

Seamons, Colleen

From: Mary Collis [mary@homeschoolfavourites.com.au]
Sent: Monday, 8 September 2008 3:06 PM
To: submissions
Subject: Submission re Proposal P1007: Primary Production & Processing Requirements
Follow Up Flag: Follow up
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Submission re Proposal P1007: Primary Production & Processing Requirements
for Raw Milk Products

Dear Sir/Madam,

I would like to go on record requesting the legalization of raw milk in Australia.

Firstly, I grew up on a farm drinking raw milk from our own housecow, and believe my excellent health through 4 decades of life, including no allergies, is largely due to having had long term access to such a great food.

Secondly, four of my five children had allergies to commercial cow's milk from birth, ranging in severity. We became, of necessity, a soy milk family. Soy milk is a highly processed, unnatural factory food – not something the human race has every in history consumed in large quantities (Asians only ever had small quantities of well fermented soy in the diets, and soy milk is not fermented). I worried about the long term effects of drinking this product that is an invented 'food'.

Some years back I got to know an elderly person on a farm who owned a cow, but for whom daily milking had become too big a task. I volunteered to assist. As long as she had enough for her needs, I could take home all the rest. Wow! The health of my whole family improved very fast. My husband who has been milk intolerant for over 20 yrs, can now drink this milk with no side effects. My children are never sick and only see the doctor for first aid situations. Colds, coughs, infections are a thing of the past. This milk, from a healthy, (only) grass fed cow, milked under clean conditions, is like a superfood, and so readily available in our country if only the law was changed.

You would be aware of the book, *The Untold Story of Milk* by Michael Schmidt, which explains the historic reasons for the pasteurization of milk. It was not anything wrong with the milk, which has sustained humans in good health for millennia – rather the unnatural and unhygienic conditions cows were being kept in in 19th century New York. If only cows are kept healthy by being kept out of doors on fresh growing grass, we have a wonderful food at our doors, perfectly suited for the conditions in our great country.

Please let's not continue follow the American pattern of Frankenfoods, factory foods, everything processed so no one knows what real food is anymore. Let's get over our fear of 'germs' and realize our gut needs 'germs' or bacteria in abundance if it is to function properly, and is well suited to deal with most illness if only properly filled with good bacteria. The gut is 80% of the immune system of humans, and the immunity is conferred by the bacterial balance (which is why antibiotics are so bad for one's general health). Raw milk is the perfect food to bring about this balance.

I hope good sense and not fear prevails in your decision.

Sincerely,
Mary Collis

15/09/2008

Wilberforce NSW