

SUBMISSION OF SHERRY ELTON RELATING TO: Proposal P1007-Primary
Production & Processing Requirements For Raw Milk Products

- Consumers should have the right to choose the foods they eat, it is a basic right of humankind.
- More and more people are becoming interested in eating foods that have not been destroyed by chemicals, or heat processing. Heating denatures food and destroys the enzymes necessary for their complete digestion.
- Raw milk has natural, built-in protective systems that are destroyed by pasteurising, such as lactoferrin, lymphocytes, antibodies and lysozyme, which kills bacteria by digesting their cell walls.
- The Europeans have a long tradition of using raw milk products, which would be a good example for FSANZ to follow. They have the history.
- Raw milk has the enzyme lactase that allows us to digest the sugar lactose. Many children who are told they are 'lactose intolerant' find that they are not if they can source raw milk. One mother I know even makes her own cheese from raw milk as it is the only cheese her daughter can tolerate. Her daughter can eat all raw milk products with relish and safety.
- The danger of infection from raw or undercooked beef, chicken, pork or shellfish is very much higher than the danger of infection from raw milk. Indeed, raw milk will protect a person by enhancing their immune system.
- Raw milk was considered a cure for many diseases 100 years ago, including diabetes, obesity and TB
- Pathogens can replicate rapidly in pasteurised milk, but they are out-competed by raw milk's natural defence mechanisms, even when they are added.

My family and I have been using raw milk and its products for about 15 years and have great health. My husband and I haven't even had to register with a doctor since we moved to Southland almost 5 years ago. We just don't get sick.

Many, many people just like me are turning to raw milk for their family's health, please allow others the opportunity to make their own decisions about their health and the food they eat by making it easier to source raw milk.

Yours faithfully,

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