

[submissions@foodstandards.gov.au](mailto:submissions@foodstandards.gov.au)

Food Authority of Australia and New Zealand.

This information is important (maybe for your own personal health). Please read it!

Dear Sir/Madam,

It is with deep sorrow that I find that you are once again trying to delete Raw Goat's Milk from your list of accepted Healthy Foods suitable for Australian Citizens. I should have thought that your department was responsible for maintaining availability of food capable of maintaining a healthy population – not slowly destroying it! Maybe it is because we have abandoned the practice of lacto-fermentation and the insistence that everything be 'pasteurised' that we have made ourselves vulnerable to a host of pathogenic microorganisms – and now have to place our faith in 'medicine' from 'Big Pharma'. Big Mistake!

Did you know that when the Prince Charles Hospital in Brisbane was once the T.B Hospital, they kept a herd of milking goats within the hospital grounds. This raw milk was considered the best for consumption by children who were patients of the hospital suffering from T.B.

From raw goat's milk "Kefir" (cultured milk) and other yoghurts are made. Research has shown that regular consumption of cultured raw dairy products lowers cholesterol and protects against bone loss. In addition, cultured dairy products provide beneficial bacteria and lactic acid to the digestive tract. This bacteria is extremely beneficial to the digestive tract, keeping pathogens at bay and guarding against many infectious illnesses. Traditional societies, who are still very healthy and live to a healthy old age place so much value on raw and fermented milk products for their health-giving properties. Both Vitamins B and C are increased during fermentation.

Pasteurising milk destroys enzymes like lactase and numerous others, which digest lactose in the milk and help the body to absorb calcium and other minerals. It makes milk harder to digest and for some people, very difficult. Did you know that if you feed poddy calves on pasteurised milk – *they die!* Please, do not make the mistake denying the availability of such a health-giving product to health conscious Australians.

Once YOU take it away from us, it can never be regained.

Thank you for reading my submission.

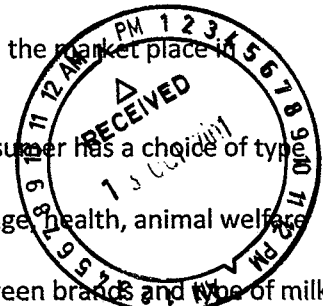
Lorraine Casperson

6 Mugara Street, Chermside. 4032



**Proposal P1007 – Primary Production & Processing Requirements for Raw Milk Products**

Below is my submission in support of the continued availability of legal, raw goat milk in the market place in Queensland. My reasons for this are as follows:-



- To preserve a dynamic, competitive, localised raw milk industry, where the consumer has a choice of type and quality of product.
- Knowledge of conditions under which animals are farmed (e.g. organic, free-range, health, animal welfare etc.) and the knowledge that there are quality control practices in place.
- I feel that any legislation that removes my FREEDOM OF CHOICE to decide between brands and type of milk for my personal consumption an infringement on my BASIC HUMAN RIGHT to choose and make decisions on how I manage my own and my families health.
- I prefer to use raw goat milk to pasteurised goat milk for the following reasons:
  - Palatability.....
  - Easier digestibility.....
  - Retention of both protective and digestive enzymes.....
  - The integrity of the protein profile and fat profile is not compromised. (some proteins and fats are heat sensitive and damaged by the pasteurisation process)
- Other:.....
- I was recommended to use raw goat milk by:
  - ☐ Naturopath    ☐ Doctor    ☒ Other *Health Specialist*

FurtherComments .....  
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.....  
.....(attach separate paper if required)

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