

## Seamons, Colleen

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**From:** Jodie Wright [jodie@nourishedmagazine.com.au]  
**Sent:** Wednesday, 17 September 2008 11:47 AM  
**To:** submissions  
**Subject:** Submission: Proposal P1007 - Primary Production and Processing Requirements for Raw Milk

**Follow Up Flag:** Follow up  
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Hi I don't wish to bore you with allot more scientific evidence as I am sure you will get plenty from other Weston A. Price members, Raw Milk Australia, Nourished Magazine, Nourishing Australia and The Traditional Food Network, so instead I just wish to share a bit of our story:

I am a mother of 3 beautiful children, who prior to 2 years ago were plagued with various health issues (including myself and my partner) - excema, asthma, many colds/flus, lack of energy (I suffered with chronic fatigue for many years) etc. What changed? A friend recommended we try raw milk and after much research we decided to try it, raw milk has become a staple in our diets since then, contributing greatly to our state of health which has improved out of sight. We very rarely get sick or pick up any of the 'flus' that go around, no more excema rashes, issues with breathing (I had severe bronchitis as a small child and have had breathing difficulties since) and asthma have improved, major increases in energy levels - I no longer need a rest in the afternoon and even if I am a bit tired and have a rest I no longer need a sleep! - I no longer get reports from my daughters teachers that she is lethargic during the day, and this is just the tip of the iceberg.

I have always been health conscious and have become very knowledgeable about nutrition over the years after much research to find a solution to help my chronic fatigue. Through my research I found the Weston A. Price Foundation which helped to re spark my beliefs in nutrition and returning to a simpler way of preparing food for optimal nutrition and health, since then I have become the Chapter Leader for Canberra for the Foundation so that I may help others to find good health through good nutrition and I believe that consuming nutrient dense foods in there natural state is a huge part of that reality including and especially dairy products. Many in our group have noticed huge health impacts, increased energy, babies sleeping through the nights, allergies clearing up, being able to drink the raw milk and not have reactions like they do with pasteurised milk. I guess it is not surprising that it is becoming a huge underground market that is growing very rapidly.

Raw milk should be made legal, so we have the right to choose just like we have the right to choose whether we buy processed foods that contain harmful chemicals (preservatives), pesticides, herbicides and other nasty fillers or whole foods grown organically without these harmful additions - we also have the right to choose to pollute our bodies with harmful drugs like cigarettes and alcohol, not to mention what you can buy over the counter in a pharmacy. It should also be regulated for consumer protection and the protection of the farmers and their animals that produce the product.

Thank you FSANZ for allowing myself and many others to have our say in promoting raw milk, I hope to see it freely available in our health food stores and maybe even our supermarkets soon.

I wish you all good health!

Cheers Jodie Wright  
Chapter Leader for the Weston A. Price Foundation in Canberra Source Manager for Nourished Magazine - Wisdom to Thrive By Mother and Nourisher to 3 Beautiful well Nourished Children and Partner to 1 well Nourished Man

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