

**SUBMISSION OF Mary Byrne RELATING TO: Proposal P1007-
Primary Production & Processing Requirements For Raw Milk
Products.**

To the New Zealand and Australian Food Standards Authority,

I am hereby submitting that raw milk be made legal for sale. I have suffered from asthma since I was 5 years old and I discovered about 2 years ago that this was in large part due to the fact that I am gluten intolerant. I have since changed my diet to exclude all wheat products but to INCLUDE raw milk, which I have as a smoothie every morning. I have never been healthier. I used to take 2 puffs of becotide twice daily and about 5 puffs of ventolin each day. I no longer take any becotide and only need the occasional (one every couple of months) puffs of ventolin.

I am really thankful that I have access to raw milk as I know that it suits me and provides me with a great alternative to toast in morning. I would be devastated if I could not get raw milk.

I believe there are always risks with food but the risks posed by raw milk are very, very low and I'm sure there is far greater risk eating food from a supermarket deli.

In these days of heavily processed food, people deserve the opportunity to consume food as nature intended. People also have the right to choose their own food and no one should be able to take that away.

Yours faithfully,
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