

## Seamons, Colleen

---

**From:** Claudia Cortizo [combtherapies@hotmail.com]  
**Sent:** Wednesday, 24 February 2010 8:26 AM  
**To:** standards management  
**Subject:** submission regarding raw milk

**Categories:** Blue Category

Dear Sir/ madam

I wish to submit my opinion and experience about Raw Milk for human consumption.

Our current food supply has seen extreme changes within the last decades. Our foods are sprayed with toxins and chemicals, injected with hormones, radiated, GMO, pasteurized and in many cases subjected to many other processes before it even lands on our plates.

In a study conducted in Primal Diet, one man's quest to find a cure for a series of ailments. Aajonus Vonderplanitz, the author (you can google) journeys into remote areas and gains access to some of the most remote and longest living individuals on the face of the planet. Some were over 140 years old. (strangely enough these groups are protected and isolated by governments and access is difficult)

What he observed was the way in which they ate.

He discovered that the body was designed to eat the way we have always been eating for thousands of years before the introduction of 'processed foods'. Raw meat and raw milk and eggs with a minimal amount of fruit and vegetables was exactly what the body was designed to digest.

It was through this diet that Aajonus was able to reverse many ailments including diabetes. Once the news spread there are hundreds of reported cases of similar results with all kinds of ailments in other people who tried the diet.

I have been consuming raw milk for about 5 years and have never been ill nor have I suffered any consequences to eating raw cheese or butter. I have not had a cold nor flu in years and am in perfect health. If a cow is allowed to graze naturally and is not injected with all kinds of antibiotics and hormones then the milk will be sound. Pasteurization became necessary after cows were treated to modern chemicals.

The importance of healthy bacteria in the human body has been largely overlooked. The foods we consume now are nothing like the ones our ancestors relied on. We need to think differently about food and about what constitutes healthy food. The more we kill of the subtle nutrients and bacterial benefits of raw food the more our bodies are left depleted of health and more vulnerable we become to unnecessary illness. It is not by chance that we have more diseases now than we have ever had in history, more cancer, diabetes and other food related illnesses. Please keep Raw foods ALIVE.

thank you,

Sincerely,

Claudia Cortizo,  
unit 2/49 duet drive,  
mermaid waters,  
qld  
4218