

## Seamons, Colleen

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**From:** T & N Spee [spee1@netcall.com.au]  
**Sent:** Sunday, 7 September 2008 9:53 PM  
**To:** submissions  
**Subject:** Syubmission to Proposal P1007 Primary Production and Processing Requirements of raw Milk Products

**Follow Up Flag:** Follow up  
**Flag Status:** Blue

From: Nancy Spee  
Address: 19 Peat Street, Brooklyn NSW 2083 Email address: speel@netcall.com.au

Dear Sir/ Madam

I would like to ensure that Raw Milk is legalised as it has been a key component in overcoming gut issues for my 2 children, Will and Laura. We only use this milk for making cultured milk product - Kefir and kefir cultured cottage type cheese/sour cream. We use between 2-4 litres per week where the children are given smoothies with the yoghurt for breakfast. My daughter especially had a yeast infection and the culture made from RAW Milk has been successful in addressing this infection. We had previously tried regular milk which had no affect. (We had also previously tried Nystatin per doctor's prescriptions (wholistic and regular doctors to no avail). She had leg and severe facial rashing. My daughter displayed intolerances (confirmed from cytotoxic tests from her blood) whilst there has been great improvement and no such reactions with the RAW Milk. Removing our ability to access such a product would remove our access to a great preventative of future yeast infections.

From reactions from our children, I believe the raw state of the milk is more digestable as the important enzymes are still intact. Yeast infections are exacerbated by sugar generally. The culture in the milk eats the milk sugar whilst delivering a strong "cheap" probiotic.

Probiotics can be very expensive if you are buying them regularly for 2 children to overcome gut problems. We also believe the lactic acid in the culture also goes a long way to removing any nasties that may be in the milk - whether raw or pasteurised/homogenised. Our choice of raw milk kefir was as a result of research and frustrations that doctors and specialists were unable to assist.

I understand there are more potential issues with raw milk that have mainly been fed grains (especially relevant in more drought areas). I buy organic raw milk where I have confirmed over the phone that the cows have been grass fed.

Whilst I am all for regulation, I believe if some health benefit can be conferred it should remain legal. Certainly, whilst raw milk may not be for everyone, it has no less health benefits than pasteurised/homogenised milk. Pasteurisation etc may ensure that all enzymes/life in that milk is killed however there has been insufficient INDEPENDENT studies to verify that cooked/process milk in its very form does in itself create other health issues. The results with my children demonstrate there is a difference.

Please ensure regulations still enable people to access RAW Milk from predominately grass fed cows. (Some grain to tempt the cows into the milking shed is acceptable - we used to do that ourselves when growing up)

Yours Faithfully  
Nancy Spee  
Telephone Number: 02-99857509