

**Seamons, Colleen**

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**From:** Margaret Williams [magrus7@optusnet.com.au]  
**Sent:** Wednesday, 24 September 2008 8:48 AM  
**To:** submissions  
**Subject:** Proposal P1007: Primary Production and Processing Requirements for Raw Milk Products  
**Follow Up Flag:** Follow up  
**Flag Status:** Blue

Dear Sir/Madam,

I am in favour of having access to safely produced, natural raw milk. Raw milk is far healthier than pasturized. Many nutrients and immune-enhancing components are destroyed by exposure to high heat and the temperatures used during pasteurization. The proteins and enzymes are destroyed making milk more difficult to digest and when milk is homogenised as well, this alters the fat composition, making it highly susceptible to rancidity and oxidation. Much commercial milk is also "watered down" these days, decreasing its nutritional benefit even further. The inappropriate diet that most cows are given these days is also a great concern. So many cows today are fed a primarily grain-based diet, containing hormones, additives, antibiotics and other inappropriate ingredients. When cows are allowed to pasture on grass, the nutritional quality of the milk is far superior. In the past, pasteurization was instituted due to unhygienic collection and distribution methods, but with the technology of today (modern milking machines and stainless steel tanks), pasteurization is no longer necessary to "protect" the public for sanitation purposes.

I believe in eating as healthy a diet as possible. So many illnesses today can be attributed to people eating unhealthy diets that are devoid of proper nutrients required for healthy living. Raw milk is a delicious, healthy product full of dense nutrients. As an Australian citizen and raw milk consumer, I want to have the choice to freely buy and consume a product that is of benefit to my health (and that of my family).

In conclusion, I ask that the FSANZ seriously look at the growing demand for raw milk (and raw milk products) and thoroughly investigate and reevaluate the benefits and risks associated with raw milk consumption.

Yours faithfully,

Margaret Williams (raw milk consumer)

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Sources:

Irons, R. (2008). Pasteurization does harm raw milk. *Wise Traditions in Food, Farming and the Healing Arts*. Spring 2008.

Pirtle, K (2006). Performance without Pain. New Trends Publishing, Inc. Washington, DC