclerosis is a viral-induced disease caused by measles and other viruses. He produced immune raw milk from measles-inoculated cows and fed the raw milk to multiple sclerosis victims. Hastings reported that **forty percent of the multiple sclerosis patients got relief** including alleviation of numbness, decrease in muscle twitching, and less fatigue. “We put people on plain colostrum, and it doesn't work.”⁶⁹

3) RAW MILK AS A PRESERVATIVE

A remarkable quality of raw milk that housewives of pioneer days used was its ability to preserve meat. Housewives immersed chops, steaks and roasts in large crocks of raw buttermilk, and assured fresh meat for the family year round.⁷⁰ The Arabs have been preserving meat with raw camel milk for thousands of years. The Icelanders of 200 years ago preserved their sheep's heads in sour raw milk.

In 1908, an American doctor decided to try it himself. He immersed a beefsteak in raw buttermilk. *Thirteen years* later it was in a state of perfect preservation, “showing not the slightest taint or decay.” The doctor emphasized, “It should be mentioned right here, however,

⁶⁷ The Milk Dealer, June 1960.

⁶⁸ Ibid.

⁶⁹ DVM, February 1981.

⁷⁰ American Association of Medical Milk Commissions, Proceedings 15th Annual Conference, 1921.

that these remarks are true only of clean cow's milk as it flows from the original fount, and do not hold for milk which has been boiled or pasteurized. . . processes which. . . deprive the milk of one of its most unique and valuable properties."⁷¹

4) NUTRITIVE VALUE OF RAW MILK Vs. PASTEURIZED MILK (Chart)

COMPARISON CHART BETWEEN RAW AND PASTEURIZED MILKS		
Category Compared	Raw Milk	Pasteurized Milk
1) Enzymes:	All available.	Less than 10% remaining.
2) Protein:	100% available, all 22 amino acids, including 8 that are essential.	Protein-lysine and tyrosine are altered by heat with serious loss of metabolic availability. This results in making the whole protein complex less available for tissue repair and rebuilding.
3) Fats: (research studies indicate that fats are necessary to metabolize protein and calcium. All natural protein-bearing foods contain fats.)	All 18 fatty acids metabolically available, both saturated and unsaturated fats.	Altered by heat, especially the 10 essential unsaturated fats.
4) Vitamins:	All 100% available.	Among the fat-soluble vitamins, some are classed as unstable and therefore a loss is caused by heating above blood temperature. This loss of Vitamin A, D, E and F can run as high as 66%. Vitamin C loss usually exceeds 50%. Losses on water-soluble vitamins are affected by heat and can run from 38% to 80%.
5) Carbohydrates:	Easily utilized in metabolism. Still associated naturally with elements.	Tests indicate that heat has made some changes making elements less available metabolically.
6) Minerals:	All 100% metabolically available. Major mineral components are calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulphur. Vital trace minerals, all 24 or more, 100% available.	Calcium is altered by heat and loss in metabolism may run 50% or more, depending on pasteurization temperature. Losses in other essential minerals, because one mineral usually acts synergistically with another element There is a loss of enzymes that serve as leaders in assimilation minerals.
NOTE:	<p>Bacteria growth in Raw Milk increases very slowly, because of the friendly acid-forming bacteria (nature's antiseptic) retards the growth of invading organisms (bacteria).</p> <p>Usually keeps for several weeks when under refrigeration and will sour instead of rot.</p>	<p>Pasteurization refers to the process of heating every particle of milk to at least 145° F. and holding at such temperature for at least 15 seconds. Pasteurizing does <i>not remove dirt, bacterially-produced toxins from milk</i>. Bacteria growth will be geometrically rapid after pasteurization and homogenization. Gradually turns rancid in a few days, and then decomposes.</p>

⁷¹ American Association of Medical Milk Commissions, Proceedings 15th Annual Conference, 1921.

5) HISTORY OF MOVEMENT AGAINST RAW MILK - The Creation of the Assumption That Pasteurized Milk Is Safer Than Raw Milk

Dr. Fosgate said, “The dairy cow has been sadly maligned by the dairy and food industry in general. She has been pictured as a veritable ‘Typhoid Mary’ for all of the ills of man, including the common cold, when actually, the reverse is true.”

a. NATIONAL CLAIMS AGAINST RAW MILK

In order to understand how pasteurized milk became so prominent and over-powered raw milk in the market, we must look to three historical factors: **I) political and industrial forces, II) catastrophic circumstance, and III) propaganda.**

- 1) Milton J. Rosenau, M.D.**, a prominent physician in the early 1900’s, campaigned to reduce milkborne diseases. He stated in his textbook, “Next to water purification, pasteurization is the most important single preventive measure in the field of sanitation.” In 1913, Rosenau became a Harvard University Medical School professor and a co-founder of the Harvard and Massachusetts Institute of Technology School for Health Officers. When Harvard established a school of public health in 1922, Rosenau directed its epidemiology program until 1935. He did not conduct any empirical tests to prove that any animal was healthier by drinking raw and pasteurized milk, he simply was convinced of his speculation that pasteurized milk was healthier and safer. In 1936, he moved to the University of North Carolina, Chapel Hill, to help establish its public health school (1940), where he served as dean until his death in 1946. He continually campaigned with an intense fervor against raw milk even in the face of Dr. Pottenger’s tests that proved Rosenau wrong. By 1936, he had elevated, without scientific proof, pasteurized milk to the standard in most large cities, although over half of all milk in the United States was still consumed raw.⁷²
- 2) The Medical Milk Commission, responsible for certifying the purity and cleanliness of raw milk, had taken a strong stance against Pasteurization since their inception at the turn of the 20th century.** In their official journal the *Certified Milk Magazine* they defended clean unpasteurized milk, properly inspected, as the milk of choice because of its superior nutrition, better digestibility, and freedom from disease-causing properties in heated milk.
- 3) In September 1929, the first *pasteurized* certified milk was sold. *There was vigorous objection to this from members of the milk commission and producers of raw milk,* but, the consumer was led to believe that pasteurization was an added benefit to certification of the raw product. But there was no need for pasteurization with certified raw milk’s cleanliness and purity.**
- 4) A fatal blow was dealt to the raw milk producers by Charles Speakes who was Secretary Treasurer of the American Association of Medical Milk Commissions, the national organization responsible for maintaining the standards, educating the public, and encouraging milk producers to produce clean pure raw milk. *Unbeknownst to the Milk Commission, he was also the Executive Secretary of the Milk Foundation that was dedicated to the eradication of raw milk and closely aligned with Dr. Milton J. Rosenau.* By the time the raw milk producers and commissioners realized that they were subverted, too much damage had been done. **At the time Speakes was fired in Washington DC, two telephones sat on his desk, one for the Milk Commission and one for the Milk Foundation.** While in office, Speakes had taken over the editorship of**

⁷² MMWR, 1999, Vol. 48 / No. 40.

the official journal Certified Milk Magazine and the word “raw” was rarely mentioned.

5) A catastrophic circumstance leading to the demise of the raw milk industry was World War II. Milk could not be shipped halfway around the world in its natural state. This gave rise to massive pasteurization and powdered pasteurized milk.

6) We must look at the way in which people acquired certain information in order to understand why and how the general public, including doctors, came to believe that raw milk is dangerous.

Dr. Milton J. Rosenau had created a momentum and it continued with deceptive reports. “Raw Milk Can Kill You,” was the headline of an article that appeared in the May 1945 issue of Coronet Magazine. It continued, “Crossroads, U.S.A., is in one of those states in the Midwest area called the breadbasket and milk bowl of America. Crossroads lies about twenty-five miles from the big city on a good paved highway ... What happened to Crossroads might happen to your town ... might happen almost anywhere in America.” Coronet’s expert Dr. Harold Harris then went on to describe in vivid detail the epidemic of undulant fever in Crossroads that infected 25% of the population and killed one in four. Case histories were then given to show how subtle and debilitating the disease could be. Investigation revealed the town of “Crossroads” does not even exist. The entire article, because of the harm it did to the raw milk industry, and indirectly to the health of the American people, was as irresponsible as yelling “fire” in a crowded theatre.

“A curious incident in New York City,” Harris tells his wide-eyed readers, “concerned a physician who fell ill of brucellosis.” Within a few days he was dead. The source of his lethal infection of undulant fever, or brucellosis, was cheese “dripping with germs,” Harris reported. The incident was false: Undulant fever does not cause death in a few days. Cheese does not transmit undulant fever. Investigation through the New York City Health Department revealed that there was no such case ever reported. Harris put forth many outlandish claims and preposterous misstatements. It frightened people drinking raw milk. Harris admitted to J. Howard Brown of Johns Hopkins University that he made the whole thing up and from his own writings revealed that he knew it could not have possibly happened.

Summary of Harris’ misstatements: 1) Undulant fever is a common disease in the United States. Untrue; 2) Raw milk transmits undulant fever. Untrue; 3) Cows that proved positive for undulant fever can pass the germ in their milk. Untrue; 4) Cows can transmit the pig strain of undulant fever in their milk. Untrue; 5) Undulant fever can be transmitted from cheese. Untrue; 6) Four thousand cases of typhoid fever in Montreal were caused by drinking raw milk. Untrue (it was pasteurized milk); 7) Drinking unpasteurized milk unnecessarily exposes one to illness. Untrue; 8) Ten percent of Americans are infected with undulant fever. Untrue and preposterous; 9) Raw milk can be “as lethal as strychnine.” Untrue and asinine.

The Ladies Home Journal, December 1944, reported, “A Kansas City survey proved that nine percent of 7,122 school children entertained (undulant fever) infection.” “Entertained,” a peculiar word in this context, could be interpreted by most people as meaning that almost 700 children of those surveyed were running around with undulant fever - an epidemic. J.B. Darlington (*Rural New Yorker*) investigated this claim. The report merely showed that 9% of the children had a positive skin test to brucellosis, such as TB skin test, that indicated **immunity**.

Pasteurization-proponents continued their drive to stamp out raw milk. The Progressive, on July 15, 1946, reported:

“Startling improvements in public health invariably ensue when a community moves from raw to pasteurized milk. The Province of Ontario, Canada had been overrun with undulant fever, typhoid, and other infectious diseases when, in 1938, the provincial legislature made pasteurization compulsory in all communities ... deaths from typhoid were cut in half.”

As I pointed out in my analysis of the Coronet article, whether milk is pasteurized is unrelated to catching typhoid. The official records from the Canadian Public Health Journal and the Ontario Department of Health revealed that between 1912 and 1941 inclusive, a period of 29 years, there was a grand total of 2 deaths attributed, without scientific proof and by survey only, to milk-borne typhoid. Cut in half from 2 to 1 in 29 years? The report does not indicate whether the accused milk was raw or pasteurized. The other typhoid deaths during this period, 245 of them, were attributed to water and contaminated foods other than milk.

The Reader's Digest, enlarging on the Progressive's hysterical unscientifically based and deceptive article a month later, reported:

“. . . an estimated 45,000 persons will be stricken this year with one or another of the lethal diseases carried by infected raw milk - diseases such as diphtheria, streptococcus infections of the throat and tonsils, dysentery, scarlet, typhoid, paratyphoid, and undulant fever. Still more thousands will suffer debilitating gastric and intestinal disturbances which are likely to be put down to 'food-poisoning'. Thousands of infants will contract diarrhea, more or less serious.”

In the dairy industry, nearly 100% of the advertising is done by the National Dairy Council and those closely affiliated with it and pasteurized dairy products. Raw milk is a threat to their financial interests. Hence, the American people have been subjected to a one-sided propaganda campaign, aided and abetted by the AMA-based health departments, that depict fresh, unpasteurized milk as a veritable bacterial soup and a sure path to an early grave. Pasteurization has been sold as a cure-all, and people, after years of misinformation, have accepted it as being true.

This misinformation in the lay press has been initiated and/or supported by the majority of professional organizations:

American Veterinary Medical Association, AMA, American Dental Association, American Academy of Pediatrics, FDA, CDC, National Dairy Council, State and county health departments, U.S. Animal Health Association, National Association of State Public Health, Veterinarians, and Conference of State and Territorial Epidemiologists

b. **CHRONOLOGY OF UNSUBSTANTIATED CLAIMS AGAINST ALTA DENA DAIRY'S RAW MILK IN CALIFORNIA**

1969

- **The LA County Health Department**, in January, supplied the Los Angeles Times, and the Times reported with large headlines, **that Alta-Dena raw milk was banned with the presumption of Q Fever contamination.** Dairy experts testified in court that Q Fever is caught through inhalation into the lungs and not by drinking milk.

1978

- **HERALD EXAMINER ACCUSES CALIFORNIA STATE HEALTH DEPARTMENT OF PREJUDICIAL TREATMENT AGAINST RAW MILK:** At the time of this occurrence, raw milk producers sought a Senate Bill to stop the prejudice. On 6/15/78, The LA Herald Examiner, after recovering certain documents, accused California State health officials of falsifying bacterial reports in an attempt to cause a Senate Bill regarding raw milk to fail. A State laboratory on June 4, 1978, had claimed that the milk was positive (contaminated). An independent laboratory that tested for the LA County Medical Milk Commission and a laboratory that did considerable tests for the state, re-tested those samples and proved the milk was negative.
- Herald Examiner intoned there appeared to be a conspiracy among members of the California State

Health Department to eliminate raw dairy. The Senate Bill that would have directed the State Health Department to oversee raw dairy no differently than other food products, was to be considered the following week.

- Instead of immediately releasing their fabricated findings—the State Health Department notified the press on June 9th that people were going to get sick from salmonella food poisoning and that an epidemic was imminent—long after the milk had been consumed by the public and just before the hearing. There was no outbreak, but more headlines appeared.
- **ALTA DENA AND RAW MILK FALSELY ACCUSED:** Inflammatory headlines appeared. “*Raw Milk Warning*”-San Rafael Independent Journal (6/10/1978), “*Some Raw Milk Found to be Contaminated*”-Star Free Press, Ventura, CA (6/11/1978), “*Contaminated Milk Ordered Off Shelves*”-Sacramento Union (6/15/1978).
- **RADIO ANNOUNCEMENTS WARNED THE PUBLIC:** “not to drink raw milk from Alta-Dena Dairy.” Among the hysteria the bill was defeated. **No one got sick, and the Senate Bill failed.**
- **STATE HEALTH DEPARTMENT REPEATS EPISODE:** December, 1978, the Health Department issues repeated warning; more hysteria was generated. “*State Issues Warning About Alta-Dena Milk*”-Argus, Fremont, CA (12/9/78), “*Dairy’s Raw Milk Again Under Fire*”-Hemet News, Hemet, CA (12/9/78, “*Poisoned Milk Recalled*”- Richmond Post, Oakland, CA (12/15/78) The claims of contaminated raw milk were again unsubstantiated; no one got sick from the milk.
- A “staff report” from the California Department of Health stated in a widely read publication, “...evidence points to a continuing health hazard to the public consuming Alta-Dena’s raw certified milk.”⁷³

1979

- **WARNINGS AGAIN REPEATED:** “*Tainted Milk Ordered Off Market Shelves*”-San Gabriel Valley Tribune, Covina, CA (2/10/79). Again, the allegations were unsubstantiated by tests: no one got sick from the milk.
- **BRITISH MEDICAL JOURNAL REPORTED DEPARTMENT OF HEALTH FINDINGS:** That Alta-Dena Dairy was contaminated with Salmonella and killing cancer patients with raw milk.
- **THE JOURNAL OF PUBLIC HEALTH IN AMERICA QUOTED BRITISH ARTICLE** extensively as if it were scientific fact.
- **SCOTTISH RESEARCH EXPERTS RESPONDED** “We found no evidence of ...life-threatening potential on the part of salmonella...” **They had examined 700 cases in England without finding a single serious case.**

1982 and 1983

- **NEVADA STATE INSPECTORS SEIZED ALTA-DENA RAW MILK** that was 21 days old, past the expiration date, and claimed it contained salmonella. After 3 days of intensive investigation, the FDA reported they found nothing of importance at Alta-Dena. **Two State and two county laboratories proved the milk was not contaminated.**
- **IN SPITE OF CLEAN BILL OF HEALTH, CALIFORNIA STATE HEALTH DEPARTMENT ISSUED WARNINGS 21+ days later, long after the milk had been consumed without incident) to not to drink Alta-Dena raw milk, not even give it to their pets.**
- **HEALTH DEPARTMENT LABELED AN “Alta-Dena associated case”** when a fourteen-year old boy contracted salmonella gastroenteritis. He could not remember drinking raw milk, although family members (who did not get sick) did drink Alta-Dena raw milk. **It was discovered that the boy and his friend has spit toilet bowl water at each other for fun. Although that was the most likely cause of salmonella gastroenteritis, the health department did not remove the association to Alta-Dena milk.** Their media campaign devastated raw milk consumption. (I have many more cases like this in my file.)

⁷³ New West, August 14, 1978.

1984

- **VOGUE MAGAZINE’S HEALTH SECTION HEADLINED “A Raw-Milk Warning. A new and dangerous fad: drinking raw or certified raw milk, also known as unpasteurized milk..** In a recent newsletter of the California Council Against Health Frauds, **John Bolton, M.D., cautions that people drinking raw milk are at increased risk of salmonella infection, which can result in high fevers and bloody diarrhea. In 1983, the risk of salmonella infection, was 118 times greater for those who drank raw milk than for those who did not,**” referring to figures from 1944.
- **THAT INACCURATE STATEMENT IS BASED ON THE FOLLOWING STATISTICS:**

<i>Disease attributed to raw milk and raw milk in ice cream</i>	<i>904 cases</i>
<i>Diseases attributed to pasteurized milk and pasteurized milk in ice cream</i>	<i>1,841 cases</i>

Darlington (Rural New Yorker), to emphasize the relative unimportance of milk in transmitting disease, gives the following comparisons for the year 1944:

<i>Disease attributed to milk and milk products</i>	<i>1,499 cases</i>
<i>Disease attributed to water</i>	<i>2,686 cases</i>
<i>Disease attributed to foods other than milk</i>	<i>14,558 cases</i>

Note: waterborne outbreak in Riverside, CA (CDC 1965)=16,000 people

RAW MILK ACCOUNTED FOR A LITTLE OVER TWO (2%) PERCENT OF THIS TOTAL AND DARLINGTON COMMENTED, “...evidence to support the promotion of pasteurization is so difficult to find that it must needs be distorted and in some cases even invented...an honest mind cannot fail to grasp that **the case for pasteurization is a very weak case indeed**”.

1991-2

- **CONSUMERS UNION OF U.S., INC, with California pasteurized dairy producers** filed suit against Alta Dena dairy for falsely advertising that raw milk was healthful and pasteurized was not.
- **Concurrently, STATE HEALTH DEPARTMENT claimed raw dairy was a menace to its population** and banned Alta Dena from distribution and sale of raw milk for over one year until the above case was settled in court. The court case was prejudiced with a UCLA-conducted Assessment of the Risk of *Salmonella dubin* Infection Associated with the Use of Certified Raw Milk.⁷⁴ The Assessment was entirely theoretical- and statistically based on patient-unverified data from 1980-83, with obvious serious flaws not only in reality-based science but statistical theory, and claimed that 95% of the sporadic cases of *S. dublin* were caused by raw milk in California for the years 1980-83. (Exhibit A, attached.)The court ruled that the health claims for raw milk were improper and ordered all raw milk in California to carry a Government bacterial warning. Alta Dena Dairy was sold but continued to package raw dairy under the name Stueve’s Natural.

1997-1999

- **Dr. John Leedom, M.D. of the University of Southern California, a commissioner of the Los Angeles County Medical Milk Commission** (that certifies raw milk produced and sold in most of Los Angeles County) publicly vowed that even certified raw milk should be eliminated.⁷⁴ Three other of the six medical Commissioners joined Leedom’s agenda to eliminate raw dairy and the votes were stacked against raw milk.^{75,76} The LACDHS’s liaison with the Commissioners is Arthur Tilzer who also publicly stated, passionately, that he thought that all raw milk was dangerous and referred to UCLA’s statistical Assessment (which is flawed) as the basis for his prejudice against raw milk. For

⁷⁴ Public Health Reports, 1988, Vol. 103, No. 5, pp. 489-93

⁷⁵ Raymond A. Novell’s letter to the LACMMC, June 12, 1998.

⁷⁶ Attorney Raymond A. Novell’s letter to the LACBS, July 26, 1999.

the next two years, Dr. Leedom and the three other commissioners with the aid of Art Tilzer implemented regulations so restrictive and prejudicial against raw milk that it was unfeasible for raw-milk producers to stay in business.⁷⁷ Consequently, Alta Dena Dairy's new owners refused to package raw milk. Stueve's Natural raw milk has not been available since May 1999.

6) HOW CREDIBLE IS THE CENTER FOR DISEASE CONTROL REGARDING RAW MILK?

Since the Los Angeles County Department of Health Services cites the findings of the CDC in their Raw Milk Report of January 2001, the indiscretions of the CDC regarding raw milk must be presented as to their credibility of facts regarding raw milk.

In 1967, the CDC went public with statements that led to news articles. One article appeared in a technical milk journal in December, and three months later, March, 1968, the same material reappeared in the Journal of the American Medical Association. The first article blamed salmonella-contamination of powdered milk on raw milk from *1 cow* out of *800 dairy farms*. This particular plant handled *11 million pounds* of milk every year from tens of thousands of cows. It would be impossible, even statistically, for one cow to be responsible. No tests were done to prove or disprove. The dilutive factor alone makes this supposition unfeasible. There was no science to this claim.

From a CDC publication, "An analysis of salmonella cases in the United States in 1979 and 1980 from seventeen states...showed that eleven of thirty-two patients had a history of raw milk ingestion. If only one-third (11 of 32) of the victims ingested raw milk, what did the other two thirds ingest? Why claim it was raw milk? And why weren't there epidemics? Certainly other people drank the same raw milk. This argument is the same presented by **Dr. Nancy Mann, PhD, Biostatistics**, in her analysis and **refutation of the UCLA Assessment of the Risk of Salmonella dublin Infection Associated with the Use of Certified Raw Milk**.

In 1976, a CDC report showed that the areas with the highest incidence of salmonella food-poisoning were Hawaii, New Mexico, District of Columbia, Louisiana, and Massachusetts. These are all states that did *not* have raw milk.

The CDC, July 1977, issued a report that Q Fever (the one the Department Of Health used above), can be caught from raw milk.⁷⁸ Q Fever has *never* been contracted from drinking milk, raw or pasteurized. The disease comes only from inhaling the organisms.

Without any scientific testing and conclusive proof, the Ph.D's, M.D.'s and veterinarians at the CDC editorialized, "...salmonella contamination of unpasteurized milk can be a persistent problem, even in dairies that follow the procedures recommended by the American Association of Medical Milk Commission..." They concluded, "Present day technology cannot produce raw milk (including that listed as certified) that can be assured to be free of pathogens; only with pasteurization is there this assurance." This is an obvious falsehood when we review the widespread and immense outbreaks and incidences of illness attributed to pasteurized milk and pasteurized milk products. (See p. 10-12, herein.) **Present day technology solved the problems of producing clean raw milk years ago with the introduction of the closed-system automatic milking machine.**

⁷⁷ James A. Privitera, MD, resigned Commissioner of LACMMC, in his letter to the LACBS, December 18, 2000.

⁷⁸ MMWR, July 22, 1977.

The CDC issued a report for the doctors in the California Department of Health, reporting that Alta Dena raw milk “has been implicated in outbreaks of salmonella in 1958, 1964, and 1971-1975.”⁷⁹ The CDC did not have scientific evidence to validate this false claim.

As I stated earlier, the misinformation in the lay press has been initiated and/or supported by the majority of professional organizations:

American Veterinary Medical Association, AMA, American Dental Association, American Academy of Pediatrics, FDA, CDC, National Dairy Council, State and county health departments, U.S. Animal Health Association, National Association of State Public Health, Veterinarians, and Conference of State and Territorial Epidemiologists

Not everyone associated with this elitist group is guilty of intentional malice and falsifying statistics against raw milk, but the blindly ignorant reporting that is promoting phobic superstition against raw milk is illegal and immoral, and is causing people tremendous ill health. There is nationwide growing advocacy in support of alternative medicine as a backlash to this. The public has stopped trusting its medical authorities.

Dr. J.M. Prucha, professor emeritus in dairy bacteriology, University of Illinois, said 55 years ago, “There was much opposition to pasteurization of milk and at best, it was looked upon as a temporary expedient to obtain a safe milk supply until the time when the dairy industry would learn to produce clean and safe milk.”⁸⁰ As I mentioned, present-day technology solved the problem of “clean” milk years ago with the introduction of the closed-system automatic milking machine. And, as I also mentioned, raw milk that was grossly unclean was not a danger.

7) **BACTERIOLOGY**

Salmonella is in your nose; it is in the living room rug. There is salmonella in your gut, plenty in your hair and on your pets. In some cat populations it is as high as 40%.⁸¹ It is also in your food - all of your food that hasn't been sterilized and sealed in a container. Most cases, **90%, are household-borne or food-service establishment-borne and institution-borne such as hospitals.**⁸² Salmonella is ubiquitous, as are most bacteria.

A CDC report in 1978 attributed salmonella food-poisoning to mayonnaise, water, Mexican food, potato salad, hamburger casserole, and tacos. Even Peruvian fish meal and turtles have been accused of salmonella food-poisoning. Raw milk, even when present with salmonella, has never been proved to have caused salmonella-poisoning. Test results and experience is proof.

The pasteurization of milk had no effect on the incidence of tuberculosis caused by milk. You can drink milk from a tubercular cow with impunity. The blood-membrane barrier prevents the tubercule bacteria from passing into the milk. Intestinal TB used to be caused by tubercular milk from a tubercular milker hacking into the milk pail. All of this has been eliminated by closed-system automatic milking machines. Presently it is rare to find a cow with active tuberculosis.

⁷⁹ MMWR, March 1, 1981.

⁸⁰ *Milk Facts*, Milk Industry Foundation, New York City, 1946-47.

⁸¹ *History of Randleigh Farms*, pp.255.

⁸² World Health Organization, Fact Sheet #139.

Similarly, the incidence of brucellosis, or undulant fever, contrary to popular opinion, was really not affected by pasteurization. Brucellosis is not contracted through milk, but by association directly with animals. The farmer or other adult milking the cow would often get brucellosis, but his children, *who drank most of the milk*, seldom got the disease.

Listeria survives the pasteurization process.⁸³ Listeriosis was attributed to the consumption of pasteurized milk in California and Boston, Massachusetts.

It should be noted that even raw milk produced under gross conditions has rarely been proved to be associated with cause of an epidemic. All proved food-related outbreaks in the public have been caused by processed and restaurant food. This lends support to the fact that raw milk, if produced with just a modicum of cleanliness, is safe because of built-in safeguards (that would be destroyed by pasteurization).

When Alta Dena produced raw milk and supplied the entire United States, they sold approximately 50,000 gallons of raw milk daily that was not under the over-restrictive regulations imposed in the 1990's. There was not one scientifically proved outbreak of bacterial food-poisoning caused by Alta Dena's raw milk. The lack of disease from this milk is certainly as much proof as anyone could need that raw milk is the best and safest to drink.

Until the 1950's, milk regularly contained bacterial counts of 3 million/ml (200 times the restrictions of today) and there were no epidemics that proved to be caused by raw milk. Our children were healthier then than they are now. The testimony within these pages is proof that raw milk is undeniably an asset, even when ridden with pathogens.

We must also consider that strains of bacteria have become immune to antibacterial agents and humans are becoming more susceptible to bacteria illness. It has been scientifically proved that humans and other animals become immune to bacteria to which they are exposed in food, contact or airborne. It is morally and legally correct for us to allow people, who want to develop or continue their natural resistance to bacteria, to daily ingest bacteria. Raw milk carries a warning label regarding the possible existence of bacteria.

Incidence per 100,000 population

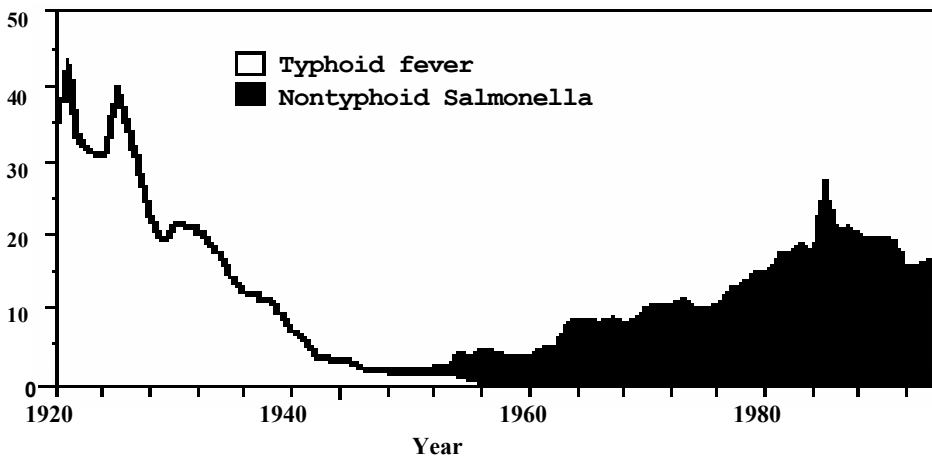


Figure 1. Reported incidence of typhoid fever and nontyphoid salmonellosis in the United States, 1920-1995.

⁸³ Calif. Morbidity Weekly Report, March 31, 1989.

The decline in raw milk consumption met with a dramatic increase in Salmonella illness. Looking at the CDC's Figures 1, above, we can see that the gross decline of raw milk consumption did not meet with a corresponding decrease in bacterial illness, as would be expected from the perspectives of health officials and doctors. Contrarily, rapid increase in Salmonella illness has been steady since 1945 accompanied by the decline in raw milk consumption.

The steepest continual climb in bacterial illness started in 1985 and the incidences remain 50% higher than when raw milk was readily available throughout the country. The increase is much greater and cannot be accounted for with increased population. The cause of this tremendous increase in Salmonella illness, more likely than not, was caused by the deprivation of raw products from the population.

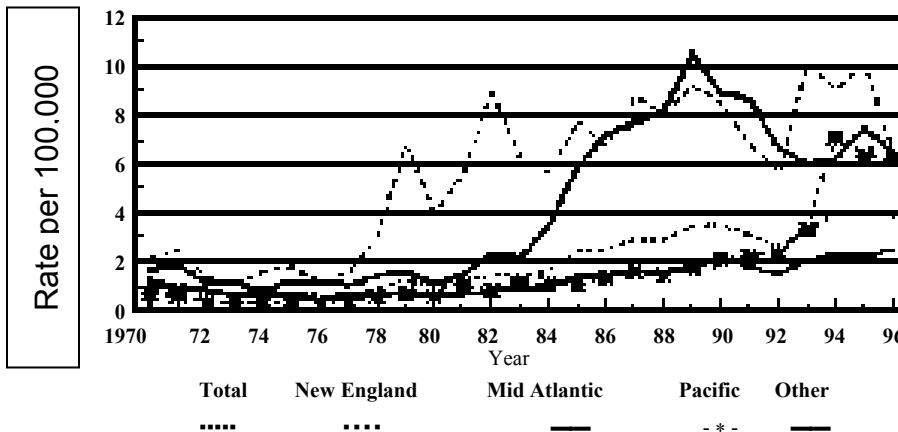


Figure 2. Salmonella Enteritidis isolation rates from humans by region United States, 1970-1996. ⁸⁴

Raw milk consumption in the USA declined from, conservatively, 140 million consumers, in 1935 to 16 million in 1975. From 1982-84 there was a major decline in the consumption of raw milk in California, and the country, due to health departments, the media campaign and the federal legislation against raw milk in 1986. However, the greatest increases in salmonellosis cases occurred from 1982-86.

In 1991-92, Californians suffered again because of the deprivation of raw milk for a period of one year. When it returned to the shelves it had a Government-WARNING label on it that frightened many people. CDC's Figure 2, above, illustrates the incidences of *Salmonella* Enteritidis in the region that includes California. Again, if the CDC and L. A. County Department of Health Services were accurate in their accusations against raw milk, the figures would have shown a dramatic decrease in salmonellosis beginning in 1991. However, instead of a decline in salmonellosis when raw milk was unavailable and after it returned with a warning-label that frightened people from buying it causing raw-milk-drinking to dramatically decrease, there was a tremendous increase in salmonellosis.

In every case, the deprivations of raw milk resulted in tremendous increases in salmonellosis. It is probable and reasonably argued that the deprivation of raw milk to the public resulted in loss of natural immunity to bacteria and more people succumbed, and continue to succumb, to bacterial illness.

⁸⁴ Both charts, Figures 1 & 2, are from CDC's Emerging Infectious Diseases, Vol. 3, No. 4, 1997, pp. 426, and 429 respectively.

8) CONCLUSIONS AND RECOMMENDATIONS

Raw milk, if produced with a modicum of cleanliness, is safe because of built-in safeguards (that would be destroyed by pasteurization). (SR p.19-21, 26.) It is clear that the testing requirements for Grade A raw milk are more than is required to produce safe raw milk.

The LACMMC requirement to “hold and test” for two days is unsafe because holding favors the growth of bacteria, such as *Listeria monocytogenes*, even at refrigerated storage temperatures. Enzymes produced by these bacteria survive pasteurization. (SR p.15, ¶ 2.)

The barrage of present-day bacterial misinformation thrust upon the public is predominantly unscientific speculation regarding raw milk and not based on empirical examination. (SR p.28-34.)

California State Codes are more than necessary to insure safe Grade A and Guaranteed raw milk in Los Angeles County. The vast majority of Californians enjoy the freedom to consume Grade A and Guaranteed raw milks. (DHS Report, p.3, ¶ 4-5.)

Grade A and Guaranteed raw milks should be permitted to be sold in Los Angeles County, especially with its high rate of cultural groups who can drink no other milk because of their allergies to pasteurized milk. (SR p.14, ¶ 5.)

We recommend that possible metabolic and environmental sources of vomiting and diarrhea must be explored where “pathogens” are found. The questions must be asked: Are pathogens the cause or result of degenerative disease? Are they the cause or the cure? Is the term “pathogen” a misnomer when applied to microbes? Is pointing the finger at microbes a distraction from the causes of disease? Is food-processing and the pollution of our food, water and air predominantly the cause of disease that fosters vomiting and diarrhea? All hypotheses must be open to independent testing and researchers held accountable to the rules of evidence without influence of special interests.

Consider the fact that tribes that had been disease-free ate abundantly and primarily unsalted raw meat, unsalted raw fats, and/or unsalted raw dairy products. They did not wash their hands or food prior to preparing and eating. Every form of natural bacteria, including salmonella, *E.coli* and campylobacter, were eaten with their food, abundantly and constantly. Why didn't they get sick, diseased and die? Why were they vibrant, healthy and disease-free?

From the time babies are born they put everything in their mouths, dirt and microbes. Some scientists call this “auto-inoculation”. It is believed that babies build their immune systems through small benign doses of bacteria, allergens, and pathogens. Rather than the auto-immune-inoculation theory, evidence supports that we form a working relationship with bacteria and pathogens. They have a janitorial role in nature and we can benefit from them. When parents stop babies from putting stuff in their mouths, they hinder the relationship with microbes and the environment, unless of course the objects are poisonous, such as man-made chemicals and most toys.

The greatest agricultural loss today is due to our destruction of fresh milk through pasteurization, ultra-pasteurization, and now ultra high temperature pasteurization that turned a nutritious food into a white, dangerous “milk-flavored drink.” With proper understanding of milk, and its destructive effects when heat-treated and the remarkable therapeutic effects when used raw, we can cut *billions of dollars* off our medical bills, make ourselves infinitely healthier, and

actually raise the I.Q. of our children. With smarter children we will add greatly to our scientific and cultural wealth. I do not consider it an exaggeration to say that the nation's destiny will be affected by what we do about milk. Adults and their children should have the choice and right to develop natural immunity as well as reap the health benefits of raw milk and avoid the bacterial and health hazards of pasteurized milk.

Harris Moak, M.D., a well-respected physician of the early 20th century, asked rhetorically, "Does it seem at all likely that public health officials, the great majority of whom are Doctors of Medicine as well as Doctors of Public Health, will ever deny their brothers in the medical profession the right to have...raw milk with which to meet the widely varying needs of their practice?"

Will you?

Thank you for taking the time to thoroughly review this time-consuming but important Report.

William Campbell Douglass, Jr., M.D.

Aajonus Vonderplanitz, Scientist/Nutritionist

March 3, 2001



To: Aajonus Vonderplanitz

From: Nancy R. Mann, Ph.D. (Biostatistics, UCLA, 1965)

Re: *Assessment of the Excess Risk of Salmonella dublin Infection Associated with the Use of Raw Milk, Public Health Reports, Vol. 103, No. 5.*

This is a study that was conducted at UCLA from data involving cases of *Salmonella dublin* reported to the State of California Department of Health Services in the period 1980-83. The purpose was "to determine the risk of serious illness attributable to infection with *Salmonella dublin* associated with the consumption of *certified raw milk*."

From the 1980-83 data that were made available by the State of California Department of Health Services, the investigators concluded that the rate of reported *S. dublin* infections acquired by users of certified raw milk, which was supplied by the Alta-Dena Dairy, was in the range of 8 to 35 cases per 100,000 users per year.

Knowledge not determined is what lifestyle variables exhibited particularly by the raw-milk users might have provided alternative causes for acquiring the infection. This information is especially important in view of the fact that if *S dublin* were to have been acquired from the certified raw milk supplied by the Alta-dena Dairy or from pasteurized milk in the other cases studied, then necessarily epidemics would have resulted in most, if not all, of the cases. Because no epidemics were reported, one must conclude that the cases of *S. dublin* reported for users of both raw and pasteurized milk were the result of lifestyle variables or previous health conditions.

James R. Privitera, M.D.

105 North Grandview Street • Covina, California 91723
(626) 966-1618 • Fax(626) 966-7226 • www.privitera.com
Allergy and Nutrition

December 18, 2000

Board of Supervisors, County of Los Angeles
821 Kenneth Hahn Hall of Administration
500 W. Temple Street
Los Angeles, CA 90012

Dear Board of Supervisors,

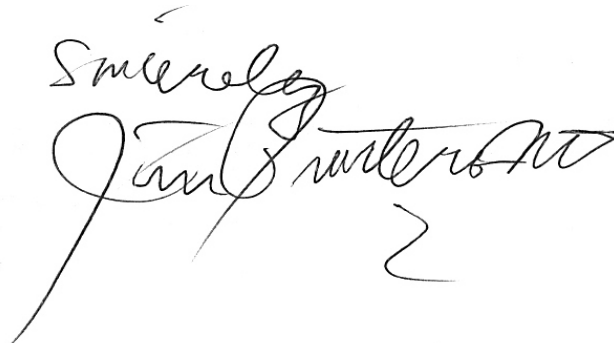
I asked Mr. Vonderplanitz to read my statement to you because my patient-schedule is too full during the pre-holiday season to attend this enormously important meeting in person. However, I am here in spirit and concern.

I am Dr. James Privitera, M.D. who resigned as your Medical Milk Commissioner approximately one year ago. I resigned because the other Milk Commissioners failed to consider a reasonable approach to certifying raw milk. My opinion and expertise on raw milk were basically wasted. The Milk Commissioners made the requirements so difficult that raw milk, no matter that is was good, clean and safe, would rarely if ever pass inspection and be so costly that it would not be profitable. This forced Alta Dena Dairy to refuse to produce and package raw milk and ended raw-milk production in Los Angeles County.

Now, people who wish to have raw milk and feel that they need raw milk for their better health have to buy Claravale Farms. The Department of Health Services on December 8, 2000 ordered it taken from Los Angeles County healthfood-store shelves and not sold. Claravale Farms raw milk is State-inspected and approved clean and worthy of sale throughout California. It is a fine and quality product that carries a warning label that it might contain bacteria. Bacteria are ubiquitous according to many credible and valid scientific studies. The people who pay the costly price of a bottle of raw milk are well-informed and aware. They should have your respect that they are intelligent enough to know what is right and good for them. They should have the right to choose. They should not be punished because they live in Los Angeles County where Grade A and Guaranteed raw milk, approved and tested by the State, are not permitted.

I implore you to consider our right to choose and our well-being and vote to align the Los Angeles County code with the State code permitting Grade A and Guaranteed raw milk.

Thank you for your time and consideration.

Sincerely,


**American Association of
Medical Milk Commission, Inc.**

1824 Hillhurst Avenue
Los Angeles, California 90027-4408
Phone (323) 664-1977
Facsimile (323) 664-0870

President

Paul M. Fleiss, M.D., M.P.H.

December 18, 2000

**Board of Supervisors, County of Los Angeles
821 Kenneth Hahn Hall of Administration
500 W. Temple Street
Los Angeles, CA 90012**

Dear Board of Supervisors,

I hope that you, your family and associates are well and happy.

I am Dr. Paul Fleiss, M.D., the incumbent President of the American Association of Medical Milk Commission. I wish I were able to deliver this important message but my patient load restricts me. Arlene Binder, Attorney at Law, is reading my statement of deep concern to you. For many years I was your Medical Milk Commissioner, and Chairman. We had a record of clean and safe milk for all of those years when the regulations did not exceed those of the State.

Mr. Antonovich's reasonable, as well as important, Motion considers that we, intelligent and informed people, may choose to buy raw milk regulated by the State as safe and healthy under proved scientific standards. Also, it carries a warning label of possible bacteria.

It is our right as intelligent people to have the right to choose. Please vote in a manner that reflects you respect us and our right to have State-approved Grade A and Guaranteed raw milk. Please vote yes on Item 7.

Thank you for your consideration and understanding.

Sincerely,



Dr. Paul Fleiss

DAVID J. NOORTHOEK, M.D.

488 OAK BROOKE CT.
SANTA ROSA, CA 95409
TELEPHONE 707--539--4100

December 26, 2000

TO:

LOS ANGELES COUNTY BOARD OF SUPERVISORS
500 WEST TEMPLE STREET
LOS ANGELES, CA.90012

I have been a medical doctor in the state of California for about 40 years. I was a partner in Kaiser Permanente for thirty years and have taught at the University of California Medical School in San Francisco for many years.

Raw milk was originally banned because of the threat of infecting the public with tuberculosis. This threat has passed away many years ago. I never recommended raw milk to my patients or used raw dairy products personally. However, I do not see any harm in permitting the public to purchase raw dairy products if such products comply with present California State law.

Thank you for your consideration.

Yours truly,

David Noorthoek M.D.

Subject: Fwd: Effects of Homogenization and Pasteurization of milk
From: Earl D Smith <pinkys6@juno.com>
To: rawzen@hotmail.com
Date: Mon, 18 Dec 2000 17:13:33 -0700

Earl D Smith DVM
163 Cedar Circle,
Parachute, Colorado 81635
Phone 970-285-9029

I am a retired Veterinarian; I doctored horses and cattle for 25 years and then I did only the Small Animals. The article I read in Discover Magazine on milk brought back many memories. When the farmers kept a milk cow on the farm to feed the weaner calves, there were few digestive problems. But when no dairy cows were available they went to the local store and got "Store Bought" milk for the calves to drink. Soon the calves died with diarrhea. I thought milk was milk but I soon found out that the Pasteurized and Homogenized milk could not be digested by these calves. Homogenization broke the fat globule into such a small bit that it wouldn't curd in the stomach and passed directly into the small intestine where it created severe inflammation. I called it toxic enteritis. I learned to treat these cases with Goats milk which has the largest fat globule of any milk found on the farm. The calves made a quick recovery if the patient hadn't gotten too debilitated.

I too drank a lot of milk when we milked cows on the farm. I never Had any adverse effects from drinking a quart or more at one time. When I went on to college and I was using "store bought milk" I got so I drank very little milk and what I did drink reacted in my system like a poison. I was told I was allergic to milk. Now 50 years later, a friend, who has a milk cow out in the country, asked me if I could use some milk. I accepted and for three years now I can drink milk like I did when I lived on the farm. I have no adverse side effects. This milk is raw milk, also not Homogenized. The only other question I have to answer has to do with the effect pasteurization has on the natural enzymes. The destruction of these during the pasteurization process could effect the digestibility of milk. Now that I am retired I have plenty of time to reflect on such things. What do you think?

Sincerely Yours,
Earl D. Smith, DVM

Raw Milk Is Good For You

Raw Milk by Thomas Cowan, M.D.
LILIPOH #6, Nutrition and the Land

<http://lilipoh.com/issues/articles/rawmilk.htm>

As many of us might agree, there are very few subjects as emotionally charged as the choice of one's diet. Sexual relations, marriage and finances come to mind as similarly intense subjects and, like diet, each of us is sure we know all we need to know about each of these areas. The subject of milk, as I have discovered in the past four years when properly viewed, will challenge every notion you currently have about what is good food and what isn't.

The story of milk is complex and its history goes something like this: Back in the pre-processed food era (i.e., before about 1930 in the U.S.) milk was considered a highly prized food, especially for children. Not only was there an entire segment of our economy built up around milk, but as I remember, each house had its own direct milk chute for the delivery of fresh milk. It was unquestioned that milk was good for us and that a safe, plentiful milk supply was actually vital to our national health and well-being. It was also a time (now I'm referring to the early part of the century) when many of the illnesses which we currently suffer from were rare. As an example, family doctors would often go their whole careers without ever seeing a patient with significant coronary artery disease, breast or prostate cancer. This is something current doctors can hardly go one month before they encounter such a patient. Furthermore, as scientists such as Western Price, D.D.S., had discovered, there were pockets of extremely healthy, long-lived people scattered about the earth who used dairy products in various forms as the staple of their diets _ further evidence that milk and its products were amongst the most healthful foods human beings have ever encountered.

If we fast forward to the 1980's we now find an entirely different picture. For one, there have been numerous books written in the past decade about the dangers of dairy products _ the most influential being a book called *Don't Drink Your Milk*¹ by Frank Oski, M.D. He is the current chairman of Pediatrics at Johns Hopkins University and perhaps the most influential pediatrician in this country. In his book, he pins just about each health problem in children to the consumption of milk, including everything from acute and chronic ear infections to constipation, asthma, eczema, etc. Secondly, just about all patients, on their initial visit, proudly announce that they have a good diet and that, specifically, they don't eat dairy (which they pronounce with such disdain). One might well ask here where is the truth in this picture?

Perhaps the experiments of Dr. Frances Pottenger² in the 1940's can help to solve this mystery. In these experiments Dr. Pottenger fed similar groups of animals (usually cats) a diet of exclusively milk. Half ate cooked milk (i.e., pasteurized), the other ate uncooked (i.e., "raw" milk). The results were conclusive and astounding. Those that ate raw milk did well, lived long, happy, active lives free of any signs of degenerative disease. Those that ate pasteurized milk suffered from acute illnesses (vomiting, diarrhea) and succumbed to every degenerative disease now flourishing in our population. By the third generation, a vast majority of the cats were infertile and exhibited "anti-social" behavior. In short, medically speaking, they were like many modern Americans.

Since the 40's, the "qualities" of milk have been extensively studied to try to find an explanation for these dramatic changes. We have heard discussed that before heating, milk is a living food rich in colloidal minerals, rich in enzymes which are necessary for the absorption and utilization of the sugars and fats in the milk. We have also heard that milk has a cortisone-like factor which is heat sensitive (i.e. destroyed by heat) in the cream; that milk has an enzyme phosphatase which allows the body to absorb the calcium from the milk; that milk has lactase _ an enzyme which allows for the digestion of lactose; and that milk has beneficial bacteria and lactic acids which allow these beneficial bacteria to implant in the intestines.

All of these qualities are lost in the heating of milk. It then becomes rotten, with precipitated minerals which can't be absorbed (hence osteoporosis), with sugars that can't be digested and with fats which are toxic. With this in mind, we can quickly see what has happened in the past sixty years.

Raw milk has been used in therapy, in folk medicine and even in the Mayo Clinic for centuries. It has been used in the pre-insulin days to treat diabetes (I've tried it, it works), eczema, intestinal worms, allergies, arthritis, and other afflictions, all for reasons which can be understood when we examine just what is in milk (e.g., the cortisone-like factor for allergies and eczema). Rarely is anyone truly allergic to grass-fed cows' milk (feeding high protein feeds to the cows changes the milk, making it more allergenic).

Yet apart from all these explanations is perhaps the real key: fresh raw milk is a living, unprocessed, whole food. Compare this to the supposedly "healthy" soy milk which has been washed in acids, alkali, ultrapasteurized, then allowed to sit in a box for some months.

The lessons of studying milk and Pottenger's cats are profound for the American health scene. One of them is also simple: processed, dead foods don't support life or a happy, well-functioning society. This can only happen if people return to eating pure, wholesome, unprocessed foods.

In my practice I always start there. I encourage, insist and even beg people to eat real foods, no matter what the problem. Often with just this intervention the results are gratifying. So, find a cow, find a farmer, make sure the cow (goat, llama, or whichever other milk source) is healthy and start your return to good health.

References:

1. Don't Drink Your Milk, Frank Oski, M.D., Park City Press (published date not supplied).
2. Dr. Frances Pottenger was a pathologist working in the 40's who tested the theories of Dr. Price on cats_ that is that fresh raw foods are the healthiest for animal growth and development. His book is Pottenger's Cats, A Case Study in Nutrition by Francis M. Pottenger, Jr., M.D., 1983. Available from Price-Pottenger Foundation (619)574-7763 or the Gerson Institute.

Thomas Cowan, M.D., graduated from Michigan State Medical School in 1984. He is now a family practitioner with special interests in nutritional and anthroposophical medicine. His office, Noone Falls Health Care, is located at 50 Jaffrey Rd., Suite 125, Peterborough, NH 03458, (603) 924-3644.

MORE ABOUT RAW MILK

by Sally Fallon

We have been taught that pasteurization is a good thing, a method of protecting ourselves against infectious diseases, but closer examination reveals that its merits have been highly exaggerated. The modern milking machine and stainless steel tank, along with efficient packaging and distribution, make pasteurization totally unnecessary for the purposes of sanitation. And pasteurization is no guarantee of cleanliness. All outbreaks of salmonella from contaminated milk in recent decades -- and there have been many -- have occurred in pasteurized milk. This includes a 1985 outbreak in Illinois that struck 14,316 people causing at least one death. The salmonella strain in that batch of pasteurized milk was found to be genetically resistant to both penicillin and tetracycline. Raw milk contains lactic-acid-producing bacteria that protect against pathogens. Pasteurization destroys these helpful organisms, leaving the finished product devoid of any protective mechanism should undesirable bacteria inadvertently contaminate the supply. Raw milk in time turns pleasantly sour while pasteurized milk, lacking beneficial bacteria, will putrefy.

But that's not all that pasteurization does to milk. 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 pasteurization usually exceeds 50%; loss of other water-soluble vitamins can run as high as 80%; the Wulzen or anti-stiffness factor is totally destroyed. Pasteurization alters milk's mineral components such as calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulphur as well as many trace minerals, making them less available. There is some evidence that pasteurization alters lactose, making it more readily absorbable. This, and the fact that pasteurized milk puts an unnecessary strain on the pancreas to produce digestive enzymes, may explain why milk consumption in civilized societies has been linked with diabetes.

Last but not least, pasteurization destroys all the enzymes in milk -- in fact, the test for successful pasteurization is absence of enzymes. These enzymes help the body assimilate all bodybuilding factors, including calcium. That is why those who drink pasteurized milk may suffer, nevertheless, from osteoporosis. Lipase in raw milk helps the body digest and utilize butterfat. After pasteurization, chemicals may be added to suppress odor and restore taste. Synthetic vitamin D2 or D3 is added -- the former is toxic and has been linked to heart disease while the latter is difficult to absorb. The final indignity is homogenization which has also been linked to heart disease.

Powdered skim milk is added to the most popular varieties of commercial milk -- one-percent and two-percent milk. Commercial dehydration methods oxidize cholesterol in powdered milk, rendering it harmful to the arteries. High temperature drying also creates large quantities of nitrate compounds, which are potent carcinogens.

Modern pasteurized 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 clog 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. Price subsisted on raw milk, raw cultured milk or raw cheese from normal animals eating fresh grass or fodder. It is very difficult to find this kind of milk in America. In California and Georgia, raw milk was formerly available in health food stores. Intense harassment by state sanitation authorities has all but driven raw milk from the market in these states, in spite of the fact that it is technically legal. Even when available, this milk suffers from the same drawbacks as most supermarket milk -- it comes from freak-pituitary cows, often raised in crowded barns on inappropriate feed. In some states you can buy raw milk at the farm. If you can find a farmer who will sell you raw milk from old fashioned Jersey or Guernsey cows, allowed to feed on fresh pasturage, then by all means avail yourself of this source. Some stores now carry pasteurized, but not homogenized, milk from cows raised on natural feed. Such milk may be used to make cultured milk products such as kefir, yoghurt, cultured buttermilk and cultured cream. Traditionally cultured buttermilk, which is low in casein but high in lactic acid, is often well tolerated by those with milk allergies, and gives excellent results when used to soak whole grain flours for baking. If you cannot find good quality raw milk, you should limit your consumption of milk products to cultured milk, cultured buttermilk, whole milk yoghurt, butter, cream and raw cheeses. Raw cheese is available in all states. Much imported cheese is raw -- look for the words "milk" or "fresh milk" on the label -- and of very high quality.

Reprinted from Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats.

Raymond A. Novell
671 West Arrow Highway
Claremont, California 91711

June 12, 1998

Los Angeles County Medical Milk Commission
2525 Corporate Place, Suite 150
Monterey Park, CA 91754

RE: Commission's Duties

Food and Agriculture Code §35921 - §35928

Dear Commissioners:

At the meeting of the Los Angeles County Medical Milk Commission (hereinafter "Commission") on June 3, 1998 I was shocked and dismayed to hear the outright proclamation by John Leedom, M.D., one of the commissioners, that it was his intention and goal to ban certified raw milk.

The duty of the Commission imposed by State law is to certify milk, not ban it!

A county milk commission shall certify milk, including unpasteurized milk, for any applicant for certification whose milk complies with the rules, regulations, and standards for production, distribution and sale of milk adopted by the commission and prescribed in this code..." (F & A §35925)

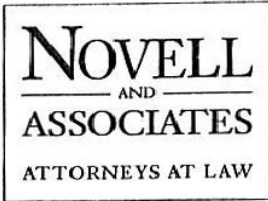
The availability of certified raw milk and certified raw milk products are not to be limited or restricted if they meet certain standards.

Banning of certified raw milk and certified raw milk products is not the charge of the Commission and any commissioner attempting to do so is in violation of state law.

The Legislature finds and declares that the state does not intend to limit or restrict the availability of certified raw milk and certified raw milk products to those persons desiring to consume such milk and such products, provided such milk and products meet standards of sanitation and wholesomeness at least equal to market milk that is grade A raw milk, as defined in Section 35891. (F & A Code §35928(f))

Enclosed, for your convenience find, Exhibit "A", a copy of the Food and Agriculture

Code Article 7 CERTIFIED MILK.



July 26, 1999

Gloria Molina, First District
Yvonne Brathwaite Burke, Second District
Zev Yaroslavski, Third District
Don Knabe, Fourth District, Chairperson
Michael D. Antonovich, Fifth District
Hahn Hall of Administration
500 West Temple Street, 8th Floor
Los Angeles, California 90012

RAYMOND A. NOVELL

RE: PENDING LEGISLATION - SB 971 (BACA)

Dear Supervisor Antonovich:

The July 14, 1999 letter from the Los Angeles County Medical Milk Commission is another salvo, in a long line of salvos' at the family that has produced Certified Raw Milk for over 46 years.

Certified Raw Milk has been available as a choice for California consumers since 1953.

Californians' have consumed well over 3 billion glasses of Certified Raw Milk since 1953 without a single outbreak of illness or even a single confirmed case of illness.

I. LOS ANGELES COUNTY MEDICAL MILK COMMISSION JULY 14, 1999 LETTER TO BOARD OF SUPERVISORS

Certain Commissioners on the Los Angeles County Medical Milk Commission are hell bent on eliminating Certified Raw Milk as a food choice for California consumers.

Last year, one member of the Los Angeles County Medical Milk Commission, John L. Leedom, M.D. stated, openly to me, at a milk commission meeting, that all Certified Raw Milk should be eliminated. His bias has never been in question.

However, in the Commissioners' letter to the Board of Supervisors, three other members of the Los Angeles County Milk Commission, revealed, contrary to legislative findings and state law, their agendas to eliminate Certified Raw Milk.

At present, four Commissioners on the Los Angeles County Medical Milk Commission are working to eliminate Certified Raw Milk. Of these four, Dr. Leedom, Dr. Sokoloff and Dr. Ryan are employed by Los Angeles County.

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June 24, 1999

Dear Aajonus,

“I have been meaning to sit down and write this letter for a few months now, however, being blessed as I am with two wonderfully healthy, energetic little girls, I do not find myself sitting often.

“Sydera and Chelsea are both doing excellently. As you may remember, Chelsea has enjoyed eating all raw foods since she was introduced to them when I weaned her from breast feeding. This is still true for her. She continues to choose raw foods over cooked when given the option.

“Sydera did not adapt as easily to the raw diet. We were able to substitute raw milk and cream, fruits and vegetables, raw honey and raw nuts for foods that she was already eating but raw meat was too foreign to her. It took seven months of waiting, but she finally decided, on her own, to discover why Mommy, Daddy, and baby sister loved raw meat so much. Now she is quite pleased to tell anyone who will listen that Meat is Yummy!

“Sydera has always been our strong-willed child. She can throw a tantrum with the best of them. In fact, one of her most infamous fits occurred in a Walmart store. I carried her out of the store kicking and screaming. When I reached my car, I actually had a police officer approach me and tell me to step away from the child. He figured, judging by her demeanor, that I was hurting her in some way when in all actuality it was my 3 ½ year old daughter who was behaving violently. I had the bruises to prove it. After this incident I was devastated. I felt that I had failed as a parent. If I could not control the situation when my child was this small how could I possibly be a good parent as she got older? I spoke to my doctor, to my family, and to other parents - everyone assured me that she would grow out of it. It was just a phase they said, while this may be true for some children, it was not true for mine.

“Sydera did not improve with time, in fact, her tantrums grew more and more violent. I tried everything - time outs, taking away favorite toys, rewarding good behavior, following a strict schedule, extra attention - none of it worked. It wasn't until I tried raw foods as a part of her diet that I saw any signs of promise. We cut out the processed sugar and gave her raw fruits and unheated honey. We replaced junk drinks with non-pasteurized raw apple juice. We substituted her old brand of milk for raw milk from a local farm. With each new change emerged a calmer, more alert little girl.

“Sydera is more patient and is not so quick to throw a tantrum. She is able to remain calm when she is upset and listen to reason instead of screaming at the top of her lungs until she gets put in her room. She talks about what she is feeling instead of resorting to an all out hitting, kicking, screaming fit. On the rare occasion that she experiences a “moment”, as we now call them, I can always trace the cause back to something that she ate. Thanks to the raw diet we spend less time in conflict and more time enjoying one another.

“For Chelsea, the move to raw food has been a relatively easy transition. She was a breast fed baby until she turned one year old. When she was weaned, she went straight to raw milk and ground sirloin. We noticed a change in her almost immediately following the introduction of raw foods into her diet. Chelsea had always been small for her age. Each visit to the pediatrician had the same result, she always measured below the 25th percentile for both height and weight in her age category. When she was nine months old our pediatrician prescribed an iron supplement for her because her iron level was too low. When

she was retested after three months there had been no change in her iron level. We were instructed to continue with the vitamins and have her retested again in three months. At this same time we began the raw diet. The results were almost instantaneous. Chelsea nearly doubled in size, finally reaching her ideal height and weight, her teeth began to come in, she began to walk, she stopped being sick all of the time, and even though we had decided not to continue with the iron supplements, her iron level reached a safe level on its own.

“Where we live in Connecticut it is relatively easy to obtain the raw foods that my family loves. I have learned that this is not the case in all states. On a trip to Indiana last Christmas I discovered that I could not purchase raw milk anywhere. I had not brought milk with us because I figured that I would certainly be able to purchase raw milk in Indiana. They have lots of dairy farms. I was wrong. I soon learned that farmers were afraid to sell raw milk because of repercussions they could face from the Board of Health. Chelsea cried for milk for days before I gave in and purchased a gallon of milk at a local grocery store. At first, Chelsea kind of looked at me as if to say, What is this? I want milk. But she drank it and so did I. That same night we were both violently ill, Chelsea more so than me. We both experienced vomiting and diarrhea. Poor Chelsea vomited six times in her sleep. Her vomit looked and smelled like sour milk. Thank goodness she was in our bedroom so we were able to hear her and get her up. I felt like I had a bad hangover, minus the alcohol. At first, I thought we had caught some type of bug all though I could not figure out why no one else was sick. There were six other people in the house and no one else was even the slightest bit ill. It was Christmas so we had visited tons of family members both the day before and the actual day that we got sick. No one else experienced even the slightest bit of what we had experienced.

“I could not figure it out until we went for a second visit 2 months later. This time I brought raw milk but when it ran out I bought another gallon of pasteurized milk at a local store and, after drinking it, Chelsea once again became ill. (I did not drink the milk this time.) It was the pasteurized milk!

“It has been four months since this experience and Chelsea is still afraid to drink any milk. Once, she would eagerly accept a cup of raw milk, drink it down, and ask for more. Now she cries when we give her raw milk and will not drink it until we reassure her that we are giving her the Good milk. Other than this instance, things are going great for us with our raw food diet. We have all been healthier than ever. Before the diet, someone in the family would be at the doctor’s office at least once every six weeks (usually Chelsea), no one has been since we started eating raw foods. Chelsea has become our teacher. She eats whatever her body craves, often going straight for the raw meat, and is probably the healthiest person in our family because of it. And a child shall lead.....”

Mrs. Mikel J. Theobald
Bloomfield, Connecticut