

Seamons, Colleen

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I, along with my family, am a consumer of raw milk, raw butter, raw cheese and raw yoghurt and have been for a number of years now. I am a highly educated and professional person (business owner and manager, director, property investor and accountant) and do so for health and wellbeing reasons. I believe that the enzymes and nutrients it contains are extremely beneficial and are mainly lost through the process of pasteurization and that the safety of raw milk when subjected to rigorous hygienic production and handling processes is at the very least as safe a product to consume as that of pasteurised milk.

I also use the whey product of soured milk in the fermentation of oats and vegetables. Traditional societies usually soaked or fermented their grains before eating them and sourdough bread is a great example of this. When making sourdough breads the baker soaks and ferments the flour to break down the phytic acid in the grain. Without the soaking the phytic acid combines with iron, calcium, magnesium, copper and zinc in the intestinal tract, blocking their absorption. There are also enzyme inhibitors that can interfere with digestion if the grain is not soaked. This applies to most grains and soaking oats overnight before making porridge is an important step in enabling the oats to be easily assimilated by one's digestive system.

Cultured or fermented products play a role in many traditional cuisines. In fact, only in the West is milk consumed in a "natural" or unfermented state, and this Occidental practice is relatively new. Before the age of industrialization, Europeans consumed milk as yoghurt, cheese, clabber or curds and whey. Without pasteurization or refrigeration, milk sours and separates spontaneously. This is due to the process of lacto-fermentation during which lactic-acid-producing bacteria begin digesting or breaking down both milk sugar (lactose) and milk protein (casein). When these friendly bacteria have produced enough lactic acid to inactivate all putrefying bacteria, the milk is effectively preserved from spoilage for several days or weeks and in the case of cheese, which undergoes further fermentation of a different type, for several years.

I leave raw milk out to sour to obtain curds and whey. The curds I create into a dip with fried onions, capsicums, parsley, basil and the like. The whey I store in the fridge and use to soak oats for porridge (which has a far greater beneficial nutritional effect to ordinary boxed cereals). I use the Whey to make fermented vegetables such as Sauerkraut and KimChi. The whey is not a requirement of traditionally fermented vegetables as lemon juice and even just salt can be used but the whey supplies lactobacilli and acts as an inoculant. I also use Whey in drinks such as mixed with filtered water and lime juice to add the lactobacilli to my digestive system.

For many years I suffered with many digestive issues mainly resulting in bloating and having to defecate many times a day whilst usually feeling that I was unable to discharge the matter fully. I no longer have these issues and have also noticed that the skin rashes that I often suffered have greatly diminished and most have disappeared altogether.

Using cheese whey as a beverage in human nutrition, especially for therapeutic purposes, can be traced back to ancient Greeks. Hippocrates, in 460 BC, prescribed whey for an assortment of human ailments. In the Middle Ages, whey was recommended by many doctors for varied diseases; and by the mid 19th century, whey cures reached a high point with the establishment of over 400 whey houses in Western Europe. As late as the 1940's, in spas in Central Europe, dyspepsia, uremia, arthritis, gout, liver diseases, anemia and even tuberculosis were treated with the ingestion of up to 1500 grams of whey per day. *V. H Holsinger Whey Beverages: A Review*

Whey is such a good helper in your kitchen. It has a lot of minerals. One tablespoon of whey in a little water will help digestion. It is a remedy that will keep your muscles young. It will keep you joints movable and ligaments elastic. When age wants to bend your back, take whey... With stomach ailments, take one tablespoon whey three times daily, this will feed the stomach glands and they will work well again. *Hanna Kroeger Ageless Remedies from Mother's Kitchen*

Old par, [an English peasant] who lived to the age of 152 years and 9 months, existed and even thrived on a diet of "subrancid cheese and milk in every form, coarse and hard bread and small drink, generally sour whey" as William Harvey wrote... "On this sorry fare, but living in his home, free from care, did this poor man attain to such length of days." *Terence McLaughlin A Diet of Tripe*

Iceland... whey accumulated as a by-product of curd-making and was kept in barrels, where a fermentation process began. It was then called *syra*. *Syra* was either diluted with water and drunk, or used for the preservation of food., *Syra* was the most common beverage of Icelanders for many centuries and can in effect be said to have replaced ale, as lack of grain prevented us from brewing much ale. The whey was poured into huge barrels in the larder.. and the blanked that developed on the surface of a *syra* barrel was called *jastur*, which is the same word as yeast in English. *Syra* was also used to marinate food. *Nanna Rognvaldardottir, Matarast*

Typhoid fever is an acute infectious disease excited by specific bacteria which attack the mucous membranes lining the intestinal tract... The character of the diet is at first liquid, then passes to a bland, smooth-residue diet free from all fibre, to 1) prevent irritating an already inflamed intestinal tract, 2) assure ease of digestion and a more complete absorption of food and 3) prevent stimulation of peristaltic action... A successful diet developed by Dr Coleman is the "milk Diet" which is made up of raw milk, raw cream and lactose and furnishes from 1000 to 3000 calories per day... Pulmonary tuberculosis is a specific inflammatory disease of the lungs manifested by continual wasting of the tissues, exhaustion, fever and cough... In the adjustment of the high-caloric diet for tuberculosis, the sugars and other carbohydrates are not stressed to the same extent as the simple digestible fats (cream and butter) and the diet is more diversified than is possible in cases where the seat of infection and inflammation is in the intestinal tract, as in typhoid fever... Because the tubercular patient needs all the resistance he can get from food etc, additional vitamins should be given in the form of cod liver oil and other vitamin concentrates if the high-caloric diet does not provide enough to protect the patient. *Fairfax T. Proudfit Nutrition and Diet Therapy 1945*

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