

HEALTH HIGHLIGHTS OF “REAL” MILK

CONGRATULATIONS on your decision to purchase raw milk!

- **MORE NUTRIENTS** - Raw milk is an outstanding source of nutrients including healthy, beneficial bacteria such as lactobacillus acidophilus, vitamins, minerals and enzymes.

- **FEEL THE HEALTH BENEFITS** - Raw milk is not associated with any of the health problems surrounding pasteurized milk such as rheumatoid arthritis, skin rashes, diarrhea and eczema. Even people who have been allergic or have a sensitivity to pasteurized milk for many years can typically tolerate (and may even thrive on) raw milk. Pasteurized cow's milk is the number one allergic food in this country. It has been associated with various symptoms and illnesses including:

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| - Diarrhea | - Skin rashes |
| - Cramps | - Allergies |
| - Bloating | - Colic in infants |
| - Gas | - Osteoporosis |
| - Gastrointestinal Bleeding | - Arthritis, rheumatoid arthritis |
| - Tooth decay | - Acne |
| - Growth problems in children | - Recurrent ear infections in children |
| - Heart disease | - Type 1 diabetes |
| - Cancer | - Infertility |
| - Atherosclerosis | - Leukemia |
| - Iron-deficiency anemia | - Autism |

Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamin C, B12, B6, kills beneficial bacteria and promotes pathogens. *You may notice that fresh milk left out will sour naturally, but pasteurized milk will quickly rot!* This is because the beneficial bacteria in the natural milk are necessary to keep the growth of the putrefactive bacteria under control. Then there is the added issue of the many antibiotics, pesticides and growth hormones used in commercially raised dairy cows. Commercial cows are raised on grains, not on grass. Grains are not normally a part of cow's diet and will completely change the composition of the fats in the milk!

Note: There are some people that are unable to tolerate even raw milk. Listen to your body.

- **IT TASTES BETTER** - As with any food, fresher is always better and this applies to milk as well. Fresh milk is creamier and better tasting than pasteurized milk!

WE HOPE YOU ENJOY YOUR MILK!