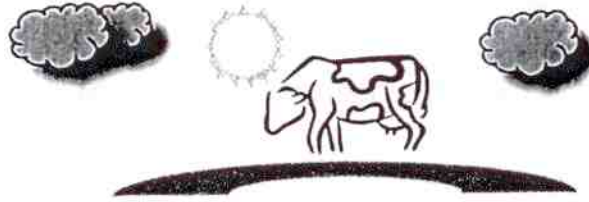


Why is RAW MILK Good for Me?

Raw Milk is a whole food. It is not processed and still contains all of its pro-biotic bacteria, enzymes, and fats. Raw milk is kept raw and has not been oxidized by heat. In America, most diets are devoid of: raw fats, beneficial bacteria, and enzymes. All of these nutritional elements are found in abundance in raw milk. Over 120 years ago, most diets around the world contained these essential nutritional elements. So, why is raw milk good for you?



Lactose Intolerance

People that suffer from lactose intolerance when drinking pasteurized dairy products do not suffer LI when drinking Raw Milk products. This is because the lactase enzyme is created for them by beneficial bacteria that are still resident in raw dairy products- never destroyed by heat treatment.

Asthma and Reactive Airway Disease

Raw milk still contains its beneficial bacteria, raw fats, and enzymes; thus, it is highly anti-inflammatory. All of these elements and systems work to reduce the inflammatory reactions associated with Asthma. The PARSIFAL study of 15,000 children in EU showed that when raw milk was consumed, Asthma and allergic type conditions were reduced substantially. Other studies of raw milk show the same reduction in Asthma and allergies. Pasteurized dairy products have been associated with the exact opposite response and are associated with triggering Asthma and allergies. Pasteurized dairy products can trigger an immune response secondary to the dead bacteria and free floating proteins, no longer contained inside cells. These free proteins (pieces of dead bacteria) trigger histamines and the so-called phlegm or mucus response. This does not occur while consuming raw milk.

Osteoporosis

Raw milk contains important essential enzymes. One of the most important is Phosphatase. Phosphatase is destroyed during pasteurization. In fact, the test for effective pasteurization is called the "Negative Alpha Phosphatase Test". Ironically, the Phosphatase enzyme is responsible for the absorption of minerals, including calcium into the bones. People that suffer osteoporosis do not produce enough of this enzyme; therefore, can not absorb calcium. Raw milk consumers *enjoy* rapid bone density increases that can be measured over time.

GI Tract Conditions, Ulcers, IBS etc...

Raw milk and fermented raw milk products, like Kefir, are natural healing foods for many types of GI tract disorders. Ulcers, Irritable Bowel Syndrome, and even Crohn's Disease can be healed by consuming raw milk and fermented raw dairy products. The inner lining of the intestines are nourished by whole foods and sources of good bacteria to make enzymes. When these whole foods, beneficial bacteria, and their accompanying enzymes are missing, intestinal disorders begin to destroy this "composting pit" of the human body. If you heal the intestines, you have healed 80% of the immune system and the origin of most human illness. Antibiotics, sugar rich, processed sterilized and preserved foods are the arch enemies of a healthy gut.

Immune System Rebuilding Food- Great for Kids!!

The human body contains about 15-20 times more bacteria (by cell count) than human cells. The human immune system is (about 75-80%) made up of the beneficial bacteria that reside in the human gut. Most children that suffer frequent ear infections and frequent colds no longer suffer from these conditions after switching to raw milk. In fact children thrive on raw milk, just as they do drinking their mother's raw breast milk. Remember, raw breast milk is raw milk.

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