

**Seamons, Colleen**

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**From:** Mark Latham [mvlatham@optusnet.com.au]  
**Sent:** Wednesday, 24 September 2008 10:45 AM  
**To:** submissions  
**Subject:** submission for Proposal P1007  
**Follow Up Flag:** Follow up  
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To whom it may concern,

I am writing to express my support for the sale of appropriately regulated raw milk in Australia.

As a health and fitness professional for the last 17 years I have had the opportunity to study the health impact of raw, organic dairy products from grass fed animals versus that of pasteurised products. A major distinction is the maintenance of the enzymes and beneficial nutrients within the milk. Some of the professional organisations I have studied with are based in California USA where the sale of raw milk products has been legal for the last 20 or so years, so I have become aware of the experiences in that state. Most notably the Weston A Price foundation has provided me with information about the benefits of raw milk products along with other unprocessed 'traditional' foods.

Personally I have had positive experiences from the consumption of raw milk when I have had the opportunity. This opportunity has of course been severely limited given the current situation where I may only legally purchase raw goat's milk for me and my family. Most notably when my wife was advised of the need to supplement breast feeding due to low supply I became aware of the benefits of homemade formula based on raw, organic, whole food ingredients. It is my preference to provide this kind of nutrition to my now 10 month old son rather than be forced to turn to processed commercial formula from a tin. My current opinion and understanding is that this is the best way to achieve the nutrition benefits for my son second only to 100% breast milk, which is unfortunately not possible. I am excited by an opportunity to legally purchase raw cows milk, not just goat's milk as the major ingredient in this healthy food. My own experience drinking raw milk has been that I have noticed the distinct differences in digestion of raw milk in comparison to pasteurised milk. Symptoms, although minor in my case of bloating, increased mucous, running nose and sneezing, that I previously didn't recognise or thought were related to the consumption of milk in general, I now know don't occur for me with raw milk.

With regards to the health considerations I find the messages that come from government departments such as the following quote, just don't add up when viewed with the knowledge of the experience of Californians over the last 20 years.

"Raw milk contains harmful bacteria including e.coli, salmonella and listeria, and symptoms of consuming it include vomiting, diarrhoea, abdominal pain, fever and headache, the Department of Primary Industries said.

Some individuals can develop symptoms that are chronic, severe or even life-threatening, the department said."

To my knowledge Mark McAfee the founder of Organic Pastures Dairy Company has been selling raw milk products legally in California for 20 years. I have heard it reported that in this time there has not been a single case of illness directly proven to be linked to the consumption of raw milk products. Apparently, in the same time there have been multiple cases of food illness related to other foods including pasteurised milk. To me as a consumer and parent as well as a health professional

the statement above from the health department makes me question whether the truth related to raw milk has been thoroughly investigated. Surely both these statements can not be true. I urge the FSANZ scientists to investigate the available evidence from California and other places internationally where raw milk has been sold. What do the statistics of these experiences show?

I acknowledge that any sale of raw milk products should be regulated in some way to ensure safety and standards similar to any other food product. I ask that the FSANZ scientists again look to the methods that have been used as well as new laws being passed in California as the potential basis for similar models in Australia. It would be hard to view any investigation that doesn't look at the available evidence from companies such as Organic Pastures Dairy and organisations such as Weston A Price Foundation as in any way complete.

I am very much in support of the work that FSANZ are undertaking in relation to this review and trust that their investigations will be thorough and complete and give due acknowledgement to the international situation and experiences relating to the sale of raw milk products.

Yours Sincerely,

Mark Latham B.H.M.S, Dip R.M.

Exercise Physiologist  
Senior level one Massage Therapist (AMT)  
CHEK practitioner level 2  
CHEK Holistic Lifestyle Coach level 2  
Certified Metabolic Typing Advisor

48 Karila Ave  
Lane Cove 2066  
0420303033  
mvlatham@optusnet.com.au

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