



Pasteurized Versus Raw Milk

Pasteurization Destroys the Nutritional Value of Milk

Pasteurization uses heat to treat the milk and these extremely high temperatures actually diminish the vitamin content, destroying vitamins C, B6, and B12 found in raw milk. What you are left with is a milky substance, devoid of healthy nutrition, that can actually do more harm than good. Further, milk is heat treated again in a process called clarification. When milk sits in the silos it is subject to all sorts of nasty bugs, insects and rat “turds”. These foreign substances create a yellow layer in the milk, known in the dairy industry as “pus”. Instead of cleaner farms (which cost money to clean-up) the profit oriented milk companies heat treat the milk again (clarification) so the yellow “pus” turns white and you can’t see all of the junk. It is still there, you just can’t see it! Only raw milk has amazing nutritional value, pasteurized milk does not.

Pasteurization Destroys Beneficial Enzymes, Resulting in Decreased Bone Density

Pasteurization destroys the enzymes necessary for the body to absorb calcium and other important nutrients. In fact, research has demonstrated that pasteurized milk may DECREASE bone density (not increase density) due to the inability of our body to absorb essential nutrients, especially calcium, once these enzymes are destroyed. Further, calcium is better absorbed in the presence of natural milk fat, thus the skimming process of pasteurized milk reduces the ability to absorb calcium and other nutrients. So much for the ad campaigns that states “Milk Builds Strong Bones”. In fact, a 12-year Harvard study of 80,000 nurses showed that a high intake of commercial, pasteurized milk actually increased the risk of bone fractures. Only raw milk helps build strong bones!

Pasteurization Destroys Beneficial Hormones, Fatty Acids and Antibodies

Hormones, necessary for sex drive, thyroid function and energy are destroyed with pasteurization. Further, the fatty acids conjugated linoleic acid (CLA) are destroyed and these fatty acids help fight cancer. There's evidence that the antibodies the body makes to digest milk are closely related to the antibodies that destroy islet cells (insulin producers) in the pancreas in cases of juvenile diabetes. These antibodies, necessary to fight disease such as juvenile diabetes, are destroyed too.

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Pasteurization Destroys Beneficial Enzymes, Contributing to Bad Cholesterol

The homogenization process of milk breaks up and destroys enzymes through its heating process. Dr. Spreen, of the Health Science Institute says the enzyme xanthine oxidase, in this altered state, can enter the bloodstream and react against arterial walls, causing the body to protect the area with a layer of cholesterol.

Pasteurization Destroys the Good Bacteria Contained in Raw Milk

Raw milk contains good bacteria called probiotics, which are able to destroy any harmful pathogens that may be present. Unfortunately, when milk goes through the pasteurization process, those protective beneficial bacteria are destroyed. That alone makes pasteurized milk more susceptible than raw milk to carrying dangerous bacteria and not having an ability to fight off the unhealthy bacteria.

Pasteurization Alters the Quality and Structure of Milk Itself

When milk is pasteurized and homogenized, the lactose sugar is converted to beta-lactose, a form that can cause milk allergies. Raw milk, raw cheese and other raw dairy products do not cause allergies; the pasteurized versions of these products contribute to allergies.

Pasteurized Milk Contains Antibiotics, Hormones and Other Chemicals, Raw Milk Does Not

Most pasteurized milk is not organic milk, and this means the cows that produce the milk you drink have been injected with toxic antibiotics, growth hormones for increased milk production and other unwanted chemicals. In addition, many of these cows are fed foods that have been sprayed with pesticides and herbicides and grown in dirt full of chemically toxic fertilizers. To be specific, Monsanto Chemical Company, maker of poisons such as DDT, agent orange, Roundup (pesticide) and more spent around half a billion dollars inventing a shot to inject into cows (rbGH) to force a cow to produce MORE milk for MORE MONEY. Unfortunately, they created *FIVE* errors in their Frankenstein Posilac (rbGH) shot that direly affected all test animals but that important report (Richard, Odaglia & Deslex, 1989) has been hidden from everyone under Clinton's Trade Secrets act. The Canadians read enough of this report (before it was stolen) to reject rbGH for their country.

Raw milk comes from organic, grass fed dairy cows that have not been injected with antibiotics, hormones or other toxic chemicals. The source of milk is clean and not contaminated.

Pasteurization Destroys the Taste of Milk

Pasteurized milk simply does not have the flavor of raw milk and it does not have the creaming ability of milk. Further, pasteurization destroys the souring bacteria of milk, causing it to actually putrefy if kept long enough. Pasteurized milk also decomposes when exposed to air where raw milk does not decompose. Milk experts, such as Dr. Spreen, of the Health Science Institute states that pasteurized, homogenized milk doesn't even qualify as food.

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Pasteurization and Homogenization Allow Fat-Borne Toxins into the Bloodstream

Large fat molecules cannot get through the intestinal wall into the bloodstream. In pasteurized, homogenized milk the cream no longer rises because homogenization breaks up those large molecules into small ones that DO get into the bloodstream. This becomes an expressway for any fat-borne toxins (lead, dioxin's, etc.) into your otherwise most protected organs.

Pasteurized Milk Can Lead to a Variety of Health Problems Whereas Raw Milk Can Help Health Problems

Pasteurized milk alters the body's terrain to an unhealthy state because it destroys natural and essential nutrients, enzymes, hormones, antibodies and fatty acids. This means we are at risk of getting sick or sicker. The most obvious evidence of this is that infants do not develop well on pasteurized milk. (Even calves do poorly and sometimes die when given the pasteurized junk food.) Pasteurized milk is more likely than raw milk to lead to a variety of health problems including tooth decay, constipation, allergies, arthritis, cancer, and osteoporosis. Studies also show that pasteurized milk contributes to prostate and ovarian cancer, atherosclerosis, anemia, MS and leukemia. In fact, due to the altered terrain of our bodies, pasteurized milk diminishes resistance to disease (especially in the young).

Reversely, raw milk is believed to relieve allergies, asthma, digestive disorders, kidney disease, rheumatism and even autism. Don't let the "health authorities" tell you that pasteurized milk has the same nutritional benefits or that it's safer for you. Not by a long shot. The FDA and the CDC treat raw milk as if it will lead to massive health problems in the U.S. It seems they have forgotten that people thrived on raw milk for thousands of years and that in fact, milk related illnesses and allergies are a modern day problem linked directly to pasteurized milk, not raw milk.

Pasteurized Farms Have Fewer Health Standards, Are Less Clean but Bring Bigger Profits to the Suppliers

Most people are willing to give up all of the benefits of raw milk because they're concerned about safety. But the truth is raw milk farms are cleaner and have stricter health standards. This means raw milk is more costly to make so most suppliers go the pasteurized route, which means more profits in their pockets. In fact, the pasteurized milk industry is nearly a \$30 billion dollar (that's right billion, not million) industry a year. Money seems to be more important than your health. In addition, pasteurization is not infallible: It may be carelessly done, which could result in various bacterial infections such as helicobacter pylori, the cause of peptic ulcers and other diseases. Further, the not so widely published statistics show that pasteurized milk has contributed to more than 200,000 cases of food poisoning in the last couple of decades and more than 600 deaths.

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