

**Seamons, Colleen**

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**From:** sunshine.works@gmail.com on behalf of Cathe' [practicalpermaculture@gmail.com]  
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Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products

**From:** Catherine Fish 503 Redbud Way Nevada City, CA 95959 530-478-1852  
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I recently visited the Brisbane area, and was unable to find real unpasteurized milk. This was a hardship because I depend on real raw milk for my health.

Pasteurization destroys the beneficial enzymes in real raw milk, diminishing the vitamin content, denaturing fragile milk proteins, destroying vitamins C, B12 and B6, killing beneficial bacteria, promoting pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer.

Calves fed pasteurized milk do poorly and many die before maturity. Real raw ilk sours naturally but pasteurized milk turns putrid; processors must remove slime and pus from pasteurized milk by a process of centrifugal clarification. Inspection of dairy herds for disease is not required for pasteurized milk.

Pasteurization was instituted in the 1920s to combat TB, infant diarrhea, undulant fever and other diseases caused by poor animal nutrition and dirty production methods. But times have changed and modern stainless steel tanks, milking machines, refrigerated trucks and inspection methods make pasteurization absolutely unnecessary for public protection.

And pasteurization does not always kill the bacteria for Johne's disease suspected of causing Crohn's disease in humans with which most confinement cows are infected. Much commercial milk is now ultra-pasteurized to get rid of heat-resistant bacteria and give it a longer shelf life. Ultra-pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in less than two seconds.

Clean raw milk from certified healthy cows should be available to be sold in stores and bought directly from the farm in many more.

The truth is many of us grew up on raw milk because our mothers breastfed us. Most of our ancestors raised dairy cows and drank raw milk.

I am in favor of safely produced, natural raw milk. I depend on raw milk for my health and the health of my children. I particularly favor on farm real raw milk sales.

Sincerely,  
Catherine Fish