

## ***CDC Stance on Raw Milk—As Biased as It Gets***

*An excerpt on Raw Milk Vs Pasteurized Milk from Mercola.Com*

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*A leading Natural Health Advocate. Advisory Board Member of American Nutrition Association.*

*Mark McAfee, CEO of Organic Pastures Dairy and an internationally recognized expert in raw milk production and safety, has on numerous occasions tried to set the record straight with US authorities, to no avail. In a 2012 letter to the Centers for Disease Control and Prevention (CDC), he writes:<sup>7</sup>*

*"As a grade A producer of retail-approved raw milk in California, I find your raw milk page filled with highly erroneous and very misleading information... In California, we have legal retail-approved raw milk in 400 stores consumed by 75,000 consumers each week. This retail legal raw milk is tested and state inspected and far exceeds pasteurized milk product standards without any heat or processing.*

*It is clean raw milk from a single source dairy. There have been no deaths from raw milk in California in 37 years. Two years ago, I submitted a FOIA request to the CDC to request data on the two deaths that the CDC database claims were from raw milk. The data I received back from the CDC showed that in fact there had been no death from raw milk at all.*

*The two deaths had been from illegal Mexican bath tub cheese and not raw milk from any place in America. Why does the CDC persist in publishing this erroneous information? ...The last people to die from milk died from pasteurized milk at Whittier farms in 2007, not from raw milk."*

*While both the US Food and Drug Administration (FDA) and the CDC warn that raw milk can carry disease-causing bacteria, they completely overlook the fact that these bacteria are the result of industrial farming practices that lead to diseased animals, which may then in turn produce contaminated milk.*

They make no distinction whatsoever between disease-riddled factory farmed milk and the milk from clean, healthy, grass-fed cows. This is indeed a key issue, as raw milk from a confined animal feeding operation (CAFO) IS dangerous and must be pasteurized in order to be fit to drink, whereas raw milk from cows raised on pasture IS NOT dangerous and DOES NOT need pasteurization. The source of the milk makes all the difference when it comes to raw milk.

*"The FDA does not mention raw milk on their top 10 most risky foods in America list," McAfee notes. "Pasteurized ice cream and pasteurized cheeses make the top 10 risky foods list... According to the Cornell study performed on CDC data, there were 1,100 illnesses caused by raw milk between 1973 and 2009. There were 422,000 illnesses caused by pasteurized milk. No deaths from raw milk and at least 50 deaths from pasteurized milk or pasteurized cheese—the CDC left out the 29 or more people that died from the pasteurized Jalisco cheese listeria incident in 1985."*

You've got to ask yourself, is this really about our personal safety or the safety of the milk industry? Eating directly from the farm is prohibited by industry so they can control our food supply. They make it very difficult for farmers to sell directly to us. They claim this is done for our safety, but it's really just a scheme to control our food system.

## Raw Milk Has Many Health Benefits

The CDC, as McAfee notes, is absolutely riddled with bias. While most of it is obvious, some of the bias is hidden by the way the CDC counts its statistics. For example, it counts outbreaks rather than the number of people affected by the outbreak. In one outbreak caused by pasteurized milk, *200,000 people* fell ill! Yet it's only counted as *one* incident. Its website also makes no mention whatsoever to studies showing how raw organic milk differs, nutritionally, from CAFO milk, and how it improves health. For example, raw milk is:

Loaded with healthy bacteria that are good for your gastrointestinal tract.

Full of more than 60 digestive enzymes, growth factors, and immunoglobulins (antibodies).

These enzymes are destroyed during pasteurization, making pasteurized milk much harder to digest.

Rich in conjugated linoleic acid (CLA), which fights cancer and boosts metabolism.

Rich in beneficial raw fats, amino acids, and proteins in a highly bioavailable form  
all 100 percent digestible.

High in omega-3 and low omega-6, which is the beneficial ratio between these two essential fats.

Loaded with vitamins (A, B, C, D, E, and K) in highly bioavailable forms, and a very balanced blend of minerals (calcium, magnesium, phosphorus, and iron) whose absorption is enhanced by live Lactobacilli.

Rich in healthy unoxidized cholesterol.

It also contains phosphatase, an enzyme that aids and assists in the absorption of calcium in your bones, and lipase enzyme, which helps to hydrolyze and absorb fats.

Pasteurizing milk, on the other hand, destroys enzymes, diminishes vitamins, denatures fragile milk proteins, destroys vitamin B12 and vitamin B6, kills beneficial bacteria, and actually promotes pathogens.

<http://articles.mercola.com/sites/articles/archive/2014/07/22/raw-vs-pasteurized-milk.aspx>

You may like to read another excellent Article by Chris Kressor  
another Natural Health Advocate  
who recovered from ill-health through Raw-Milk  
and fermented mild products made with it.

<http://chriskresser.com/raw-milk-reality-benefits-of-raw-milk>