

Seamons, Colleen

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I would like to add my voice to the many consumers and practitioners that advocate for raw milk to be available for sale lawfully.

Our food comes from nature and as consumers we should have the choice as to whether we want it processed or not. I want the choice to lawfully and conveniently purchase and consume raw milk.

Processing milk removes many of the health benefits. We see this with processed grains too - we are better off eating and drinking nature's production, as close as possible to how it comes. Our bodies have not evolved as quickly as technology. Our bodies are designed to process food as it presents itself from nature. The processing and additives that we use do not enhance our wellbeing at all - what it does is fatten the pockets of the businesses that do the processing and sell it to us as better than nature could provide - that is not true. Look at the incidence of obesity, childhood diabetes and behavioural problems. These three issues were incredible rare a generation ago - what has changed? Processing food, under the guise of making it better. My family and I have been drinking raw milk for 6 months now and it is wonderful - it lasts longer, tastes better and is better for us.

Raw milk has my vote!

Best regards

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