

**Seamons, Colleen**

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**From:** Cathy Mifsud [cathymifsud@bigpond.com]  
**Sent:** Monday, 25 August 2008 10:44 AM  
**To:** submissions  
**Cc:** Cathy Mifsud  
**Subject:** submissions ( raw dairy )

25th August 2008

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Dear FSANZ

**Quote project number:** Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products.

I have just heard that you will be looking into current laws surrounding raw milk products and I am very excited.

Raw milk dairy products nourished communities for thousands of years. Raw milk dairy is a simple and delicious nutrient dense food that should be available to everyone. Because of today's modern diet which includes pasteurised and homogenised dairy ( over processing ) we have an epidemic of digestive disorders, diabetes, allergies, asthma, psoriasis etc all of which are often eliminated by avoiding processed dairy and switching to raw dairy products. Sadly most people do not even know that their dairy intolerance is because of our current dairy processing methods so they discontinue dairy altogether. I know families that avoid dairy because it makes them sick and these families are having children and sometimes babies that are already suffering tooth decay. Nutritionists often prescribe complete avoidance of dairy for young and old and this is a fast growing trend. It is not ALL DAIRY that is causing these serious health problems it is our modern methods of processing. Raw dairy is easily assimilated / digested in some form by everyone because it is a complete food not unlike human breast milk the first food in every living person's life bursting with digestive enzymes ( destroyed at a little over 45 deg c ), vitamins including D A & K which are only accessible in raw animal fats and are necessary for the body's assimilation / uptake of minerals such as calcium. Milk is a complete food source and very dense in nutrients. It is one of the few sources available to help build strong babies, support pregnancy and increase our resistance to disease. It will even reverse osteoporosis in the elderly where current medications for this are not only useless but toxic.

After avoiding dairy for 14 years ( except the occasional butter / and organic un-homogenised yogurt ) I struggled during pregnancy for satisfaction from food, I also broke two bones in my feet, my teeth deteriorated and I had great trouble sitting up right after Nina was born. Even though my birth experience was perfect and at home my recovery was very, very slow. I also struggled to cope with breastfeeding and everything. I was given a copy of Sally Fallon's " Nourishing Traditions" which made a dramatic change in my life for the better. For one and a half years my daughter and I have been drinking raw dairy milk from organic jersey cows. Quickly I gained back my strength and my daughter was more satisfied. Many more things have happened since drinking raw milk, my tooth enamel has regenerated itself and some small holes are almost gone. My posture has never been so

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good and even with continuous sleep deprivation ( I'm co- sleeping and still breast feeding my almost 3 YO ) I have not been sick at all and my daughter has only had one small cold in the past 12 months which is almost unheard of for her age. My daughter is incredibly strong, healthy and smart. She is an excellent example of what a diet rich in nutrient dense foods can do and my friends have now begun to follow suit including raw dairy into their diets. All are having great experiences with it and are passing on what they are learning about raw dairy to their processed dairy intolerant friends and family members.

There are few nutrient dense food sources that traditional communities used to sustain their health ( perfect dental, mental and physical health ) for thousands of years ( see Weston A Price Foundation or Weston A Price's " Nutrition and Physical Degeneration " ). Raw dairy is one of our best, especially that liver and organ meats are rarely eaten today. The effects the continuous processing of our staple foods can be seen everywhere. Not only in digestive disorders, depression, disease and allergies but in birth deformities ( which include narrowed jaw & crowded teeth ) . Raw milk is one of very few foods that has nutrients that help rid our body of toxic accumulative metals such as mercury and maybe this is why raw dairy helps to greatly reduce the effects of autism and even eliminate it altogether ( see testimonies from the Weston A Price Foundation or Dr Mercola on line ) in some cases.

In regards to dangerous pathogens well this wouldn't be an issue in cattle treated properly. Proper healthy farm practices will produce healthy milk. The good bacteria present in raw milk protect the milk just as in human breast milk. Raw milk is the safest food we can consume as nature has given it its own protective bacteria and the worst foods for poisoning occurs in salad and deli meats and we don't see these foods becoming illegal. Raw milk is safer than pasteurised milk, it is natural and perfect as God / Nature intended.

Please, please, please, legalise RAW dairy. I have NEVER felt so well or been so strong and healthy since before I found a raw dairy source. I will always seek RAW organic jersey milk for my daughter and myself no matter what. I will never consume pasteurised dairy milk.

Kindest regards  
Cathy and Nina Mifsud.