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Seamons, Colleen

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**From:** cecilia omlor [ceciliaomlor@hotmail.com]

**Sent:** Saturday, 13 September 2008 4:48 AM

**To:** submissions

**Subject:** Submission Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products

Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products

**I am in favour of safely produced, natural raw milk.**

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**From:** cecilia omlor [ceciliaomlor@hotmail.com]

**Sent:** Monday, 15 September 2008 8:04 PM

**To:** submissions

**Subject:** SUBMISSION - Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products.

SUBMISSION - Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products.

Text below is found on this video link for reference: [http://www.realmilkaustralia.com/index.php?page\\_id=9](http://www.realmilkaustralia.com/index.php?page_id=9)

It is obvious, but it needs to be stated:

**If raw milk had been hazardous to individuals and communities that consumed it, the drinking of raw milk would have disappeared centuries ago.**

Nature provides us with foods that are complete. With all the enzymes, vitamins, minerals, beneficial bacteria, and fats that we need to not just survive, but thrive.

**What is the science behind this?**

**Dairy Microbiologist, Australian, Dr. Ron Hull explains:**

"Raw milk is a living food. By living food it is living as we know fruits and vegetables are living. It has the same basic functions as those products. Pasteurisation kills those living aspects of raw milk.

And what are those aspects? Well, they consist of white cells, which are the same sorts of cells which are part of our innate immune system which protect us from infection.

And then it contains a whole host of enzyme systems which are anti-microbial. And there's also enzymes which assist in digestion of the milk.

We do know that it increases immunity. Certainly gut immunity.

We know that lactic-acid bacteria which are a key part of gut immunity, are actually promoted, and are promoted to grow in raw milk.

Now the point I'm making is that raw milk doesn't allow those organisms, those spoilage organisms and the pathogens to grow."

The experts who assisted in the legalisation of the bill to be passed recently in California to continue to sell raw milk on the shop shelves say the living systems in pro-biotic raw milk do not allow pathogens to grow.

And this is what makes a very different food from regular milk.

**Dr. Ron Hull** says that raw milk is probably the best of the pro-biotic foods that we know of because it favours the good bacteria and not the pathogens (bad bacteria) in our bodies.

Beneficial bacteria, immune cells and enzymes occur naturally in raw milk, and help destroy pathogens. In addition to this the dairies themselves go through many steps to produce safe, high quality, raw milk.

16/09/2008

Owner of Claravale Farms Dairy, Collette Cassidy states:  
To our knowledge, no food is as extensively regulated and tested as raw milk including foods which have a much less perfect safety history than ours.

**Robert D. Irons PhD, Nutritional Immunologist/Microbiologist states:**  
I have it on good authority that no CDFA test have ever found pathogens in Claravale or Organic Pastures milk.

**Owner of Claravale Farms Dairy, Collette Cassidy states:**  
Our milk is tested for cleanliness, sediment, total bacterial levels, constituents, cow health, antibiotics, preservatives, dilution, and specifically for all of the possible pathogens. In addition our cows are regularly tested for diseases that they may carry which humans could contract.

**Robert D. Irons PhD, Nutritional Immunologist/Microbiologist** states how the probiotic coliforms in raw milk are beneficial to us:  
Pro-biotics are defined as live micro-organisms that when ministered in adequate amounts confer a health benefit on the host. Published studies on probiotic health benefits include asthma, allergy, gastrointestinal disorders, cancer, etc.

These aerobic and coliform bacteria live in a natural and symbiotic relationship with humans as part of our intestinal micro-flora which experts say contribute to **over 70% of our own protective immunity.**

Intestinal micro-flora refers to the varied species of bacteria that live in a healthy human intestine. When these bacteria are present in food they are termed pro-biotics. When these bacteria exist in intestines and enter the environment they are termed coliforms.

From Aajonus Vonderplanitz:

Raw milk garnered a bad reputation when pasteurization began. The fact is, Raw milk has a volume of benefits that are overlooked and is perfectly safe even when so-called pathogens are present in the milk, as reported by William Campbell Douglass, Jr. MD, and John Hopkins cum laude graduate Andrew Berstein.

Raw milk is an integral part of this specific raw food diet but should be a part of any diet because of the benefits it provides. While pasteurization was developed to destroy so-called dangerous germs, it also destroys all beneficial bacteria, all enzymes and vitamins, and at least half of the calcium. Those beneficial bacteria greatly help in regulating the body, including helping the digestive system function properly and giving the immune system a boost. The traditional FDA approved food nutrition guide calls for getting plenty of servings of dairy products --- and so does the Raw food nutrition guide. The main difference is that the Raw food nutrition guide calls for Raw milk, not adulterated pasteurized milk.

The reasons are simple: aside from containing beneficial germs, Raw milk is filled with beneficial nutrients and vitamins. For example, it contains higher amounts of vitamin C because part of that vitamin is destroyed in the pasteurization process. Even worse, pasteurized milk makes part of the calcium it contains insoluble. This makes you more likely to develop bad teeth, rickets, and problems with your nervous system.

Another downfall of the pasteurization of milk is the fact that it

destroys approximately 20% of the iodine that is naturally found in milk. As a result, you are more likely to become constipated after drinking pasteurized milk.

The nutrients found in naturally occurring raw milk, as well as other raw foods, is the reason for the strong correlation between following a Raw Food Diet and Weight Loss, as well as the prevention of a wide array of diseases and disorders.

I am an American and Australian. I lived in the USA from 1999-2005. In that time I consumed raw milk for the first time in my life for a large period of that time. In that time my health issues disappeared and I know how my body felt and how raw milk improved my health.

Upon returning to Australia and being without raw milk for 2 years my body reverted back to the old health issues I had before starting to consume raw milk when in the USA.

From a logical viewpoint, Australia allows the importation of several raw milk cheeses, and Australian produced goats milk. Anecdotal information suggests there are people who drink raw milk in Australia, and not one case of foodborne illness has been **factually proven** from all of the above.

I believe in the right to drink raw milk. I think it is very important for my health. I believe that through the proper health and safety plans as have been approved in the USA recently they can be the vanguard for Australia and its citizens to legislate raw milk for human consumption for those who believe in their human right of choice of what foods they consume which are proven scientifically to be of benefit for not only of good, but of superior health and well being.

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**From:** cecilia omlor [ceciliaomlor@hotmail.com]**Sent:** Tuesday, 16 September 2008 11:39 PM**To:** submissions**Subject:** SUBMISSION - Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products.

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SUBMISSION - Proposal P1007: Primary Production & Processing Requirements for Raw Milk Products.

The below article reflects my thoughts, and I favour to have safe, natural raw cow's milk in Australia.

This article was written in 2004 by owner of Organic Pastures.

September 10, 2008 the US bill SB201 was passed to legally continue to sell raw milk from shop shelves in California.

The same company, Organic Pastures, is one of the two dairies who's raw milk is currently on the shelves, and hold a 100% perfect record of health and safety of their raw milk to date at this time.

<http://www.realmilk.com/> Through this link you will find the latest news report in the USA regarding raw milk.

Understanding these comments are US based are absolutely relevant considering we import raw milk cheeses from other countries. Although I would prefer Australian raw milk, I would settle for American raw milk from Organic Pastures or Claravale to also be imported into Australia for retail sale. They export their products all over the world. No reported cases from \*anywhere\* in the entire world have surfaced regarding foodborne illness from either of these two companies. If so, we would of course all have heard of \*that\*!

The point here is that Australia can quite easily replicate US procedures for raw milk production, and also raw milk cheese production. It would render the same results of health and safety as has been proven through the 12 million servings of Organic Pastures products that were consumed between 2000-2004 where not one person complained of illness and not one pathogen was ever found either by the state, FDA or Organic Pastures. That amount of raw milk consumption has of course more than doubled to date in 2008 as we stand. Still....a 100% perfect rating of a pure and safe raw milk to date.

It is imperative that the citizens of our nation have an informed choice in foods. If raw milk was so horrible then why is it that raw milk has such an incredibly safe record not only in California and in Colorado but also other countries, and not just in our day, but since the beginning of raw milk production from pasture fed cows producing good quality raw milk?

There have been many listeria recalls and food outbreaks with pasteurised milk. . . but none with organic raw milk.

As an Australian we can buy raw eggs, raw meat, raw fresh juices, so why not raw dairy products? And they are not even organic.

Nearly all related foodborne illness are related to pasteuriser failure not raw dairy products intended for consumption.

Pasteurised milk kills the safety systems that control pathogens in raw milk and therefore permit unlimited growth of dangerous bacteria if present.

Our products have what Mother Nature intended, a diversity of good bacteria and a wide range of

17/09/2008

essential enzymes including lactase for lactose digestion and phosphatase that is essential for the utilisation of calcium.

One reason raw milk is so much easier to digest compared to pasteurised milk is due to the presence of lactase, the enzyme that breaks down milk sugar and which many humans are unable to produce.

The experts Mark McAfee have spoken with deny the presence of lactase in raw milk; however, it is the friendly bacteria in raw milk that facilitate the creation of lactase in the intestine where it is needed. That is why lactose-intolerant people can drink raw milk without a problem. Pasteurization kills these friendly bacteria.

The main point to remember is that the proof is in the pudding.....raw milk holds the highest record of any dairy product for health and safety. On the flipside, pasteurised milk which has not only an inferior record, but even with these reported cases of serious foodborne illness it is still being sold as safe? We are supposed to be protected through undeniable facts, science, history, and current evidence and reports. Raw milk outshines every other milk in regards to its safety, its health benefits over the long term - over centuries - as a safe, reliable, healthy, immune building, infection fighting, loaded with all the necessary vitamins, minerals, enzymes our bodies need to function as a healthy people.

These facts can be traced back century after century throughout the entire world. This is not a local, or new "phenomenon". These are facts based on evidence of science and history, and also current modern day reports that show 100% health and safety records of organic raw milk.

The most convincing evidence here are the people, and their health success stories. There are thousands and thousands and thousands of reported cases of \*improved health\* solely through the consumption of raw milk.

I am one of those thousands.

Kind regards,

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# The Safety of Raw Milk

**by Mark McAfee**

The Colorado Department of Public Health  
Denver, Colorado  
May 19, 2004

Dear Sirs,

I have been requested to share with you our commercial organic raw milk production and sales experience. For the last four years, Organic Pastures Dairy has produced a full line of raw organic dairy products for retail sale ( 300 stores including Wholefoods) and consumption here in California. The state of California (CDFA) monitors and tests all of our raw dairy products multiple times per month. The state has never found one pathogen (salmonella, E. coli O157:H7 or listeria) in any of our products. Even more interesting is the fact that not one human pathogen has ever been found in the hundreds of environmental swabs that have been taken in our plant facility.

Dr. Caterina Berge, DVM and PhD candidate at UC Davis, tested our milk cows' fresh manure and did not find any human pathogens. That's right. . . no Salmonella. She was able to show that when antibiotics are not ever used on the herd (as stipulated in the organic standards) and when cows are not stressed (grass-fed

and kept healthy) they simply do not slough off pathogens in their manure. The data collected at Organic Pastures was quite different from that found at other dairies. The typical conventional milk tank had either salmonella or E. coli O157:H7 detected about 30 percent of the time. In comparison, Organic Pastures has never had one pathogen—ever.

To study this issue further, Organic Pastures contracted with BSK labs in Fresno to perform multiple challenge and recovery tests on our raw milk and raw colostrum. When 7 logs (10 million counts) of pathogens were added to one-milliliter samples of organic raw milk they would not grow. In fact they died off. The salmonella was so badly out-competed that it could not be found less than 24 hours later. The listeria drop was less dramatic and was similar to the E. Coli O157:H7 samples that were studied, but they also did not grow and declined substantially over time.

The lab concluded: “. . . organic raw milk and colostrum do not appear to support the growth of pathogens. . .”

During the period 2000 through 2004 there were several listeria-related food recalls in California associated with pasteurized milk products and ice cream. During this same period more than 12 million servings of Organic Pastures products were consumed and not one person complained of illness and not one pathogen was ever found either by the state, FDA or Organic Pastures.

This begs the bigger question. What is it that causes raw milk to kill pathogens? Just in the last 24 months, the FDA has approved lactoferrin as an approved method of treatment for pathogen reduction in beef slaughter plants. Raw milk naturally has levels of this enzyme-based pathogen killer. Pasteurization inactivates this and other enzymes that kill pathogens. These enzymes include lactoferrin, xanthine oxidase, lactoperoxidase, lysozyme and nisin. There are other interrelated enzymes and beneficial bacteria that also act on the pathogens to inhibit their growth. All of these systems are destroyed by pasteurization. It is no wonder that dairy plants that pasteurize must be kept absolutely spotless. There are no remaining safety systems in the processed milk.

I will be presenting my experiences and the factual references that I have mentioned here during my verbal address in Colorado on May 19th.

Our company ships product all over the world. We have been inspected by the FDA and the FDA has also never found a pathogen. It may seem strange to say or claim this, but Mother Nature is right, her blue print is right on point. It is mankind that has added variables that cause much of the concern for pathogens in our current market systems. Our consumers are made ill by pasteurized milk products and the additives and processing methods. Our consumers share their testimonials with us every day. Asthma, allergies, arthritis, immune-related disorders, autism, ADD, Crohn's disease, rare enzyme deficiencies. . . the list goes on and on. In each of these cases raw milk or raw dairy products makes a dramatic improvement in health. There have been cases when patients have been written off by modern medicine only to return to perfect health after drinking raw colostrums and raw dairy products.

Please see [www.makersdiet.com](http://www.makersdiet.com) for a story of one person's recovery from near death using raw dairy.

It is imperative that the citizens of our nation, not just California, have an informed choice in foods. If raw milk was so horrible then why is it that raw milk has such an incredibly safe record here in California and in Colorado? I would argue that since we have been in business there have been many listeria recalls and food outbreaks with pasteurized milk. . . but none with organic raw milk.

As an American we can buy raw eggs, raw meat, raw fresh juices, so why not raw dairy products? Show us one case of disease related to natural raw dairy products in Colorado or California. They are very hard to find. They are nearly all related to pasteurizer failure not raw dairy products intended for consumption.

The dairy industry does not understand what I have explained here in detail. What the dairy industry believes is that raw milk contaminates pasteurized milk. This is not the case. Pasteurized milk kills the safety systems that control pathogens in raw milk and therefore permit unlimited growth of dangerous bacteria if present.

Our products have what Mother Nature intended, a diversity of good bacteria and a wide range of essential enzymes including lactase for lactose digestion and phosphatase that is essential for the utilization of calcium.



One reason raw milk is so much easier to digest compared to pasteurized milk is due to the presence of lactase, the enzyme that breaks down milk sugar and which many humans are unable to produce. The experts I have spoken with deny the presence of lactase in raw milk; however, it is the friendly bacteria in raw milk that facilitate the creation of lactase in the intestine where it is needed. That is why lactose-intolerant people can drink raw milk without a problem. Pasteurization kills these friendly bacteria.

Please call 1-877-Raw Milk and I would be happy to discuss these experiences and the hard data that backs them up. Feel free to call Organic Pastures and ask for the lab tests results. You will find zero pathogens detected at any time from any test.

I look forward to your questions. I am dedicated to sharing information, education and the building of understanding relationships. In fact we place our most sensitive bacteria data at our website for all the world to see at [www.organicpastures.com](http://www.organicpastures.com).

I have a medical background having served as a certified paramedic and medical educator for the Fresno County Health Department for 16 years and having run more than 14,000 911 calls.

I am the only creamery operator in North America to produce the products at issue and believe my experience and tests are absolutely on point.

Most kind regards,  
Mark McAfee  
Founder, Organic Pastures

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