

TO: Each Senator and Representative of the United States of America

Raw Milk: Nature's Perfect Food

PETITION, and REPORT IN FAVOR OF NATURAL MILK ("RFNM")

EXPERT REPORT AND RECOMMENDATIONS

By Dr. Aajonus Vonderplanitz, PhD Nutrition

Submitted by:
Arlene Binder, Attorney at Law
Roger Noorthoek, Attorney at Law
16161 Ventura Blvd.
Encino, CA 91436
800-695-3763; Fax: 818-883-3484

CONTENTS

	Page
CONTENTS	2
EXECUTIVE SUMMARY	3
<u>SUMMARY OF PETITION - REPORT IN FAVOR OF NATURAL MILK.....</u>	8
<u>PETITION, and REPORT IN FAVOR OF NATURAL MILK; EXPERT REPORT AND RECOMMENDATIONS</u>	
1) <u>Health Risks From Drinking Pasteurized Milk</u>	13
Case on Point	14
a. Bacterial Risks from Drinking Pasteurized Milk.....	15
b. Infant Death Syndrome and Colic from Feeding Pasteurized Milk.....	17
c. Disease and Disease-Risks from Drinking Pasteurized Milk.....	19
2) <u>Health Benefits and Risks from Drinking Natural Milk</u>	24
a. Bacterial, Viral & Parasitical Resistant and Nutritive Value of Raw Milk	24
b. Medical Milk Therapy - Prevention and Reversal of Disease from Drinking Raw Milk.....	27
i. Infant Safety and Health Benefits From Feeding Raw Milk..	28
ii. Raw Milk Safety and Health Benefits In General – Including TB..	30
iii. Immune Natural Milk Therapy Benefits.....	32
3) <u>Raw Milk As a Preservative</u>	33
4) <u>Nutritive Value of Natural Milk vs. Pasteurized Milk (Chart)</u>	33
5) <u>History of Movement Against Natural Milk; The Creation of the Assumption That Pasteurized Milk Is Safer Than Natural Milk</u>	34
a. National Claims Against Natural Milk.....	34
b. Chronology of Unsubstantiated Claims Against Raw Natural Produced in California.....	37
6) <u>How Credible is the Center for Disease Control (CDC) Regarding Raw Milk?</u>	39
7) <u>Bacteriology</u>	41
8) <u>Conclusions and Recommendations</u>	43

EXECUTIVE SUMMARY
Of

PETITION TO LEGISLATE THAT NATURAL RAW MILK MAY BE TRANSPORTED OVER U.S.A. STATE LINES FOR COMMERCIAL CONSUMPTION BY ANYONE WHO WANTS IT

SUMMARY, PETITION, and REPORT IN FAVOR OF NATURAL MILK (EXPERT REPORT AND RECOMMENDATIONS) & Attached Exhibits: Exhibit A, SUMMARY, PETITION and REPORT IN FAVOR OF NATURAL MILK ("RFNM", 38 pages) Dr. Wm. Campbell Douglass, MD, Dr. Aajonus Vonderplanitz, PhD; Exh. B, Dr. Nancy Mann, PhD Biostatistics; Exh. C, Mikel Theobald; Exh. D, Dr. James Privitera, MD; (former Commissioner of Los Angeles County Medical Milk Commission); Exh. E, Dr. Paul Fleiss, MD (President of the American Association of Medical Milk Commission, former chairperson for the LACMMC); Exh. F, Dr. Roger Noorthoek; Exh. G, Dr. Earl Smith; Exh. H, Dr. Thomas Cowan, Exh. I, Sally Fallon; Exh. J & K, Raymond Novell.

FACTS

Federal, state and local health and agricultural departments have tried to outlaw natural milk and natural milk products for nearly a century by pressure from the medical, agribusiness, prepared food industries and private organizations. Based on the myth that raw milk was dangerous, the Food and Drug Administration (FDA) banned interstate shipments of raw milk. Under the Federal Food, Drug and Cosmetic Act regulations FDA regulated that "All products labeled milk moving in interstate commerce be pasteurized." (38 FR 27924). In 1974, after objections to the regulation from people within the dairy industry, the FDA stayed the pasteurization requirement, permitting shipments of certified raw milk and milk products across state lines. (39 FR 42351). It is the single greatest impediment to natural raw milk sales in the US. Congressional approval has not confirmed that regulation.

In 1986, two organizations with members full of fear, unaware of the true science of raw milk, sought mandatory pasteurization in the case of Public Citizen, et al v. Heckler, 653f. Supp. 1229 (D.D.C. 1986). FDA was not named as defendant (it should have been) but ex-Secretary of HHS Margaret Heckler was named. Very suspicious! Everyone in the court was against natural milk. It was not properly defended, presenting its safety and medical benefits. It was a maneuvered mock court proceeding to damn raw milk and ban it nationally. The federal district judge concluded that FDA presented "overwhelming evidence of the risks associated with the consumption of raw milk, both certified and otherwise". She ruled that raw dairy was always unsafe and ordered the FDA to enforce its 1974 ban against raw milk. Of course, the FDA did not present the truth of raw milk science, failing most Americans. Consequently, on September 9, 1987, FDA began enforcing the ban on commercial interstate transportation of raw dairy.

Consequently, Alta Dena Dairy of California was forced to stop supplying health-giving natural milk to people in all states. Millions of Americans have been deprived of their nutritious truly natural dairy products. Prior to FDA's regulations, Alta Dena Dairy supplied milk products from California to Alaska and to the east coast, north and south without one case of illness.

Hundreds of thousands of people from all states who have joined this Petition and Report were and are harmed by those regulations. Congress holds the power to restore millions of Americans' rights to the pursuit of health and happiness.

Throughout FDA's websites and its branch departments (CFSAN), it states that bacterial illnesses have been "related", "linked", "associated", "attributed", "tracked", "traced" and "connected" to natural milk. Do we understand what those words "related to", "linked to", "associated with", "attributed to", "tracked to", "traced to" and "connected to" mean? They mean that every case reported did not, and does not utilize science to specifically substantiate any claim of an accused product. A connection was based on survey, biased and prejudiced.(RFNM)

Bacterial ***fingerprinting*** merely means that a particular strain of bacteria will be compared from one source to another, but not like human-fingerprinting. For instance, there are thousands of Salmonella families. Bacterial fingerprinting can identify a family of Salmonella but cannot identify whether the strain of bacteria was directly related to another. Like the Smith families spread across the U.S.A. can be identified but from whom each Smith procreated is unidentifiable. Bacterial fingerprinting cannot identify whether the strain of bacteria was directly related to another.

The CDC and FDA are repeating the same mistake as the Los Angeles County Department of Health Services (DHS) did in 2001 in their *Report On Raw Milk, Grading, Testing and Public Health Implications* ("DHS Report") to their legislators. The DHS Report, signed by Dr. Ficcune who headed the department contained prejudicial, unsubstantiated, misleading and inaccurate content designed to intentionally, maliciously, unreasonably, unlawfully in bad faith and illegally obstruct and deny Equal Protection and Right to Choose access (RICO - racketeering) and eliminate raw milk. Legislators in California were savvy enough to read a similar report to this one that Drs. Douglass and Vonderplanitz issued to them. Those legislators established that their health department was not knowledgeable enough about milk issues to have written such a report. Dr. Ficcune was released from his position as the head of the department. Resultantly, on March 21, 2001, the legislators passed a law that allowed safe natural RAW milk to be commercially available with no more regulation than those for Grade A pasteurized dairy.

Andrew Bernstein, cum laude graduate of Johns Hopkins University wrote to those legislators in 2001,¹ "There is a certain flaw of logic evident again and again in the outbreak literature, and this is that 'raw milk causes disease.' It seems to be so deeply conditioned into us that many people have difficulty understanding why it's untrue. Take a look at any outbreak article." Bernstein selects an incident involving school children. "On May 14, 1981, 49 third-graders in Minnesota went to a dairy farm, accompanied by 21 adults.² 42 of these students and 6 of the adults drank raw milk on the farm. Several days later, 22 (52%) of the 42 students and 3 (50%) of the adults got diarrhea. This means that 20 (48%) of the third-graders and 3 (50%) of the adults did *not* get diarrhea, or, to make things simpler, half of the visitors to the farm got sick, and half remained well. [Four children and 1 adult who did NOT drink raw milk had diarrhea!]

"According to logic and reason, if A leads to B in all cases, we can say *A caused B*. And if A doesn't lead to B in all cases, even if it's only in one case, causality is denied. Therefore, if 100 third-graders drink [cola] and 100 get sick, we can say that [cola] caused the sickness. If 100 third-graders drink [cola] and only 50 get sick, we *cannot* say [cola] caused the sickness, but instead must ask what it was about *the children* that made the difference. Similarly, if 42 third-graders drink raw milk, and 20 of them remain healthy, we cannot say that the milk *caused* the disease, because we have 20 Pokemon-trading exhibits of evidence proving us wrong. Nor can we say that the raw milk was "inherently unsafe." If raw milk were "inherently unsafe," *all* who

¹ Bernstein, Andrew, A Very Brief History of Milk as Medicine, Los Angeles County Board of Supervisors written testimonial presentation, 2001.

² Korlath JA, Osterholm MT, Judy LA, Forfang JC, Robinson RA, A point-source outbreak of Campylobacteriosis associated with consumption of raw milk, *J Infect Dis* 1985;152(3):592-595.

drink it would become ill. It would be an intrinsic and essential characteristic of raw milk, and could never *not* be the case. [If we consider the children and adult who got diarrhea but did not drink raw milk, it is more ridiculous to implicate raw milk.]

“Raw milk is not inherently dangerous, nor can it be. The idea is laughable...If terrorists armed themselves with milk, we wouldn't need airport security. And one can't say that the bacteria are dangerous either, because even when the milk contained a billion bacteria and several grams of raw fecal matter (and it often used to), millions of people drank it and were fine.

“The cause of illness is always to be found in the condition of the person's internal environment. There's no other logical way to explain disease. And one way to quickly improve the internal environment is by drinking more raw milk. Hence the great success of the milk diet...It has been noted many times^{3,4,5,6} in the outbreak literature that raw milk drinkers are often fine after drinking contaminated milk.

“...Department[s] of Health pointed out that cases of foodborne illness are generally assumed underreported. Cases of *health* are underreported. There is no government branch to call when you drink raw milk and feel well. One great difficulty with our present public health system is that it works more like a public disease system. If there were a true Department of Health, and if every one of us who drank raw milk and felt better for it could call in every time we *didn't* have diarrhea, many health officials who want to ban raw milk would have a broader perspective on the few cases who do get diarrhea. [And it has nothing to do with the milk.] Raw milk has been linked to sickness by survey-association only; that is not science. Why are [thousands of] cases of people who drink pasteurized milk and get diarrhea never reported as milk contamination unless so many people are affected that it can't be ignored?”

The FDA and CDC used and continue to use unqualified experts to spread the raw-dairy-is-inherently-unsafe-and-dangerous rhetoric. Many people cannot get raw dairy of their choice from their state of residence and must rely upon raw dairy from out of state. Prohibiting it is discriminatory and violates free-trade and civil rights. It is time to correct this unlawful problem and insure that the people's right to RAW dairy, the most important food in the world, is commercially available to them throughout the USA.

Legal Merits

Fraudulent efforts to eliminate raw milk have been ongoing since at least 1938 when the push for pasteurization was vicious. Then it was pushed to a feverish rate during World War II (see RFNM, History p. 34-39). Although it has been extensively countered by scientific study findings, Medical Journal reports, and “at high risk” consumers' clinical experiences (see RFNM), the FDA/CFSSAN and CDC's “official” bias towards it has illegally remained. On FDA's website, it states, “Drinking raw (untreated) milk or eating raw milk products is ‘like playing Russian roulette with your health,’ said John Sheehan, ex-director of the Food and Drug Administration's Division of Dairy and Egg Safety. ‘We see a number of cases of foodborne illness every year related to the consumption of raw milk.’ ” and “Pasteurization, since its adoption in the early 1900s, has been credited with dramatically reducing illness and death caused by contaminated milk.’ ”

Our report (RFNM) will present the scientifically and empirically proved healthful attributes and

³ Robinson DA, Jones DM, Milk-borne campylobacter infection, *Br Med J*, 1981, 282:1374-1376.

⁴ Jones DM, Robinson DA, Eldridge J, Serological Studies of *Campylobacter jejuni* infections, *J Hyg Camb*, 1981, 87:163-170.

⁵ Blaser et al, Serologic study of two clusters of infection due to *Campylobacter jejuni*, *J Infect Dis*, 1983 May, 147(5):820-823.

⁶ Korfath JA, Osterholm MT, Judy LA, Forfang JC, Robinson RA, A point-source outbreak of *Campylobacteriosis* associated with consumption of raw milk, *J Infect Dis* 1985;152(3):592-595.

safety of raw milk and raw milk products when produced with a modicum of cleanliness and even when full of bacteria and fecal matter, as well as the dangers of pasteurized dairy at which the FDA and CDC should be spending their time fervently regulating.

Under FDA Grade A milk regulations raw cows', goats', sheep's, and horses' milks and raw milk cheeses cannot be labeled Grade A, since they are not pasteurized. That is discriminatorily unreasonable. For FDA to use a judge's determination about raw milk as confirming their unscientific prejudice against raw milk is wrongful and cheap-shot. The federal district judge is not empowered to write laws and cannot find fact of science based on her opinion. She may interpret law. The federal district judge may have stepped far beyond her jurisdiction.

- 1) There are many statements herein in which the FDA and CDC purposely twisted information and made fraudulent claims.
- 2) It is the policy of this Country to promote, foster and encourage the intelligent production and orderly marketing of commodities necessary to its residents.
- 3) Consumers who were medically classified "at high risk" drank raw milk to reverse serious and critical illnesses successfully. All of those people were either not responsive to medical treatments, or experienced side effects from regular medical treatments. Many of them had allergies to pasteurized milk that never made them healthier. Some were sentenced to die as incurable. To survive and get well, most of them consumed raw dairy products acquired under herd-shares or leases for dairy animals. That is expensive and prevents many people from the choice of nutrition-based healing. During that entire time, tests revealed bacterial and pathogen counts in the milk that were considerably beyond what is unscientifically "speculated to be safe." None of the "at high risk" consumers became ill from the raw milk. Instead, their conditions greatly improved, or they completely recovered. Thousands in this group are Petitioners on this Raw Milk agenda, available for testimony.(RFNM, throughout.)
- 4) It is without merit to claim that any "at high risk" group, including children, is at greater risk by drinking raw milk. There is substantial evidence that proved drinking pasteurized milk is risky. (RFNM, p. 15-24.)
- 5) It is without merit to raise the hysteria-invoking concern: "Substantially higher risk of serious infections, and some of which can be transmitted to others", when there is no empirical scientific evidence to substantiate those claims. The idea that food-contamination sickness is contagious is a ludicrous notion that is NOT supported by any scientifically observable evidence.
- 6) It is blatantly fraudulent to claim there are no known health benefits to raw milk consumption when extensive scientific study findings exist showing the benefits. FDA and CDC have more resources than most individuals and Universities to gather the information that Drs. Douglass, Vonderplanitz and others present in this report (RFNM). It is shameful, illegal and immoral for the FDA and CDC to engender such unmitigated prejudice and bad faith to the very people they are entrusted to protect. (Summary, and RFNM, throughout.)
- 7) Statistics show that several racial groups suffer allergies when drinking pasteurized milk and feel very healthy and without symptoms when they drink raw milk. (RFNM, p.19 c.) Denying those groups access to a necessity for their health is prejudicial and discriminatory.
- 8) Pursuant to Federal law, Congress has been granted discretion to determine that raw milk may be sold in the USA for crossing state lines packaged for human consumption. Congress would be lawful to propose and adopt an ordinance to allow commercial interstate transportation of natural dairy products as an exercise of its discretion. Pursuant to Federal law, a public entity is not held liable for injury caused by adoption of an ordinance. This is immunity granted as an expression of its discretion as long as the federal regulations are not in themselves perniciously unreasonable and discriminatory. With that protection, if the U.S. Congress does not write and adopt the requested ordinance, it errs and abuses its discretion if the decision is based on prejudicial, unsubstantiated, faulty, incomplete reports.

A related case that occurred with the California State Department of Health Services (DHS) and legislature:

In 1997, the California DHS encouraged "An act to amend Section 113996 of the Health and Safety Code, relating to retail food facilities, and declaring the "urgency thereof, to take effect immediately." Assembly Bill 2612, containing the proposed amendment, was introduced to require all ready-made meat and eggs to be cooked well-done. The bill was passed and made law in January 1998. Action against the law was initiated because the law prejudicially discriminated against and violated freedom of choice, etc., to minorities of racial, ethnic, cultural, religious, and culinary preferences. Assembly Bill 2612 was reintroduced that contained a new proposed amendment to allow raw meat and eggs to be served if the patron was notified by language, signage or menu, or the patron asked for meat or egg to be served other than cooked well-done, including raw. This allows for ready-made foods to be served raw, such as steak tartar, carpaccio, sashimi, ceviche, kibbie, and Caesar salad dressing.

Based on extensive evidence contained in the attached RFNM of raw-milk safety, health benefits, and legal merits, it is completely improbable that significant risk exists, including raw milk's long history and traditional use without any scientifically attributable case or epidemic to date. Claims otherwise without scientific, historical, or legal basis are dangerous, and use survey and opinion to make and enforce regulations. That tramples the good faith of individuals who strongly desire and advocate freedom to drink truly natural milk. People need and have a right to choose raw dairy products despite the fact that contamination may occasionally occur.

We respectfully submit that raw milk products are safe and health-giving based on medical, health, and scientific study, findings and legal merits. To withhold immediate lawful exchange of raw dairy across states lines endangers residents of the United States of America. Raw milk from other states is the only raw milk that some people can acquire.

Respectfully,

William Campbell Douglass, MD
Aajonus Vonderplanitz, PhD, Scientific Nutritionist
Arlene Binder, Attorney at Law
Roger Noorthoek, Attorney at Law
16161 Ventura Blvd.
Encino, CA 91436
800-695-3763; Fax: 883-3484
Petitioners

Encl: Exhibits A, Summary of and Petition - Report In Favor Of Natural Milk; Exh.B, Dr. Mann; Exh.C, Theobald; Exh.D, Dr. Privitera; Exh.E, Dr. Fleiss; Exh.F, Dr. Noorthoek; Exh.G, Dr. Smith; Exh.H, Dr. Cowan; Exh.I Sally Fallon; Exh.J, Novell; Exh.K, Novell.

CC: All USA Senators and Representatives
Director of Food and Drug Administration
Director of Center for Disease Control
Surgeon General

SUMMARY

PETITION, and REPORT IN FAVOR OF NATURAL MILK (RFNM) EXPERT REPORT AND RECOMMENDATIONS

This report was written, compiled and condensed by the International Medical Expert on MILK, natural and pasteurized, Dr. William Campbell Douglass, M.D., author of the definitive analysis of scientific and clinical study on milk, The Milk Book; and the proponent and leading present-day empirical scientist on the positive effects of natural milk products on humans, Dr. Aajonus Vonderplanitz, Ph.D. Nutrition, Nutritional Scientist and author of We Want To Live, Vol.1 Out of the Grips of Disease and Death, and Vol.2, Healthfully, the Facts, and The Recipe For Living Without Disease.

This Report addresses any Senatorial and Congressional concerns regarding raw milk, encompassing: Health Risks From Drinking Pasteurized Milk; Bacterial Risks from Drinking Pasteurized Milk, Infant Death Syndrome and Colic from Feeding Pasteurized Milk, Disease and Disease-Risks from Drinking Pasteurized Milk, Health Benefits and Risks from Drinking Natural Milk, Bacterial, Viral & Parasitical Resistance and Nutritive Value of Natural Milk, Medical Milk Therapy - Prevention and Reversal of Disease from Drinking Natural Milk, Infant Raw Milk Safety and Health Benefits, Raw Milk Safety and Health Benefits In General, Immune Raw Milk Therapy Benefits, Raw Milk As a Preservative, Nutritive Value of Natural Milk vs. Pasteurized Milk, History of Movement Against Natural Milk; The Creation of the Assumption That Pasteurized Milk Is Safer Than Natural Milk, National Unsubstantiated Claims Against Raw Milk, Chronology of Unsubstantiated Claims Against Raw Milk Produced in California, How Credible is the Center for Disease Control regarding Raw Milk?, Bacteriology, and Conclusions and Recommendations.

We search for, pay extravagant prices for and jump through citizen's-rights hoops to obtain natural milk. It is not fun or exciting. We, and all of the natural-milk drinkers would much rather go to our local stores, buy and drink pasteurized dairy and live more average lives. However, we cannot. We have allergies to pasteurized dairy. Either we get sick from pasteurized dairy or our health does not improve when we consume it. We thrive and are happy when we consume natural dairy products. For us it is not a choice, it is a necessity for a healthy and happy life. Our Constitutional and Bill of Rights freedoms are the pursuit of health and happiness, including having our necessary raw-milk products readily available nationally, commercially. We are not invested in winning the raw-milk debate and retribution for those who have made our lives difficult by depriving us of raw dairy products. We simply want the freedom to commercially obtain natural dairy between States for our well-being.

ANALYSIS of the FDA and FDA/CFSAN's literature on line and letters to the States, many written by attorney John F. Sheehan regarding raw milk.

- FDA's cited for the years 2002-2003 that "Two children were hospitalized in Ohio for infection with *Salmonella enterica* serotype Typhimurium. These children and 60 other people in Illinois, Indiana, Ohio, and Tennessee developed bloody diarrhea, cramps, fever, chills, and vomiting from S. Typhimurium tracked to consuming raw milk. The milk producer voluntarily relinquished its license for selling raw milk upon recommendation of the Ohio Department of Agriculture." Sheehan (an attorney and wayward judge, not a scientist of milk) purposely misleads us with his language. Those cases were all survey-associated, not scientifically proved and were from many so-called events. Many people got sick who did not drink raw milk at the same time as those who did. The farmer told us that the government threatened to take his license for the 90% of his milk-sales that he sold to a large dairy firm for pasteurization. The farmer did NOT voluntarily relinquish his license to sell raw milk.
- FDA makes reference to the UCLA statistical *Assessment of the Excess Risk of Salmonella dublin Infection Associated with the Use of Raw Milk, Public Health Reports*, Vol. 103, No. 5. The

EXHIBIT A

Assessment stated, "37% of reported *Salmonella dublin* infections were acquired from raw milk." The assessment was a statistical guesstimation based on many unknown variables. Dr. Nancy Mann, PhD Biostatistics, UCLA 1965, Exhibit B (p. 46 herein), refutes the statistics. She indicates that the conclusion that any milk caused the sporadic 241 cases studied was improbable. She states that if milk had been the cause, there would have been an epidemic. There was no epidemic; only sporadic incidences. Other flaws with the Assessment were: 1) it was not known why a case entered a hospital or saw a doctor; 2) case histories do not disclose cause of death in the 36 who, later, were reported to have died in that 3-year period; 3) at least 3-4 weeks had elapsed when case histories were taken. People do not remember what they ate yesterday much less a month ago. "It is very difficult, if not impossible to identify, in an individual case, which of the possible risk factors caused the illness," said Dr. Benson Werner, epidemiologist with the California Department of Health Services. The UCLA Assessment was based on analysis of questionnaires and mathematics, not clinical or empirical science.

- FDA lists an epidemic of *Listeriosis* "linked" to soft cheese that contained raw milk. The court ruled in this case that raw milk was not responsible.
- FDA admitted that there was a yearly "2.6% incidence rate for *Salmonellae* and a 6.5% incidence rate for *Listeria monocytogenes*" in pasteurized dairy products. Instead of discussing the lack of safety of pasteurized dairy, they wrote about raw milk as dangerous. The subject is incidences in pasteurized dairy. Bacterial contamination of pasteurized milk is a health issue. (RFNM p. 15-24.)
- FDA states many confirmed cases of *Salmonella typhimurium*. Testimony reveals that people consumed raw milk in the week prior to their illness but milk was not all they ate. Dr. Werner testified in court about *Salmonella typhimurium*, the "...most common *Salmonella* infection in humans...each year... *Salmonella typhimurium* is such a large category, it receives probably half of all cases...could be in any food... it could be related to person...and other sources." The Report continues, "Molecular fingerprinting determined that the strain from ill persons was the same as found in raw milk." Yet, Dr. Werner's testimony states that that strain is everywhere. If someone drinks out of the bottle, as many milk drinkers do, they place it in the milk. There is no empirical evidence that raw milk has caused *S. typhimurium*. As Dr. Mann said, if milk had been causative, there would have been an epidemic. There was no epidemic. All of the other cases cited by FDA fail on the same grounds.
- Plenty of scientists proved that raw milk is the only empirically safe and health-giving milk. So, why would the FDA ignore that science and fixate on persuading our 50 United States' health departments to outlaw raw milk? Why did it hire an attorney/judge, John F. Sheehan, L.D., with a zealous judicial history to argue its perspective of raw milk? Since natural milk is not dangerous, why did Sheehan resort to emotionally inflammatory hysteria to persuade people to believe natural milk is dangerous and FDA publish it instead of science? Why didn't he tell the truth that all cases accused natural milk by surveys? What does FDA have to gain? Two rational reasons are apparent: 1) Employees of FDA/CFSAN ignore science and believe the myth that raw milk is dangerous because they lack any direct long-term experience with handling and consuming raw milk products, and that is what they were taught to vehemently believe, and/or 2) There is a revolving door between large agribusiness companies, food giants, pharmaceutical companies and the FDA. Most of the last heads of the FDA worked for food, agribusiness or pharmaceutical companies before and/or after working for the FDA. The USDA has a similar history. Could it be that they are protecting the greedy interests of the conglomerates who want highly processed foods as the only foods accepted as clean and healthy? Conglomerates are the only ones wealthy enough to afford such modern equipment and therefore the only "safe" foods would be theirs; monopoly. Therefore, they are invested in convincing people that raw dairy and most raw foods are dangerous. That is a violation of fair trade and monopoly laws.

EXHIBIT A

- All local, county, state and federal health departments in the USA have been standardized to use a generic questionnaire often called “Incident Report” to determine the substance(s), such as food or chemical that caused one or more incidences of illness. There are two main categories to be answered. One set inquires about the consumption of foods, particularly citing natural foods such as raw milk, sushi and rare and raw meat. Another set asks about contact with farm animals. If the person surveyed answers “yes” to consuming raw milk and raw dairy products, the cause is always attributed, linked, associated, related, tracked, traced or connected to raw dairy. It does not really matter what else is learned about the person’s recent escapades. There is no science to substantiate the accusation; the conclusion is merely survey-association. Health departments should be instructed that they cannot use surveys to conclude blame and relay it to the media.
- FDA raised the concern that natural milk caused “substantially higher risk of serious infections, and some of which can be transmitted to others.” However, the assumption that raw milk is a carrier of disease is unsubstantiated by case history and empirical science.
 - I. Throughout USA, for nearly 40 years, millions of people drank over 3 billion glasses of Alta Dena Dairy’s raw milk and there was not one epidemic, and not one proved case of food-borne illness because of it (Exhibit K, p. 58).
 - II. Raw milk produced under gross conditions is not proved to be causative in any epidemic. No one has been maimed by drinking raw milk even with high bacterial counts. (RFNM p. 20-24.) Until 1950, raw milk commonly contained bacterial counts of 3 million ml and 200 ml pathogens, compared to 10,000 ml and 10 ml pathogens now. Furthermore, no epidemics were proved to be caused by raw milk, indicating that raw milk is **not** harmful even when it contains many so-called pathogens (RFNM p. 23, ¶ 4-5). Even when raw milk was used as a preservative to keep raw meat fresh for 13 years, it did not harm any of the consumers. (RFNM p. 33).
 - III. A review of the cases CDC cited shows 156 individual cases attributed to raw milk from 1973 until 1992, but no outbreaks or epidemics attributed to raw milk. If that figure were valid, and it is not, as explained above, there were only 5.6 cases yearly (156 cases ÷ 19 years = 5.6 cases) attributed to natural milk. That is the lowest case incidence of any animal product produced. However, there is extensive evidence showing that pasteurization is a great health risk to the public. Pasteurized dairy caused numerous epidemics, involving 200 people, 468 people, 1,492 people, 16,284 people, 17,000 people, and 197,000 people. Pasteurized dairy has caused numerous epidemics. In each incident the product was from a single source producer. In the years 1978-1997, 232,485 people suffered due to outbreaks from pasteurized milk. (RFNM p. 8-10.) In almost all cases, CDC reported that investigation showed proper pasteurization. CDC’s figures and FDA/CDC’s conclusions that “pasteurization provides assurances against infection” are contradictory and untrustworthy. As facts state, pasteurized milk has caused 2,185 times more food borne illness than was “attributed” to raw milk. Raw milk has never been proved to cause outbreak or epidemic where as pasteurized dairy has. Scientifically and statistically, natural milk is the safest product to consume and does not merit the prejudice that it receives.
 - IV. The decline in raw milk consumption met with a dramatic increase in Salmonella illness (CDC illustration, RFNM p. 42). It could be reasonably argued that the deprivation of natural milk to the public resulted in a gross loss of health.
- Strains of bacteria have become immune to antibacterial agents and humans are more toxic and more susceptible to viral illness. (RFNM p. 40, ¶ 4.) Science has proved that humans become immune to bacteria to which they are regularly exposed. Legally and morally, it would be correct to allow people to develop or maintain natural immunity by ingesting bacteria in food-form, especially those who are considered at “high risk”. People who buy raw milk are informed educated people.

EXHIBIT A

- No empirical scientific proof exists that feeding or contact with raw milk is unsafe or dangerous to infants and children, nor to “at high risk” groups defined by FDA and CDC. We do not propose that food-poisoning does not exist. However, we have no evidence that natural milk proved to cause any illness in any children or other “at high risk” individuals. Evidence exists that infants and children thrive on raw milk even with high bacterial levels. (RFNM p. 28-30, and Exh. L.) Illnesses in infants have been treated successfully with raw milk for centuries in hospitals and clinics. (RFNM p. 28-29.) Raw milk reduced infant deaths in St. Vincent’s Hospital by 94%. (RFNM p.28, ¶ 6.)
- FDA and CDC claim they found no scientific study which demonstrates medical or health benefits of raw milk. RFNM presents a portion of the expert data on the benefits of raw milk from: Harvard, Princeton, Cambridge, University of Georgia Dairy Science Department, Dartmouth College, Ohio State University School of Agricultural Chemistry, Washington University School of Medicine, Tufts University, the Mayo Clinic of Minnesota, The Price-Pottenger Nutrition Foundation, Weston A. Price Foundation as well as medical journals and publications such as Certified Milk Magazine, American Association of Medical Milk Commission, Milk Industry Foundation, The Lancet, JAMA, World Cancer Research Fund, American Journal of Clinical Nutrition, New England Journal of Medicine, British Medical Journal, Consumer Reports, Consumer’s Union, St. Vincent’s Hospital, and the prestigious Hartford Hospital. (RFNM p.28-33.)
- Dr. J.E. Crewe, M.D., from the Mayo Clinic, Rochester, said, “...the treatment of various diseases over a period of eighteen years with a practically exclusive [raw] milk diet has convinced me personally that *the most important single factor in the cause of disease and in the resistance to disease is food...*” (RFNM p.32, ¶ 1)

CONCLUSIONS AND RECOMMENDATIONS

The barrage of present-day bacterial misinformation taught to the public regarding raw milk is predominantly unscientific speculation and not based on empirical examination. (RFNM p.39-43.) Any dissemination of it by departments of USHHS (FDA, CFSAN, CDC) is a violation of the health protection for all Americans to which those agencies were entrusted.

Regulations/codes for Pasteurized milk are more lenient than those for natural milk yet pasteurized milk is associated with very high disease rates. The FDA and CDC are on an unscientifically based campaign to completely eliminate raw dairy. Why?! Ignorance and/or closed-mindedness? Racketeering (RICO) for the food industry to eliminate competition and save money and profits? Racketeering (RICO) for the medical professions and pharmaceuticals who evidently would love to have us sick for their profits?

Raw milk, even if produced with little cleanliness is SAFE. It has built-in natural safeguards (that are destroyed by pasteurization). (RFNM p. 25-27.) It is clear that bacterial testing requirements are relatively unnecessary to produce safe raw milk but important for pasteurized milk.

Considering any “hold and test” requirements as a compromise to allowing natural milk to pass state lines is unnecessary and compromises the fresh taste of raw milk. No “hold and test” recommendations are in force for pasteurized milk.

Grade A milk standards are more than enough to ensure safe raw milk. All Californians enjoy the freedom to consume Grade A natural milks from any store. Grade A natural milk should be permitted to be sold in any part of USA, especially with its high ratio of ethnic groups who are

EXHIBIT A

often allergic to pasteurized milk. (RFNM p.28, ¶ 7-8.) To deny those groups is discriminatory, prejudicial and a violation of civil rights.

It is also recommended that possible metabolic or other infectious and environmental causes of vomit and diarrhea must be explored where pathogens are found. The questions must be asked: Are pathogens the instigators or the consequence of degenerative disease? Are they the cause or the cure? Is pointing the finger at microbes in raw food a *distraction* from true causes of disease? Is pollution of our food, water, air and medicine the predominant cause of disease, which then fosters bacterial growth? All hypotheses must be open to independent testing and researchers held accountable to the rules of evidence. Also, raw milk should not be the scapegoat to usher into this country regulations that require all foods to undergo expensive processing that only the wealthiest food-processors can afford.

The facts are that raw dairy has proved to help millions of people to better health and saved many infants lives (see PFNM p. 24-33). The present unlawful practice by the FDA and CDC citing, trying and fining people for taking raw dairy over state lines is prejudicially discriminatory and violates freedom of choice and peoples' right to health and happiness.



EXHIBIT A

REPORT IN FAVOR OF NATURAL MILK
EXPERT REPORT AND RECCOMENDATIONS

BY

DR. WILLIAM CAMPBELL DOUGLASS JR., M.D.
Dr. Aajonus Vonderplanitz, Ph.D. Nutrition, Nutritional Scientist

Dr. Douglass' Credentials:

I am a fourth generation physician whose family has practiced medicine in the Southern United States since 1850, a graduate of the University of Rochester; the University of Miami School of Medicine; and the United States Naval School of Aviation and Space Medicine. I have taken postgraduate courses at Oxford, Princeton, Harvard, and the Universities of California, Florida, and Pennsylvania. I researched raw milk and pasteurized milk extensively, and wrote the published book **The Milk Book** of two editions and several printings.

Dr. Vonderplanitz' Credentials:

I graduated from Cincinnati Institute of Computer Technology prior to being diagnosed with cancers and received my PhD in Nutrition from Richmonds University, London. My expertise with milk began as a child on my grandparents' dairy farm in Illinois. I was a very sickly child who was sensitive to most everything and developed Type 1 diabetes while drinking up to ½ gallon of pasteurized 2% milk daily. By age 21, I had been diagnosed with cancers of the stomach, blood, bone and lymph. After severe medical treatment, I was given 3 months to live and experienced allergic reactions to most foods. While preparing to die, a hospice volunteer convinced me to experiment with consuming fresh raw juices and plenty of raw milk products. Amazingly, I was not allergic to any of them. Gradually my body revitalized itself. **The many times that I tried to revert to consuming pasteurized milk, I unwillingly regressed into illness.** That initiated my study and experimentation with raw dairy that has lasted 39 years.

PREFACE

The medical establishment is very unstable because disease is rampantly increasing despite the fact that the medical establishment claims to be removing disease from our lives, and has or will soon have all of the answers. That story has been disseminated to people for over 100 years. How many of us realize that fabricated correlations, dubious surrogate markers and sensational estimates are not scientific proof? If microbes were the threat that health officials claim, why didn't mankind become extinct when he lived in the filthiest conditions, butchering dirty kill, wiping his rectum then touching his food and eating it?

1) HEALTH RISKS FROM DRINKING PASTEURIZED MILK

As we consider reports of infectious diseases attributed to food, we must be very cautious before we come to any conclusion. Dr. Douglass and I will give you a perspective of microbiology that is different than what you are told. With diligent observation, we learned in thousands of our experiments, separately undertaken, nature delivered an entirely different picture of the causes of infectious diseases. At first you may be stunned to learn that bacterial food-poisoning is rare. When it occurs, it is caused by cooked and processed food wherein the bacteria have mutated/deformed. Their wastes are toxic and irritating to the human body. Also, there is food-poisoning caused by concentrations of chemical food-additives, or toxins or cleansers on food-processing machines or counters that were not properly rinsed.

EXHIBIT A

The body is resplendent with microbes of all varieties labeled “pathogenic” such as Salmonella species, Listeria monocytogenes, Campylobacter jejuni, Staphylococcus, Escherichia coli species, Mycobacterium species and other bacteria common to humans and other animals are important to well-being. They never act pathogenically. Those microbes act as janitors, eating damaged or decaying biological substances, such as derived from cooked, processed or chemically contaminated diets. Pure food is paramount to a healthy, thriving and radiant body.

Scientists have introduced laboratory versions of natural bacteria in artificial settings and watched bacteria do its janitorial work and called it pathogenic. Scientists have introduced raw and mutant bacteria into isolated animal tissue that has caused the destruction of that tissue but that tissue was not in its natural habitat and did not function naturally. Yet they have pointed to their experiments and said, See, that bacteria caused disease. That is what they were paid to do. They did not tell us that that is not as it is in nature. As we mentioned in the Preface, no natural animal suffers from the exchange and consumption of high concentrations of common natural bacteria. I, Aajonus, demonstrated that on Ripley’s Believe It Or Not (July 17, 2002).

Also, consider that we should expect many occurrences of diarrhea and vomit in our fast-food, processed food and polluted evolution. Such ill occurrences are more frequent amongst people who do not drink raw milk. What would health departments, encouraged by food conglomerates, gain by accusing food, especially raw food for illness? Would it be to eliminate competition of smaller companies, and keep the health departments in business?

We must consider anyone who accuses natural bacteria of abhorrent behavior (pathogenic) as suspect with ulterior motives. Who would gain by the biological food-poisoning consciousness that exists in our society? Would it be the processed food industry that wants highly processed foods with long shelf lives? And large profits by food-processors? I will let you decide as we evaluate the information about safety/benefits and dangers/harm of milks.

Case on Point

Coca Cola was highly influential and involved in the incident where Odwalla Juice company’s raw apple juice was accused of a 16-months-young girl’s death from kidney disease and failure. If it had been Odwalla’s juice that “infected” the little girl with E.coli 0157H:7, many more than 49 people would have been affected and not just from a few locations in the country and Canada. However, relatively few were affected. Another factor to consider is that the antibiotic that was given to the little girl probably caused her kidney disease and failure. Young animal subjects in the testing of antibiotics, including Cipro, had the same symptoms of kidney disease as HUS.

Also consider that we have been unable to locate the bacteria E.coli 0157H:7 in nature. I, Aajonus, secured a sample from a University. I was told it was given to that university by the FDA/CDC. When I tried to enzymatically fractionate it for study, it reacted as if it were man-made. I was unable to get it to thrive in organic apple juice. Also, several days prior to the juice-recall, consider that over 80,000 juices containing the accused apple juice had been consumed by thousands of people, many children, without incident. If it had been Odwalla’s apple juice, thousands of people would have been harmed instead of 49. Bacterial fingerprinting only identifies the exact strain of bacteria and cannot be matched with a source, as human fingerprints can. Why was Odwalla accused? Isn’t there something beyond fishy here? The story continues.

Coco Cola, FDA, CDC and many health departments supported and encouraged the bereft mother of the deceased little girl to speak before the Congress, pleading with them to demand the pasteurization of all prepared juices. From one incident! Every person in the USA has been deprived of buying fresh live juices from our stores except at juice bars. Was it a sham by conglomerate Coca Cola to eliminate the raw juice competition, supported by the FDA? You decide; the media-damaged Odwalla juice company was bought by Coca Cola for a fraction of the price it had been worth prior to the E.coli-claimed death.

EXHIBIT A

September 2006, 7 children in Riverside County, California experienced vomit and diarrhea. Simultaneously, the California Department of Health Services (CDHS) and the FDA were on a campaign to eliminate the large California raw milk producer Organic Pastures Dairy in the wake of the E.coli/Spinach event. Authorities blamed the children's illness on the natural milk, closed the dairy and the FDA tested everything at the dairy. Two of the children were heavily treated at a hospital with antibiotics and they developed kidney disease. The other 5 children left the hospitals, refusing treatment and did not develop kidney disease and were fine the next day. Also, consider that about 3,000 children drank the same milk for a week prior to being recalled. There were no other incidents throughout California. Antibiotics were likely the cause of kidney damage in the children.⁷ What did those 7 children do in Riverside County to get sick?

When all of CDHS and FDA's tests were completed, they revealed no E.coli 0157H;7 were found on the dairy's land or in its herd. FDA workers commented that the dairy was the cleanest they had ever inspected. However, CDHS and FDA had done their damage to the dairy, including through the media. What food caused the illnesses? Or was it simply children getting sick from toxins stored within their bodies and detoxifying, as happens every day.

We must consider that many people regularly develop infections simultaneously with the same strains of bacteria that are unrelated to any food that they may have eaten for the past weeks. Most occurrences have no direct link to the immediate food consumed. Why do health departments go on witch hunts to blame raw milk for incidences of diarrhea that have not affected hundreds of people when hundreds or thousands of people have consumed the same natural milk? Maybe it is because they have accepted a job that is impossible to do and they need scapegoats to justify their employment. Also, we must ask, who profits from bacterial phobia?

a. BACTERIAL RISKS FROM DRINKING PASTEURIZED MILK

From the late 1880's to approximately late 1930's, milk caused many illnesses as cities developed and farms grew farther from cities because milk was sold on the streets preserved with soap, formaldehyde, other chemicals or enriched with castor oil and lard. The poisons entered the human body, damaging tissue. Bacteria resulted from necessity, to clean the damaged tissue. Instead of blaming the chemicals that were used to preserve milk, bacteria were accused. Ice boxes, and later refrigerators were wealthy families' luxuries until the late 1940's. So, 98% of city populations always drank milk that had soured and contained high bacterial levels. Why did health departments suddenly blame raw milk for the incidences of diarrhea and vomit?

Maybe it was for the advantage of food producers, like Knudsen dairy. All food producers want long shelf lives for their food products. In 1934, Alton Eliason began working for Knudsen dairy. She described Knudsen's ruthless conspiracy to eliminate its small competitors and ensure less spoiled milk product in the late 1930's. Knudsen began pasteurizing its dairy products and claiming that pasteurized dairy was the only safe dairy. Even though Knudsen's employees and representatives knew it was not true, they hired doctors to testify that raw milk caused diseases. They paid and worked with health officials to outlaw public and farm sales of raw milk. They paid writers to tell gruesome tales about dirty raw milk if people bought unpasteurized directly from a farm or on the street. The stories made city people afraid of raw milk. City dwellers began to believe that anyone who drank it was mentally incompetent. However, the people who worked with raw milk and drank it regularly were not fooled.⁸ The campaign to force pasteurization down people's throats is still alive today as mentioned above

⁷ Vonderplanitz, A, *Thanks to Raw Milk, They're Happy and Healthy*, Los Angeles Times, Dec 24, 2006 Section: West Magazine; Part I.

⁸ *The Crimes Against Raw Milk*, Wise Traditions in Food, Farming and the Healing Arts, quarterly magazine, Weston A. Price Foundation, Washington, DC, Summer 2000, 59-63.

by food conglomerates and health departments.

By 1945, half the population of America drank pasteurized milk. In 1945, there were 1,492 cases of infectious diseases attributed to pasteurized milk.⁹ There were 450 cases attributed to raw milk. There was 1 case of disease for every 12,400,000 quarts of pasteurized milk consumed, and 1 case of disease for every 18,900,000 quarts of raw milk consumed.¹⁰ In other words, a person could drink 6,500,000 more quarts of natural milk than pasteurized without getting sick. However, if we consider the covert cases against raw milk and our experiments with people drinking raw milk that was very high in “pathogens”, the number of raw-milk incidences could very possibly be none. However for arguments sake, we will continue with the acceptance that people may rarely experience a little vomit and diarrhea after consuming raw dairy products, caused by them.

In 1945 an epidemic of food-poisoning occurred in Phoenix, Arizona.¹¹ The official report reads, “Pasteurization charts...show milk was properly pasteurized and leads to the assumption that toxins were produced in milk while it was stored...” Three hundred (300) persons were sickened by that pasteurized-milk food-poisoning incident.

Great Bend, Kansas, in 1945, reported 468 cases of gastroenteritis from pasteurized milk. This was “traced” to “unsanitary conditions in dairies’ unsterilized bottles”. Nine people died.

Consumer Reports, January 1974, revealed that out of 125 tested samples of pasteurized milk and milk products, **44% proved in violation of state regulations**. Consumer Reports concluded, “The quality of a number of the dairy products in this study was little short of deplorable.” Consumer Reports stated that “former **objections**” to pasteurized milk are valid today:

- a) Pasteurization is an excuse for the sale of dirty milk.
- b) Pasteurization may be used to mask low quality milk.
- c) Pasteurization promotes carelessness and discourages efforts to produce clean milk.

In October 1978, an epidemic of salmonella was attributed to food-poisoning by pasteurized milk involving 68 people in Arizona. The bacterial level was 23 times the legal limit. The CDC reported that the milk was properly pasteurized. Yet the FDA and CDC continue to insist that, “...only with pasteurization is there. . . assurance” against infection.

Consumer's Union reported in June 1982, that *coliform* bacteria were found in many tested samples of pasteurized dairy products. Some counts were as high as 2200 organisms per cubic centimeter.

In June, 1982, 172 people in a three-state area in the Southeast were stricken with an intestinal infection. Over 100 were hospitalized. The infection, which caused severe diarrhea, fever, nausea, abdominal pain, and headache, was traced to pasteurized milk.¹² Many of those people did not drink the same brand of milk. It was probably just a localized seasonal flu.

Cases with similar outcomes are: In 1983, in an outbreak of listeriosis in Massachusetts, pasteurized whole or 2% milk was implicated as the source of infection. Inspection of the milk-producing plant detected no apparent breach in the pasteurization process.¹³ In August 1984, approximately 200 persons became ill with *S. typhimurium* from pasteurized milk produced in a plant in Melrose Park, IL. The regulators kept this outbreak secret. Without evidence, they

⁹ *Milk Facts*, Milk Industry Foundation, New York City, 1946-47.

¹⁰ Letter from Professor Fosgate, Dairy Science Department of the University of Georgia.

¹¹ Darlington, pp. 21 and 19.

¹² The Atlanta Journal, Atlanta, Georgia, September 24, 1982.

¹³ Fleming DW, Cochi SL, MacDonald KL, et al. Pasteurized milk as a vehicle of infection in an outbreak of listeriosis. *N Engl J Med* 1985; 312:404-7.

concluded that the milk wasn't properly pasteurized. But, again, in November 1984, another outbreak of *S. typhimurium* occurred in persons who consumed pasteurized milk bottled in the same plant. Again, they kept it secret and assumed the milk was not properly pasteurized. Then, in March 1985, there were 16,284 confirmed cases of *S. typhimurium* resulting from pasteurized milk bottled in the same plant. Tests proved the milk was properly pasteurized. Investigators with preconceived notions that the milk did not get properly pasteurized, fueled by the efforts of health departments, drew conclusions without an investigation and accused natural milk. As always, the media relayed that unscientific theory to the public.¹⁴ **Listeria survives the pasteurization process.**¹⁵

Some Outbreaks Attributed to Bacterial Food-poisoning from PASTEURIZED MILK¹⁶

- 1945—1,492 cases for the year in the U.S.A.
- 1945—1 outbreak, 300 cases in Phoenix, Arizona.
- 1945—Several outbreaks, 468 cases of gastroenteritis, 9 deaths, in Great Bend, Kansas.
- 1978—1 outbreak, 68 cases in Arizona.
- 1982—over 17,000 cases of *yersinia enterocolitica* in Memphis, Tenn.
- 1982—172 cases, with over 100 hospitalized from a three-Southern-state area.
- 1983—1 outbreak, 49 cases of listeriosis in Massachusetts.
- 1984—August, 1 outbreak *S. typhimurium*, approximately 200 cases, at one plant in Melrose Park, IL.
- 1984—November, 1 outbreak *S. typhimurium*, at same plant in Melrose Park, IL.
- 1985—March, 1 outbreak, 16,284 confirmed cases, at same plant in Melrose Park, IL.
- 1985—197,000 cases of antimicrobial-resistant Salmonella infections from one dairy in California.¹⁷¹⁸
- 1985—1,500+ cases, Salmonella culture confirmed, in Northern Illinois.
- 1993—2 outbreaks statewide, 28 cases Salmonella infection.
- 1994—3 outbreaks, 105 cases, E. Coli & Listeria in California.
- 1995—1 outbreak, 3 cases in California.
- 1996—2 outbreaks Campylobacter and Salmonella, 48 cases in California.
- 1997—2 outbreaks, 28 cases Salmonella in California.

Professor Fosgate, Dairy Science Department of the University of Georgia, said, "Pasteurization has been preached as a one-hundred percent safeguard for milk. This simply is not true. If milk gets **contaminated** today, the chances are that it will be **after pasteurization.**"

b. INFANT DEATH SYNDROME, COLIC AND OTHER INFANT DISEASES FROM FEEDING PASTEURIZED MILK

The Sudden Infant Death Syndrome (SIDS), crib death, has baffled scientists for years. Apparently healthy babies die in their sleep without crying, without struggle. Infants affected are from 1-6 months of age, with the highest incidence at about 3-months old. Almost every conceivable cause, from Vitamin C deficiency to suffocation in bedding has been hypothesized as cause. Barrett, in 1954, suggested that inhalation of food while sleeping may be the cause. **Barrett and co-workers at the University of Cambridge** worked from facts that already

¹⁴ Raw Certified Milk and Foodborne Illness, 1998.

¹⁵ Calif. Morbidity Weekly Report, March 31, 1989.

¹⁶ CDC

¹⁷ Ryan CA, Nickels MK, Hargrett-Bean NT, et al. Massive outbreak of antimicrobial-resistant salmonellosis traced to pasteurized milk. JAMA 1987;258:3269-74.

¹⁸ CDC. Outbreaks of Salmonella enteritidis gastroenteritis -- California, 1993. MMWR 1993; 42:793-7.

proved that most infants fed on pasteurized cow's milk had evidence in their blood that they are potentially allergic to pasteurized milk protein. Infants often regurgitate various amounts of milk while asleep that could cause anaphylaxis to a tiny amount of milk inhaled into the lungs. Subjecting guinea pigs sensitized to milk, they dripped pasteurized milk into the throat and down the windpipe. **"Very soon after introducing the [pasteurized] milk into the larynx of an anesthetized guinea pig, the animal stopped breathing without any sign of struggle."**

Colic is a concern with infants who are fed pasteurized milk. One out of five babies suffers from colic. Pediatricians learned long ago that **pasteurized milk was often the irritant. A more recent study linked pasteurized milk consumption to chronic constipation in children.**¹⁹ **These researchers also observed that pasteurized milk consumption resulted in perianal sores and severe pain on defecation, leading to constipation.**

Dr. Ralph R. Steinman of Loma Linda University studied rats.²⁰ The decay process in rats' teeth is biologically identical to that in human teeth. He divided his rats into several groups. The control group received a standard nutritious rat chow. Steinman discovered that these rats would average less than one cavity for their entire lifetime. The second group received a very heavily refined sugar diet. Although they grew faster than the nutritiously fed rats, they averaged 5.6 cavities per rat. The third group was fed "homogenized Grade A **pasteurized milk**" and they **had almost twice as many cavities** as the sugar-fed group - 9.4 cavities per animal.

Dr. Weston Price, D.D.S., in *Nutrition and Physical Degeneration* proved fifty years ago what Steinman repeated in 1963: Processed milk leads to disease and premature death.²¹

Nizel of Tufts University reported that decayed teeth were four times more common in Pasteurized milk-fed babies compared to breast-fed babies. Dr. Price, observed that eating processed food, such as pasteurized milk, parallels poor development of the facial bones.

Dr. A. F. Hess wrote in his abstracts, "...pasteurized milk...we should realize...is an incomplete food...**infants...develop scurvy** on this diet. This form of scurvy takes some months to develop and may be termed sub acute. It must be considered not only the most common form of this disorder, but the one which passes most often unrecognized..."²²

"Some have questioned whether **pasteurized milk** is really involved in the production of scurvy. The fact, however, that when one gives a group of infants this food for **a period of about six months, instances of scurvy occur**, and that a cure is brought about when raw milk is substituted, taken in conjunction with the fact that if we feed the same number of infants on raw milk, cases of scurvy will not develop--these results seem sufficient to warrant the deduction that pasteurized milk is a causative factor. The experience in Berlin, noted by Neumann (Neumann, H., *Deutsch. Klin.*, 7:341, 1904) In 1901, a large dairy in that city established a pasteurization plant in which all milk was raised to a temperature of about 60 degrees C. After an interval of some months infantile scurvy was reported from various sources throughout the city. Neumann wrote:²³

"Whereas Heubner, Cassel and myself had seen only thirty-two cases of scurvy from 1896 to 1900, the number of cases suddenly rose from the year 1901, so that the same observers--not

¹⁹ Iacono G, Cavataio F, Montalto G, et al. Intolerance of cow's milk and chronic constipation in children. *N Engl J Med* 1998;339:110-4.

²⁰ Pottenger, *Clinical Physiology*, Volume IH, Nr. 3, 1961.

²¹ Price-Pottenger Nutrition Foundation, La Mesa, California.

²² Infantile Scurvy. III. Its influence on growth (length and weight), *Am. J. Dis. Child.*, August, 1916.

²³ Infantile Scurvy, V. A study of its pathogenesis, *Am. J. Dis. Child.*, November, 1917.

to mention a great many others--treated eighty-three cases in 1901 and 1902.' An investigation was made as to the cause, and the pasteurization was discontinued. The result was that the number of cases decreased just as suddenly as they had increased."²⁴

"One of the most striking clinical phenomenon of **infantile scurvy** is the **marked susceptibility to infection** which it entails--the **frequent attacks of 'grippe,'** the **widespread occurrence of nasal diphtheria, furunculosis of the skin...pneumonia in advanced cases.**"²⁵

More recently, Minot and his colleagues concluded that adult scurvy can be precipitated by infectious processes. That is, a person with latent scurvy from drinking pasteurized milk could manifest scurvy during an infection. In general, therefore, investigations in the laboratory as well as clinical observations are in agreement in stressing the interrelationship of scurvy and bacterial infection. That illustrates "**the futility of pasteurization of milk to prevent infection from diseases...The infant is... subject to the common infectious diseases, and deaths from these common diseases are not attributed, as they should be, to the defective nature of the milk.**"²⁶

c. DISEASE AND DISEASE RISKS FROM DRINKING PASTEURIZED MILK

Pasteurization totally destroys the enzyme lipase that helps fat digestion. Pasteurized milk contains no galactose for milk-sugar digestion, no catalase, diastase, or peroxidase. **Pasteurization alters milk proteins that have caused major health problems that are allergies in children and adults throughout the United States. Lactose intolerance for pasteurized dairy is common among many populations, affecting approximately 95% of Asian Americans, 74% of Native Americans, 70% of African Americans, 53% of Mexican Americans, and 15% of Caucasians.**²⁷ **Symptoms, which include gastrointestinal distress, diarrhea and flatulence, occur because these individuals do not possess the enzymes that digest the milk sugar lactose and protein in pasteurized milk.**²⁸

Often, with these gastrointestinal symptoms, bacteria such as salmonella will be found active in the blood and stools but not in the pasteurized dairy, indicating that pasteurized dairy incites bacterial activity that is, then, associated with a food. **Food-contamination is often not the problem because the bacterial activity originates in the body to help the body dissolve damaged tissue that results from poor-quality processed, pasteurized diets.**

Milk pasteurization turns lactose into beta-lactose that is far more soluble and therefore more rapidly absorbed into the blood stream. That sudden rise in blood sugar is followed by a fall leading to low blood sugar, hypoglycemia, which induces hunger. If more pasteurized milk is drunk to satisfy the hunger, the cycle is repeated: **hyperglycemia, hypoglycemia, hunger, more milk,** etc. The end result is **obesity.** Obesity has become one of the most common diseases of childhood. **Pasteurized milk causes more obesity when it is skimmed. Pigs have been and are regularly fattened with skimmed milk.**

In an effort to alleviate hunger among a Northeast Brazilian tribe, they were given processed powdered milk. The milk caused rapid growth and irreversible blindness.²⁹

Pasteurization completely destroys phosphatase that is essential for calcium

²⁴ Ibid.

²⁵ Ibid.

²⁶ Hess, A. F., "Recent advances in knowledge of scurvy and the antiscorbutic vitamin," J.A.M.A., April 23, 1932.

²⁷ Bertron P, Barnard ND, Mills M. Racial bias in federal nutrition policy, part I: the public health implications of variations in lactase persistence. J Natl Med Assoc 1999;91:151-7.

²⁸ Stig Erlander, PhD. a talk on Raw vs. Pasteurized Milk, 2001.

²⁹ Certified Milk Magazine, November/December, 1946.

absorption. The “decalcification” of **pasteurized and formula milks fed to children** can be a major **cause of osteoporosis later in life.** We now know that low calcium absorption in healthy women may cause loss of spinal bone mass as early as *age 20.* **Such women may lose 50% or more of their bony mass by the age of 70.**³⁰

R.D. Briggs of the Pathology Department of Washington University School of Medicine read that the British reported a **higher incidence of heart attacks among persons with chronic peptic ulcers.**^{31,32} In 1960, Briggs and his associates undertook a statistical study of ten medical centers in the United States and five in Great Britain. They compared the incidence of heart attacks in ulcer patients taking a Sippy (pasteurized, homogenized milk and cream) diet with those not using milk. Results were startling and unequivocal. In the US, patients taking the Sippy diet had a three-fold higher incidence of heart attacks. In England the **heavy pasteurized, homogenized milk drinkers had a six-fold increase in heart attacks** as the non-milk users. We know from the work of **Pottenger, Wulzen, McCulley, and Oster** that the specific constituents creating this type of calcification are heated protein and xanthine oxidase.

Pasteurized milk contains cholesterol epoxides and oxides. Raw milk has none of them. Studies have shown oxidized cholesterol products **cause atherosclerosis and cancer.**

One reason pasteurized milk doesn't taste as good as raw milk from the farm is due to the practice of “holding over” milk. The milk is placed in large “milk silos” until it is ready for processing. It may be stored for 10 days. This favors the growth of certain bacteria.³³ Those bacteria, such as *Listeria monocytogenes*³⁴ grow at refrigeration temperatures of the silos used for storage. Pasteurization alters the enzymes produced by those bacteria, causing milk to sometimes taste bitter, unclean, oily, chalky, metallic or medicinal. **Dairy processors add chemicals to make the nasty-tasting milk taste appealing.**

The pituitary hormone, TSH, stimulates the thyroid gland (in animals as well as humans). If minute amounts of TSH bovine pituitary hormone are absorbed daily from unbalanced **pasteurized milk, depression of the thyroid gland could eventually result. Low thyroid function** is extremely common in the USA today. Some of our expert colleagues estimate that fifty percent of the people over 50 years have some degree of low functioning thyroid.

Another pituitary hormone, ADH, absorbed from regular consumption of pasteurized milk, causes **water retention.** ACTH, a powerful adrenal stimulator, absorbed regularly from **pasteurized milk contributes to many conditions ranging from diabetes and hypertension to Addison's Disease (adrenal exhaustion), and acne.**

Several cancers, such as ovarian cancer, have been linked to the consumption of pasteurized dairy products. According to a study by **Daniel Cramer, M.D., and colleagues at Harvard,** pasteurized dairy-product consumption **affects women's ovaries.**³⁵ Some women have particularly low levels of certain enzymes, and regular consumption of **processed dairy products may triple their risk of ovarian cancer** compared to other women.

³⁰ Medical Month, January 1964, pp. 43.

³¹ Morris, British Medical Journal, 2:1485, 1958.

³² Circulation, Vol. XXI, pp. 438, April 1960.

³³ Dairy Record, February, 1982.

³⁴ Journal of Bacteriology, June 1995, p. 3205-3212.

³⁵ Cramer DW, Harlow BL, Willet WC. Galactose consumption and metabolism in relation to the risk of ovarian cancer. Lancet 1989;2:66-71.

J.L. Outwater of Princeton University and Drs. A. Nicholson and N. Barnard of The Physicians Committee for Responsible Medicine cited more epidemiological studies that show a positive correlation between pasteurized **dairy products and breast cancer and prostate cancer**, presumably related, at least in part, to increases in a compound called insulin-like growth factor (IGF-I).³⁶ IGF-I is found in processed cow's milk and has been shown to occur in increased levels in the blood by individuals who consume processed dairy products regularly.³⁷ Another recent study showed that men with the highest levels of IGF-I had more than four times the risk of prostate cancer compared to those with the lowest levels.³⁸

Synthetic hormones such as recombinant growth hormone (rBGH) are commonly used in dairy cows to increase the production of **milk for pasteurization that often results in inflammation of the mammary glands (mastitis)**. When rBGH is present, it **increases levels of cancer-causing and other dangerous chemicals in milk**. rBGH-derived milk has dramatically higher levels of IGF-1 (Insulin Growth Factor), **a risk factor for breast and colon cancers**. IGF-1 is not destroyed by pasteurization. An article in **Cancer Research, June 1995**, shows that **high levels of IGF-1 are also linked to hypertension, premature growth stimulation in infants, gynecomastia in young children, glucose intolerance and juvenile diabetes**.

Dr. Samuel Epstein, M.D. professor of occupational and environmental medicine at the **University of Illinois School of Public Health and chair of Cancer Prevention Coalition**, reports that IGF-1, which causes cells to divide, **induces malignant transformation of normal breast epithelial cells**, and is a growth factor for **human breast and colon cancers**. In reviewing the data, Canadian scientists discovered that the suppressed Monsanto-studies showed that rBGH was linked to **prostate and thyroid cancer** in laboratory rats. Even after that was discovered, **FDA continued and continues to allow rBGH to be fed to dairy animals**.³⁹

Epidemiological studies of various countries show a strong correlation between the use of **pasteurized dairy products and the incidence of insulin-dependent diabetes (Type I or childhood-onset)**.⁴⁰ Researchers in 1992 found that a specific protein in pasteurized dairy sparks an auto-immune reaction, which is believed to be the destructive factor for the insulin-producing cells of the pancreas.

Wulzen, of Wulzen Calcium Dystrophy Syndrome notoriety, reported that test animals fed **pasteurized milk did not grow well and consistently developed** a characteristic syndrome of **arthritis**, the first sign of which was **wrist stiffness**. But the **effects of pasteurized skim milk were far worse**. First they developed the characteristic **wrist stiffness and then muscular dystrophy**. These **animals became weak and emaciated and then died**. Autopsy revealed severe **hardening of the arteries and calcification of other soft tissues**. The animals also developed **testicular atrophy with complete sterility, severe calcification of most large**

³⁶ Dairy products and breast cancer: the IGF-1, estrogen, and bGH hypothesis. Medical Hypothesis 1997;48:453-61.

Chan JM, Stampfer MJ, Giovannucci E, et al. Plasma insulin-like growth factor-1 and prostate cancer risk: a prospective study. Science 1998;279:563-5.

World Cancer Research Fund. Food, Nutrition, and the Prevention of Cancer: A Global Perspective. American Institute of Cancer Research. Washington, D.C.: 1997.

³⁷ Cadogan J, Eastell R, Jones N, Barker ME. Milk intake and bone mineral acquisition in adolescent girls: randomized, controlled intervention trial. BMJ 1997;315:1255-69.

³⁸ Chan JM, Stampfer MJ, Giovannucci E, et al. Plasma insulin-like growth factor-1 and prostate cancer risk: a prospective study. Science 1998;279:563-5.

³⁹ New York Times, "Synthetic Hormone in Milk Raises New Concerns," Jan. 19, 1999.

⁴⁰ Scott FW. Cow milk and insulin-dependent diabetes mellitus: is there a relationship? Am J Clin Nutr 1990;51:489-91.

Karjalainen J, Martin JM, Knip M, et al. A bovine albumin peptide as a possible trigger of insulin-dependent diabetes mellitus. N Engl J Med 1992;327:302-7.

blood vessels, anemia, decrease in hearing resulting in complete deafness, high blood pressure, and development of calcium deposits around the bone openings in the spine that provide for the exit of nerves. Sciatica and other nerve compression syndromes result from calcification.

No one has offered well-documented, experimental proof of any other cause for the extensive calcific disease we see today. Until science conducts tests on humans drinking raw versus pasteurized milks, we are wise to assume it is probable that the consumption of **pasteurized milk causes the same disease-conditions in humans.** The Wulzen experiments were repeated and conclusive.

Professor Hugo Kruger of Oregon State University confirmed the Wulzen experiments. He **proved** that there is a definite connection between **pasteurized milk and stiff joints that eventually led, in experimental animals, to muscular dystrophy.**

Francis M. Pottenger, Jr., M.D. wrote in his abstract, "**Milk, an animal product, is the essential food of all infant mammals.**" Mammals are so classified in the scale of living things because of the common characteristic of the female nursing her young. The infant mammal is accordingly carnivorous in his natural habits irrespective of whether the adult of the species is herbivorous or carnivorous.

"If the adults on a carnivorous diet show conditions of deficiency on cooked meat, is it not reasonable to suppose that growing infants on entirely cooked carnivorous diets will do likewise?" Many experimenters, such as Catel, Dutcher, Wilson, and others have shown deficiencies in animals fed pasteurized milk diets.

The Harvard Nurses' Health Study, 1997, which followed more than 75,000 women for 12 years, **showed** no protective effect from increased processed-milk consumption on fracture risk.⁴¹ In fact, increased intake of calcium from **pasteurized dairy products was associated with a higher fracture risk.** An Australian study showed the same results.⁴² Additionally, other studies have found no protective effect from pasteurized dairy calcium on bone.⁴³

Krauss, W. E., Erb, J.H., and Washburn, R.G. wrote in their abstract, "Kramer, Latzke and Shaw (Kramer, Martha M., Latzke, F., and Shaw, M.M., A Comparison of Raw, Pasteurized, Evaporated and Dried Milks as Sources of Calcium and Phosphorus for the Human Subject, Journal of Biological Chemistry, 79:283-295, 1928) obtained **less favorable calcium balances** in adults **with pasteurized milk** than with 'fresh milk' and made the further observation that milk from **cows kept in the barn for five months gave less favorable calcium balances than did 'fresh milk'.**"⁴⁴

"According to S. Schmidt-Nielsen and Schmidt-Nielsen (Kgl. Norske Videnskab. Selsk. Forhandl., 1:126-128, abstracted in Biological Abstracts, 4:94, 1930), **when milk pasteurized at 63 degrees C. (145 degrees F.) was fed to mature rats, early death or diminished vitality**

⁴¹ Feskanich D, Willet WC, Stampfer MJ, Colditz GA. Milk, dietary calcium, and bone fractures in women: a 12-year prospective study. Am J Public Health 1997;87:992-7.

⁴² Cumming RG, Klineberg RJ. Case-control study of risk factors for hip fractures in the elderly. Am J Epidemiol 1994;139:493-505.

⁴³ Huang Z, Himes JH, McGovern PG. Nutrition and subsequent hip fracture risk among a national cohort of white women. Am J Epidemiol 1996;144:124-34.

Cummings SR, Nevitt MC, Browner WS, et al. Risk factors for hip fracture in white women. N Engl J Med 1995;332:767-73.

⁴⁴ Studies on the nutritive value of milk, II. The effect of pasteurization on some of the nutritive properties of milk, Ohio Agricultural Experiment Station Bulletin 518, p. 8, January, 1933.

resulted in the offspring.”⁴⁵

Mattick and Golding, “Relative Value of Raw and Heated Milk in Nutrition”, in The Lancet (220:662-667) reported some preliminary experiments which indicated that **pasteurization destroys** some of the **dietetic value of milk**, including partial **destruction of Vit. B1**. These same workers found the **raw milk** to be considerably **superior to sterilized milk in nutritive value**.⁴⁶

“**Pasteurization was also found to negatively affect the hematogenic and growth-promoting properties** of the special milk (raw milk from specially fed cows, whose milk did not produce nutritional anemia--whereas commercially pasteurized milk did)...”⁴⁷

When **pasteurized whole milk** was fed to Guinea pigs, **deficiency symptoms began** to appear, **wrist stiffness** was first. When fed **skimmed milk**, deficiencies **intensified** characterized by **great emaciation and weakness before death**. “At autopsy the **muscles were found to be extremely atrophied**, and **closely packed, fine lines of calcification ran parallel to the fibers...calcification occurred in other parts of the body...The feeding of raw cream cured the wrist stiffness.**” Guinea pigs fed raw milk +...grew well and showed no abnormalities at autopsy.⁴⁸

Milk Pasteurization destroys about 38% of the B complex (Dutcher and associates...)⁴⁹ “Using standard methods for determining vitamins A, B, G and D, it was found that **pasteurization destroyed at least 25% of the vitamin B in the original raw milk.**”⁵⁰

“On the 7.5 cc. level, two rats on raw milk developed mild polyneuritis toward the end of the trial; whereas three **rats on pasteurized milk developed polyneuritis early**, which became **severe as the trial drew to a close**. On the 10.0 cc. level, **none of the rats on raw milk developed polyneuritis, but three on pasteurized milk were severely afflicted.**”⁵¹

Dr. R. M. Overstreet wrote, “The **vitamin C** of cow's milk is largely **destroyed by pasteurization...**”⁵² proved to destroy 20-50% of Vitamin C.⁴⁴ Woessner, Warren W., Evehjem, C.A., and Schuette, Henry A. wrote in their abstract, “Samples of raw, certified Guernsey and certified vitamin D milks were collected at different dairies throughout the city of Madison. The Vitamin C content of these milks on the average are only a little below the fresh milks recorded...indicating that commercial raw and certified raw milks as delivered to the consumer lose only a small amount of Vitamin C...samples of commercial **pasteurized milks** were collected and analyzed. On an average, they **contained only about one-half as much Vitamin C as fresh raw milks.**”

“It was found that commercial raw milks contained a [Vitamin C] potency which was only slightly less than fresh raw milks and that **pasteurized milks on the average contained only**

⁴⁵ Ibid., p. 9

⁴⁶ Ibid., p. 7.

⁴⁷ Ibid., p. 11.

⁴⁸ Annual Review of Biochemistry, Vol. 18, p. 435. 1944.

⁴⁹ Lewis, L.R., The relation of the vitamins to obstetrics, American Journal of Obstetrics and Gynecology, 29.5:759, May 1935.

⁵⁰ Ibid, p. 30.

⁵¹ Ibid, p. 23.

⁵² Northwest Medicine, June, 1938, as abstracted by Clinical Medicine and Surgery, “The Increase of Scurvy,” 42, 12:598, December 1938.

one-half the latter potency. **Mineral modification and homogenization** apparently have a **destructive effect [on Vitamin C].**"⁵³

In Washington, DC in 1911, an 18-months research program was adopted to study the short-term effects of raw versus pasteurized milk on human growth in hundreds of babies. The milk-station study revealed that babies who drank pasteurized milk gained a fraction more weight than those who drank raw. Similar short-term studies were implemented in Lanarkshire and about 25 American cities. The results were the same. However, Dr. Francis Pottenger, MD made a 10-years study of 900 cats who were fed raw and pasteurized milks that showed little differences in the first generation but all succeeding generations of pasteurized-milk fed cats developed diseases whereas the raw-milk fed had no diseases for the all generations over 10 years.⁵⁴ In 1936, the Lancet published a study of baby rats. They intended to compare health of groups of the fourth generation who ate raw, pasteurized or sterilized milks. However, the litters from rats feed sterilized milk were unable to produce offspring after the first generation. The females from litters that ate pasteurized milk could not lactate by the third generation so the fourth generation died of malnutrition and starvation. All of the rats fed raw milk were healthy for all generations.

More research implicates pasteurized milk as a factor in cancer,⁵⁵ multiple sclerosis,⁵⁶ female sterility,⁵⁷ and Type 1 diabetes in children.^{58,59,60,61}

2) HEALTH BENEFITS AND RISKS FROM DRINKING NATURAL MILK

a. BACTERIAL, VIRAL & PARASITICAL RESISTANCE AND NUTRITIVE VALUES FROM DRINKING RAW MILK

A letter from the Pennsylvania Bureau of Foods and Chemistry left no doubt about their confidence in raw milk, "I can think of no incident in Pennsylvania in the past twenty years in which raw milk was determined to have been the cause of human illness."⁶²

From 1958-1999, there had **not** been **one outbreak caused by raw milk in California**, and

⁵³ The determination of ascorbic acid in commercial milks, *Journal of Nutrition*, 18,6:619-626, December 1939.

⁵⁴ Francis M. Pottenger Jr. M.D., *Pottenger's Cats* (Price Pottenger Nutrition Foundation, 1983), p.15.

⁵⁵ Ursin G, Bjelke E, Heuch I, Vollset SE, Milk consumption and cancer incidence: a Norwegian prospective study, *Br J Cancer* 1990;61:454-459.

⁵⁶ Malosse D, Perron H, Sasco A, Seigneurin JM, Correlation between milk and dairy product consumption and multiple sclerosis prevalence: a worldwide study, *Neuroepidemiology* 1992;11:304-312.

⁵⁷ Cramer DW, Xu H, Sahi T, Adult hypolactasia, milk consumption, and age-specific fertility, *Amer J Epidemiol* 1994 Feb 1, 139(3):282-289.

⁵⁸ Dahl-Jorgensen et al, Relationship between cow's milk consumption and incidence of IDDM in childhood, *Diabetes Care*, 1991;14:1081-1083.

⁵⁹ Virtanen et al, Cow's milk consumption, HLA-DQB1 Genotype, and Type 1 Diabetes, *Diabetes*, 2000 June; 49:912-917.

⁶⁰ Elliott et al, Type 1 (insulin-dependent) diabetes mellitus and cow milk: casien variant consumption, *Diabetologia*, 1999; 42:292-296.

⁶¹ Scott FW, Cow milk and insulin-dependent diabetes; is there a relationship? *Am J Clin Nutr* 1990;51:489-491.

⁶² Private communication, August 9, 1979.

EXHIBIT A

only speculative sporadic occurrences. In 1958, a Salmonella-outbreak of 11 cases was blamed on certified raw milk but “no Salmonella was ever found in batches of the milk...or in the herds.”⁶³ **Californians enjoyed 50 years of drinking raw milk without a single outbreak.**

Raw milk contains enzymes and antibodies that make milk less susceptible to bacterial contamination, such as nisin, and lactoperoxidase that inhibits the growth of Salmonella. Raw milk contains: Phosphatase that is essential for the absorption of calcium; enzyme lipase aids in the digestion of fats, lactobacillus bacteriocins (nisin and others which kill listeria), lactoperoxidase, lactoferrin, xanthine oxidase, and lysozyme. Raw milk contains the proteins lysine and tyrosine that are altered by pasteurization. Also, raw milk contains fat-soluble vitamins A, D, E and F that pasteurization alters by up to 66%; and water-soluble vitamins C, H and K that pasteurization alters 38-80%.

In 2004, University California Davis, Agricultural Department experimented with spiking raw milk with various pathogens to see if raw milk truly exhibited antibacterial activity. The experiments proved absolutely, conclusively that Organic Pastures Dairy's **raw milk inhibited pathogenic bacteria from breeding in it.**

Dold, H., Wizaman, E., and Kleiner, C. wrote in their abstract, “[Raw] Human or cow milk added to an equal volume of agar did not support the growth or allowed only slight growth of B. diphtheriae Staph. aureus, B. coli, B. prodigiosus, B. pyocyaneus, B. anthracis, streptococci, and unidentified wild yeast.”⁶⁴ **The ‘inhibins’ in cow’s milk are inactivated by heating between 60-70 degrees C. for 30 minutes.** Attempts have not been made to identify the natural antiseptics.”

Dr. Alan Howard, Cambridge University, England, discovered that whole raw milk actually **protects against abnormally high cholesterol.** Feeding two quarts of whole milk a day to volunteers caused a drop in cholesterol.

Dr. George Mann, Vanderbilt University School of Medicine, concurs with Dr. Howard. He found that four quarts of whole milk per day **lowered blood cholesterol level by 25%.** **Cambridge's Howard** concluded, “...all this business that saturated fats in milk are bad for you is a lot of nonsense.” Raw milk therapy is preferable to taking clofibrate, a chemical prescribed by doctors for lowering the cholesterol level of the blood. Clofibrate can cause heart attacks, gall bladder attacks and cancer.

Example Of Protective Qualities Of Raw Milk, Even When It Is Dirty

In the course of my research, I, Dr. Douglass, visited dozens of dairies. As you know from cleaning your car, spraying the surface with a hose is ineffective. The surface must be wiped. The same is true of a cow teat. This was demonstrated to me quite dramatically at a dairy producing milk destined to be sold raw. The hose was taken and the teats sprayed in the usual manner. A white towel from the stack was used to wipe one of the four teats. Plenty of mud and manure could be seen on the towel. If those teats aren't cleaned properly, and they often were not in those other dairies, that mud and manure went in the milk. They pasteurized it, but how many people want feces, mud, and urine in their milk even though it is heated by pasteurization?

Jack Mathis, President of Atlanta's Mathis Dairy, was invited to inspect the dairy at the Atlanta City Prison Farm and make suggestions for modernization. He said, “It looked more like an outhouse than a milking parlor.” Manure on the cow's hindquarters was running over the teats, the milking apparatus, and into the milk. From the milking machine, the milk ran into an

⁶³ Raw Certified Milk and Foodborne Illness, 1998.

⁶⁴ Z. Hyt. Inf., “Antiseptic in milk,” The Drug and Cosmetic Industry, 43,1:109, July, 1938.

open ten-gallon can by hose. "You couldn't see the top of the can for the flies," Mathis said. "It was like a bee hive with flies walking in and out of the can."

Mr. Mathis assumed that the milk was for the prison farm pigs, but it wasn't. It went directly to a cooler in the prison dining hall, complete with cow and fly manure and fly carcasses. It was simply strained through the cooler and then drunk by the prisoners. **No case of pathogenic contamination** occurred that was **caused by the raw milk in 10 years**. If raw milk is such a danger, why didn't any one get sick?

Consider that disease-free tribes ate abundantly and primarily unsalted raw meat, unsalted raw fats, and/or unsalted raw dairy products. They did not wash their hands or food prior to preparing and eating. Every form of natural bacteria, including salmonella, E.coli, listeria and campylobacter, were eaten with their food, abundantly and constantly. Why didn't they get sick, diseased and die? Why were they vibrant, healthy and disease-free?

In 1976, after exposure to Eskimos' practices of eating "high" raw meats (aged-decayed and resplendent with bacteria, including pathogens) to improve their health, I, Dr. Vonderplanitz, began experimenting with contaminated raw milk. That, too, seemed to improve my health problems a little quicker. I drank milk contaminated with bovine urine and feces milked around roaming chickens and pigs for three months. From 1988 to present (2007), I experimented with thousands of healthy and sick volunteers who drank very "contaminated" raw milk and had no history of milk allergies. The milk was spiked with bovine and chicken feces and porcine hair. I allowed the bacteria to grow at 47° F. for 24 days in refrigeration to raise the bacterial levels to exceed 500,000,000 per ml. Only 10 people of approximately 25 experienced nausea because of the smell and taste, 2 of approximately 80 experienced one or two vomits, 4 of approximately 200 experienced brief diarrhea, and 10 of approximately 750 experienced several days of diarrhea. Those are lower than the normal rates for such symptoms in the general public on everyday processed-food diets. No one got very sick and no one died. All of them said that they felt healthier and calmer from drinking the "contaminated" raw milk. However, all of them complained about the disgusting taste and odor.

The British journal The Lancet reported, "**Resistance to tuberculosis increased in children fed raw milk instead of pasteurized**, to the point that in five years only one case of pulmonary TB had developed, whereas in the previous five years, when children were given pasteurized milk, 14 cases of pulmonary TB developed."⁶⁵

Raw milk also contains an anti-viral agent. **In 1997, British studies showed that some mysterious substance in the aqueous portion of the raw milk, below the cream layer, works to reduce viral infections.**⁶⁶ **Formula and boiled milk do not contain this virus-interfering agent.**

Raw milk as a vermifuge: James A. Tobey, Doctor of Public Health, Chief of Health Services for the Borden Company, wrote about the successful **use of raw milk in the treatment and prevention of worms in humans.**⁶⁷ We know that worms flourish on starch but have a tough time surviving on protein. **Hegner** proved experimentally that a diet consisting largely of the raw protein casein, the principle **protein of milk**, will often lead to a total **elimination of worms.**⁶⁸

⁶⁵ The Lancet, p. 1142, May 8, 1937

⁶⁶ Matthews, et al, The Lancet, December 25, 1976, pp. 1387.

⁶⁷ Ibid., April, 1935.

⁶⁸ Science, 75:225, February 20, 1932; JAMA, April 9, 1932; JAMA 83:83, 1924.

Phosphatase is **essential** for the **absorption of calcium** and is **plentifully present in raw milk** but *completely destroyed by pasteurization*. Phosphatase is an essential agent to the proper development of a strong skeletal structure.

b. MEDICAL MILK THERAPY – PREVENTION AND REVERSAL OF DISEASE FROM DRINKING RAW MILK

One of the most remarkable and important discoveries in medicine, the incredible healing power of fresh raw milk, goes unnoticed by the medical profession. No one knows who first used raw milk as a therapeutic agent. The bible extols milk and honey as the food for man. Cleopatra used raw milk to enrich and whiten her skin. **Hippocrates**, the father of medicine, **Galen, Pliny, Varro, Marcellus Empiricus, Baccius, and Anthimus prescribed raw milk for diseases.**⁶⁹ We might feel inclined to dismiss them as thoughtless quacks but those men were entrusted physicians, caring for the lives of emperors and other royalty. If something worked to improve health, they embraced it as many people do today in America because medicine does not work for them. They would often feed a goat, ass, cow or sheep an herb that was known to effect a certain ailment that a patient suffered. Then they would feed the raw milk of that animal to their patient and assist the patient's condition.⁷⁰

Raw milk was prized as medicine throughout the Middle Ages. During the Renaissance, raw milk therapy was so effective that papers and books about it were widely in print. In 1595, *De Facili Medicina per Seri et Lactis Usum*, Giovanni Costeo's book on milk cures was published; in 1681, *Tractatus Medicus de Cura Lactis in Anthritide*, by Johann Greisel's book was published; in 1732, William Stephens wrote a book about Dolaeus' phenomenal cures with raw milk diet; in 1754, Frederick Hoffman wrote a treatise on the treatment of "gout, scurvy, and nervous disorders" utilizing raw milk; in 1785, **Samuel Ferris** delivered a prize-winning oration entitled "A Dissertation on Milk" about curing various disease with raw milk. In the 18th and 19th centuries, **raw milk was recognized around the world for its curative effects: Philippe Petit-Radel** in France, **C. Vivante** in Italy, **Dr. Philip Karell** read his paper "Milk Cure" to the **Medical Society of St. Petersburg**, and **Dr. Inozemtseff** in Moscow **treated thousands of patients with raw milk.**⁷¹

In England, **John Tatum Banks** wrote "On the curative virtues of raw milk" for Edinburgh Medical Journal; **Dr. George Balfour** lectured on the cure of diabetes at Edinburgh Royal Infirmary, **Professor of Clinical Medicine and Senior Physician to King's College Hospital** wrote an article for England's most respected medical journal the **Lancet**, stating that, "You have seen some cases of chronic diarrhea and dysentery rapidly and completely cured **by this [raw milk] diet, without the aid of medicines,**"⁷² giving detailed descriptions of **patients who recovered from Bright's (glomerulonephritis), other bladder ailments, cystitis, and typhoid when other remedies failed. Dr. Donkin wrote for the Lancet about his success with raw milk to cure Bright's.**

In America in 1884, we had **Dr. James Tyson of Philadelphia** who reported to and was published in the Journal of **American Medical Association on medical uses of raw milk with diabetes, gastrointestinal disorders, kidney stones, obesity and ulcers;** In 1915, **physician Dr. Charles Porter's** book "Milk Diet as a Remedy for Chronic Disease" was sold through 12 editions, and stated that the only requirement was that the milk be raw and unaltered in any way since leaving the cow; in 1923, **Bernarr Macfadden's, The Miracle of Milk: How to Use the Milk Diet Scientifically at Home** remained in print for 20 years; **Dr. John Harvey Kellogg suc-**

⁶⁹ Anthimus, *On the Observance of Foods*, tr and ed. Mark Grant (Totnes: Prospect, 1996), 117.

⁷⁰ John Harvey Kellogg, *Autointoxication; or, Intestinal toxemia*, 3rd ed. (Battle Creek: Modern Medicine Publishing Co., 1922) p.125.

⁷¹ Mentioned in Tyson, Milk Treatment of Disease, *JAMA* 1884 Jun: 626.

⁷² Johnson G, Clinical Lecture on the Curative Influence of an Exclusive Milk Diet in Some Cases of Inflammation of the Bladder, *Lancet* Dec 16 1876;2:847-848.

cessfully treated John D. Rockefeller for his chronic digestive problems exclusively with a raw-milk diet.⁷³ Kellogg stated that **only raw milk should be taken for therapy.** Almost every type of disease recognized or not was cured by consuming massive amounts of raw milk.

William Osler, the most respected physician of the early 20th Century, said, "A rigid [raw] milk diet may be tried ... this plan in conjunction with rest is most efficacious." And then he quoted Cheynes, "Milk and sweet sound blood differ in nothing but color: **Milk is blood.**"

Dr. J.E. Crewe, from the Mayo Foundation, Rochester, Minnesota, presented his findings on the therapeutic uses of raw milk before the Minnesota State Medical Society in 1923. Although Dr. Crewe's experiments were on the feeding of raw milk for disease, **the key, he injects, is not milk but raw milk.** Dr. Crewe reported, "While milk is widely used and recommended as an article of diet, it is seldom used by regular physicians exclusively as an agent in the treatment of disease. **For fifteen years I have employed the so-called [raw] milk treatment in various diseases ... the results obtained in various types of illnesses have been so uniformly excellent** that one's conception of disease and its alleviation is necessarily modified."⁷⁴

His report was met with apathy and indifference, saying, "The **method itself is so simple that it does not greatly interest medical men.**"⁷⁵ The fact that many diseases are treated and successful results [ignored], leads almost to disrespect."

i. INFANT SAFETY AND HEALTH BENEFITS FROM FEEDING NATURAL MILK

Physicians in charge of five of the largest city hospitals "frankly admitted" that **greater health occurred in babies who drank pure raw milk** over pasteurized milk, that it would be "vastly better" to have raw milk than milk which had been cleansed and disinfected (pasteurized).⁷⁶

Johns Hopkins University and the University of Maryland found that raw cow's milk contains 2½ times more of the enzyme-like factor IgG, that inhibits rotavirus that causes diarrhea in infants, than in pasteurized milk.

Dr. George Goler of the Rochester Department of Health switched from pasteurized milk to raw milk for the city. Other public health officials were stunned and predicted calamity for the infant mortality rate. However, **the infant death-rate dropped considerably for the next 3 years** although the population of Rochester increased considerably. **For the next 3 years, the infant mortality rate dropped even lower.**⁷⁷

The sister in charge of **St. Vincent's hospital** was very concerned about the **high death rate among infants from gastroenteritis.** She asked **Dr. Paul B. Cassidy, M.D.** for his advice, and he recommended a switch from pasteurized to raw milk. The raw critics predicted that there would be a catastrophic increase in infant deaths from feeding infants raw milk. **The death rate in infants from gastroenteritis quickly fell by 94%,** from a high of 89 in 1922 to less than 5 per year⁷⁸ until the use of raw milk was stopped. Raw milk was extremely popular among leaders in medicine before World War II. The prestigious **Hartford Hospital** used only

⁷³ Kellogg, p. viii.

⁷⁴ Certified Milk Magazine, January 1929.

⁷⁵ Ibid.

⁷⁶ John Spargo, *The Common Sense of the Milk Question* (New York: MacMillan, 1908) p. 85-6.

⁷⁷ Spargo, 216.

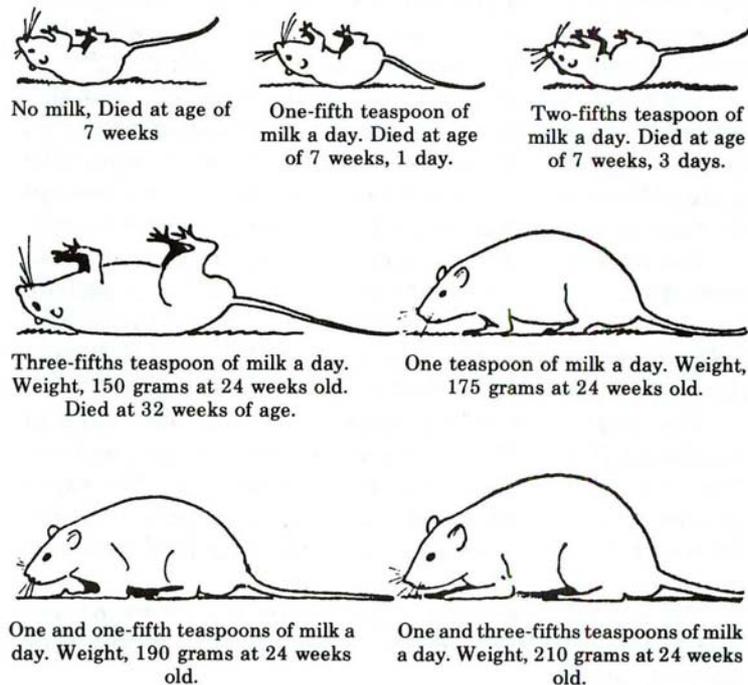
⁷⁸ Annual Convention, Certified Milk Producers Association, Hotel Roosevelt, New York City, February 8, 1938.

certified milk, most of it raw, "in the artificial feeding of infants, for expectant and nursing mothers, and *for all other cases*.

It has been known since the earliest days of husbandry that the newborn calf thrives on raw milk. Calves fed pasteurized milk since birth die between 3-9 months old.

John Fowler, M.D., Worcester, Massachusetts stated that, used faithfully, **raw-milk therapy** was "**very effective**, and in no instance...were the **muscle cramps in pregnant women** a cause of discomfort."

The Effect of Milk on Growth



An experiment done with rats in 1927 vividly illustrated the remarkable growing power of even a small amount of raw milk. The rats were given a very good diet *except* the milk portion was very carefully controlled. They could eat all they wanted *except* for the raw milk. The above illustration is from a March, 1928 publication illustrating the findings of the experiment

Child Allergy Case study

Destin Callahan was one of Dr. Douglass' patients who started badly in life. Destin was not breast fed. **Asthma developed by six months of age.** His mother couldn't recall any time during his nine years that he hadn't wheezed. He was in and out of hospitals with asthma attacks, sometimes nearly fatal, at least six times yearly. He took antibiotics and cortisone almost continuously after the age of six months. Although Destin was nine years old, he was physically the size of a six year old. He was intelligent, but thin and delicate. Destin's mother and father sought Dr. Douglass' help at the Douglass Center in Atlanta. They were desperate to try something different and non-toxic. They felt Destin's poor growth was at least partially due to constant medication. He had seen many allergists and undergone frequent skin tests. His parents were told that their son was allergic to milk. We informed them that 99% of affected individuals are allergic only to *pasteurized* milk. We custom ordered the manufacture of a serum which contained the various factors to which Destin was allergic by skin test. This serum was then injected into a pregnant cow. After the calf was born, the raw colostrum was taken

EXHIBIT A

from the mother and given daily to Destin. **After six weeks** of this raw milk treatment, Destin began to improve. For the **first time in his life he stopped wheezing**. His parents were astounded and hesitant to believe the difference they witnessed. On Christmas Eve, Destin became overly excited and suffered a severe asthmatic attack. Marcy and Les Callahan had the courage to eschew customary medications and gave Destin raw milk colostrum every hour. By Christmas morning, Destin was completely free of symptoms. Destin **grew rapidly after the raw milk and colostrum treatment began**.

Raw milk contains bioactive vitamins. Through the process of chromatography, we now recognize that **synthetic vitamins are not the same as natural vitamins**, yet marketers of pasteurized milk continue to advertise the supplemental vitamin content of their pasteurized milk as an equivalent replacement of the nutrient value of natural milk. **Natural Vitamin C**, for instance, is **33% higher in fresh natural milk** than in pasteurized milk. Some professionals conclude that both milks are inadequate in Vitamin C, and neither raw nor pasteurized milks should be relied upon as a Vitamin C source. However the fact that **many babies fed pasteurized milk develop a scurvy-like syndrome which raw milk-fed babies do not suffer proved those professionals' conclusion wrong**. The research of Friederger also testified that **pasteurized milk with vitamins added produced the same deficiencies as those caused by plain pasteurized milk**.⁷⁹

Francis Pottenger, M.D. proved there is disease similar to Vitamin C deficiency (scurvy) that can be cured without Vitamin C. He proved that raw milk contains an endocrine nutrient that reverses scurvy. Pasteurized milk does not have it. He proved that **raw milk reversed and prevented scurvy**.

Stefansson, an Anthropologist working for the U.S. government, demonstrated that a supposedly adequate intake of Vitamin C in the form of tomato juice did not prevent scurvy in an arctic sea captain. When the captain ate raw meat for a few days he was completely cured.⁸⁰

It was observed in 1942 that grazed cows "...produce as much Vitamin C as does the entire citrus crop, but most of it is lost as the result of pasteurization."⁸¹

French physiologist, Rene Dubos said, "From the point of view of scientific philosophy, the largest achievement of modern biochemistry has been the demonstration of the fundamental unity of the chemical processes associated with life." In other words, if it happens in guinea pigs, rats and cats, it probably happens in humans.

A **Dutch chemist, Willem J. Van Wagendork at Oregon State College**, confirmed the Wulzen findings that **pasteurized dairy creates calcification and stiffness**. He found that guinea pigs with calcification of the tissues could be **relieved with raw cream** but not so with pasteurized cream. The active factor is transmuted and **rendered ineffective by pasteurization**.

ii. RAW MILK SAFETY AND HEALTH BENEFITS IN GENERAL—INCLUDING TB

The **Bahimas, Nuers of the Upper Nile, the Todas, Kazaks, and Hottentots** of Africa each drink **six pints of natural milk daily and they all live healthfully**.

Dr. Crewe's use of raw milk therapy in advanced cases of pulmonary tuberculosis

⁷⁹ Certified Milk Magazine, October 1927 as reported by Victor E. Levine, Prof. of Biological Chemistry & Nutrition, Creighton University School of Medicine.

⁸⁰ Harper's Magazine, November/December, 1925 & January 1936, from the Stefansson Collection, Dartmouth College.

⁸¹ Proc. Nat. Nut. Conf. for Defense, May 14, Federal Sea Agency, pp. 176; U.S. Government Pat. Off., 1942.

often resulted in rapid improvement for the patient. This was ironic since raw milk was blamed, incorrectly, for a great deal of the tuberculosis seen in that decade. (Hippocrates told doctors hundreds of years ago that raw milk greatly alleviates tuberculosis.)

Crewe reported on his **raw-milk treatment of edema** (swelling), "In cases in which there is marked edema, **the results obtained are also surprisingly marked.** This is especially striking because so-called dropsy has never been treated with large quantities of fluid. With all medication withdrawn, **one case lost twenty-six pounds in six days, huge edema disappearing from the abdomen and legs with great relief to the patient.**"

Cardiac and kidney cases showed remarkable improvement. One patient with **advanced heart and kidney disease lost thirty pounds of fluid in six days on raw milk.**

Dr. Crewe, treating **high blood pressure** with raw milk, reported that he had "never seen such **rapid and lasting results** by any other method."

Patients with heart failure were taken off medications, including digitalis (Lanoxin), and "responded splendidly."

Perhaps the most startling raw-milk treatment that goes counter to present-day thinking was for **obesity.** Dr. Crewe: "One patient **reduced from 325 pounds to 284 pounds in two weeks** on four quarts of milk a day, **while her blood pressure was reduced** from 220 to 170."

Crewe implied that the same results might be obtained by eating fresh raw meat. He relates the story of the explorer Stefansson, who traveled the frozen Arctic with his colleagues living on fish, seal, polar bear, and caribou, nothing else for nine months. Most of that was eaten raw and decayed (full of pathogens). Although Eskimos endured the severest of hardships, they were never sick. On the return journey, they discovered a cache of civilized food, including flour, preserved fruits and vegetables, and salted, cooked meat. Against Stefansson's advice, the men ate that food for several days. They developed diarrhea, loose teeth, and sore mouths. Stefansson immediately placed them on raw caribou tongue, and in a few days they recovered.

Raw milk is by far the most convenient and acceptable form of raw animal protein supplying the enzymes, antibodies, and nutrients needed for recovery from disease.

Dr. Crewe reported on his work again in 1930. He quoted a colleague, who also treated with raw milk, "This was the worst case of **psoriasis** I have ever seen. This boy was literally covered from head to foot with scales. We put the boy on a [natural] milk diet and **in less than a month he had skin like a baby's.**"

Crewe postulated, because of the remarkable effects seen in such a great variety of diseases, that **natural milk** may supply some hormonal elements to the patient. He repeatedly saw **marked improvement in patients with toxic thyroid disease**, a hormonal malady.

Rapid and marked improvement in the infection and in the reduction of the size of the prostate gland was seen routinely. With **shrinkage of the gland, the blockage clears and surgery is avoided**, Crewe reported. **Urinary tract infections, even with prostate swelling are greatly improved.**

Natural milk treatment for **diabetes** caused most patients' sugar levels to **normalize in 4-10 weeks** without any diabetic symptoms. This was astounding because the milk sugar in five quarts of milk, the amount he used daily for diabetes, was *1/2 pound*.

And finally Crewe commented on the large group of **patients for which no specific disease could be found**, "These patients are often underweight. They may consume a fairly large amount of food, but they do not gain in weight or strength. They are often nervous and frequently classed as neurasthenics. Usually, the skin condition is poor, they are sallow, and disappointed because no one can tell them what the trouble is. They do not respond well to medical treatment...Every physician knows this class of patient because they are unhappy and unsatisfactory to treat." He reported that they "**respond admirably**" to **raw-milk therapy**, but he added, "The chief fault of the treatment is that it is too simple . . . it does not appeal to the modern medical men."

Dr. Crewe: "**...the treatment of various diseases over a period of eighteen years with a**

practically exclusive [natural] milk diet has convinced me personally that *the most important single factor in the cause of disease and in the resistance to disease is food...*"

Dr. L. J. Harris wrote, "Dr. Evelyn Sprawson of the London Hospital has recently stated that in certain institutions **children brought up on raw milk (as opposed to pasteurized milk) had perfect teeth and no decay.**"⁸²

The Lancet published that in **children, teeth are less likely to decay on a diet supplemented with raw milk** than with pasteurized milk.⁸³

"The dividing line between a food and a medicine sometimes becomes almost invisible. In many diseases **nothing heals the body and restores strength like [raw] milk...**" **Dr. J.F. Lyman, Prof. of Agricultural Chemistry, Ohio State University.**

Milk has been used for gastric disorders, especially ulcers, for centuries. In the 19th century, **Cruvelheir** advocated **raw milk** as the **most important factor for treatment of gastric ulcer.**⁸⁴

Benjamin M. Bernstein, M.D., a gastroenterologist, described a very difficult gastrointestinal disease, "...very sick with active diarrhea, abdominal pain, loss of blood and consequent anemia, frequently with fever, markedly dehydrated and in severe cases, near death."⁸⁵ Referring to his successes with **natural milk**, he said, "...milk not only may, but **should be used in the management of any type or variety of gastrointestinal disorder.**"⁸⁶

Samuel Zuerling, M.D., ear, nose, and throat specialist, Assistant Surgeon, Brooklyn Eye and Ear Hospital, reported an unusual case treated with **raw milk.**⁸⁷ "Not long ago a gentleman came to me for relief of a severe burning sensation in the nose...he was panicky. He had sought relief and obtained no results...the patient readily acceded to a milk...diet and in a **few days had complete relief.**"

Pelvic Inflammatory Disease in women is an abscess involving the fallopian tube and ovary. **Barbara Seaman** reported a case that conventional antibiotic therapy had not helped. The woman went to an Indian country doctor who **treated her with raw milk straight from his cow. In six weeks she was free of disease.**⁸⁸

Fermented raw milk has been shown to **retard tumor growth** and decrease the activity of alkylating agents associated with stomach cancer.⁸⁹

iii. IMMUNE NATURAL MILK THERAPY BENEFITS

Eighty years of research with **successful Immune Raw Milk Therapy**, from Ehrlich to Peterson, has been ignored by members of the *American Medical Association*.

The Lancet reported on immune milk therapy by showing conclusively through a scholarly review of the literature and research that:

- 1) Antibodies against disease are absorbed from the gastrointestinal tract into blood.
- 2) Rheumatoid arthritis and hay fever respond to immune raw milk therapy.

⁸² Vitamins in Theory and Practice, p. 224, Cambridge, University Press, 1935.

⁸³ EFFECTS OF PASTEURIZATION OF MILK ON TOOTH HEALTH, The Lancet, p. 1142, May 8, 1937

⁸⁴ B.M. Bernstein, Paper presented to the AAMMC Conference, Atlantic City, NJ, June 8, 1942.

⁸⁵ Loc. cit.

⁸⁶ Loc. cit.

⁸⁷ Certified Milk Magazine, September 1936.

⁸⁸ Seaman, B., Women and *the Crisis in Sex Hormones*, Bantam Books, 1979, pp. 203.

⁸⁹ Raw Certified Milk and Foodborne Illness, 1997.

- 3) The udder acts as an antibody-forming organ independent of the cow's blood-immune system. The appropriate bacteria, fungus, or virus need only be infused directly into the teat canal for antibody production in the colostrum milk.

Doctors Peterson and Campbell of the University of Minnesota began rekindling the fires of controversy in 1955. Peterson had had **success treating rheumatoid arthritis** patients with immune raw milk from cows immunized with streptococcus antigen.⁹⁰ Now, Peterson stimulated the cow's udder with pollen antigen such as rag weed. The resulting **immune raw milk was fed to asthma and hay fever sufferers**. In a controlled experiment, **thirty-six patients improved to a significant degree**. The **symptoms disappeared** in a definite order: First, the asthma, then nasal congestion, and lastly, itching of the eyes. There was great blind resistance to this arthritis therapy. Emotions ran so high in Virginia that this perfectly harmless food was impounded by the state from two dairies.⁹¹ They claimed it was a "biological product" (no kidding) and needed a Federal license. **The FDA declared that immune raw milk was a drug and confiscated 80 cases [of that raw milk]."**

Dr. Donald H. Hastings, a Bismarck, North Dakota veterinarian, from University of Minnesota, aware of Peterson and Campbell's work, produced immune raw milk from measles-inoculated cows and fed the raw milk to multiple sclerosis sufferers. Hastings reported that **forty percent of the multiple sclerosis patients got relief** including alleviation of numbness, decrease in muscle twitching, and less fatigue.⁹²

3) NATURAL MILK AS A PRESERVATIVE

A remarkable quality of natural milk that housewives of pioneer days used was its ability to preserve meat. Housewives immersed chops, steaks and roasts in large crocks of raw buttermilk that assured fresh meat for the family year round.⁹³ The Arabs have preserved meat with raw camel milk for thousands of years. The Icelanders of 200 years ago preserved their sheep's heads in sour raw milk.

In 1908, an American doctor decided to try it himself. He immersed a beefsteak in raw buttermilk. *Thirteen years* later it remained in a state of perfect preservation, "showing not the slightest taint or decay." The doctor emphasized, "It should be mentioned right here, however, that these remarks are true only of clean cow's milk as it flows from the original fount, and do not hold for milk which has been boiled or pasteurized...processes which...deprive the milk of its most unique and valuable properties."⁹⁴

4) NUTRITIVE VALUE OF NATURAL MILK Vs. PASTEURIZED MILK (Chart)

COMPARISON CHART BETWEEN RAW AND PASTEURIZED MILKS		
Category Compared	Raw Milk	Pasteurized Milk
1) Enzymes:	All available.	Less than 10% remaining.
2) Protein:	100% available, all 22 amino acids, including 8 that are essential.	Protein-lysine and tyrosine are altered by heat with serious loss of metabolic availability, making the whole protein complex less available for tissue repair and rebuilding.

⁹⁰ The Milk Dealer, June 1960.

⁹¹ Ibid.

⁹² DVM, February 1981.

⁹³ American Association of Medical Milk Commissions, Proceedings 15th Annual Conference, 1921.

⁹⁴ Ibid.

3) Fats: (studies indicate that fats are necessary to metabolize protein and calcium. All raw protein-bearing foods contain fats.)	All 18 fatty acids metabolically available, both saturated and unsaturated fats.	Altered by heat, especially the 10 essential unsaturated fats.
4) Vitamins:	All 100% available.	Among the fat-soluble vitamins, some are classed as unstable and therefore a loss is caused by heating above blood temperature. This loss of Vitamin A, D, E and F can run as high as 66%. Vitamin C loss usually exceeds 50%. Losses of water-soluble vitamins are affected by heat and can run from 38% to 80%.
5) Carbohydrates:	Easily utilized in metabolism. Still associated naturally with elements.	Tests indicate that heat has made some changes making elements less available metabolically.
6) Minerals:	All 100% metabolically available. Major mineral components are calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulphur. Vital trace minerals, all 24 or more, 100% available.	Calcium is altered by heat and loss in metabolism may run 50% or more, depending on pasteurization temperature. Losses in other essential minerals, because one mineral usually acts synergistically with another element. There is a loss of enzymes that serve as leaders in assimilation minerals.
NOTE:	Bacterial growth in Raw Milk increases very slowly, because of the friendly acid-forming bacteria (nature's antiseptic) retards the growth of invading organisms (bacteria). Usually keeps for several weeks when under refrigeration and will sour instead of rot.	Pasteurization refers to the process of heating every particle of milk to at least 145° F. and holding at such temperature for at least 15 seconds. Pasteurizing does <i>not remove dirt, or bacterially-produced toxins from</i> milk. Bacterial growth will be geometrically rapid after pasteurization and homogenization. Gradually turns rancid in a few days, and then decomposes.

5) HISTORY OF MOVEMENT AGAINST NATURAL MILK - The Creation of the Assumption That Pasteurized Milk Is Safer Than Natural Milk

Dr. Fosgate lamented, "The dairy cow has been sadly maligned by the dairy and food industry in general. She has been pictured as a veritable 'Typhoid Mary' for all of the ills of man, including the common cold, when actually, the reverse is true."

a. NATIONAL CLAIMS AGAINST NATURAL MILK

In order to understand how pasteurized milk became prominent and over-powered raw milk in the market, we must look to three historical factors: **I) political and industrial forces, II) catastrophic circumstance, and III) propaganda.** Here are 6 major events within those categories.

- 1) Milton J. Rosenau, M.D.**, a prominent physician in the early 1900's, campaigned to reduce milk borne diseases. He stated in his textbook, "Next to water purification, pasteurization is the most important single preventive measure in the field of sanitation."

EXHIBIT A

In 1913, Rosenau became a Harvard University Medical School professor and a co-founder of the Harvard and Massachusetts Institute of Technology School for Health Officers. When Harvard established a school of public health in 1922, Rosenau directed its epidemiology program until 1935. He did not conduct any empirical tests to prove that any animal was healthier by drinking natural or pasteurized milk, he simply was convinced of his speculation that pasteurized milk was healthier and safer. In 1936, he moved to the University of North Carolina, Chapel Hill, to help establish its public health school (1940), where he served as dean until his death in 1946. He continually campaigned with an intense fervor against raw milk even in the face of Dr. Pottenger's tests that proved Rosenau wrong. By 1936, he had, without scientific proof, elevated pasteurized milk to the standard in most large cities, although a little more than half of all milk in the United States was still consumed raw.⁹⁵

- 2) The Medical Milk Commissions, responsible for certifying the purity and cleanliness of raw milk, had taken a strong stance against pasteurization since their inception at the turn of the 20th century.** In their official journal, the *Certified Milk Magazine* they defended clean unpasteurized milk, properly inspected, as the milk of choice because of its superior nutrition, better digestibility, and freedom from disease-causing properties caused by pasteurized and boiled milks.
- 3) In September 1929, the first pasteurized certified milk was sold. There was vigorous objection to this from members of the milk commission and producers of natural milk** but consumers were led to believe that pasteurization was an added benefit to certification of the raw product. However many argued that there was no need for pasteurization with certified raw milk's cleanliness and purity.
- 4) A fatal blow was dealt to the raw milk producers by Charles Speakes, Secretary Treasurer of the American Association of Medical Milk Commissions,** the national organization responsible for maintaining standards, educating the public, and encouraging milk producers to produce clean pure natural milk. **Unbeknownst to the other milk commissioners, Speakes was also the Executive Secretary of the Milk Foundation that was closely aligned with Dr. Milton J. Rosenau and dedicated to the eradication of raw milk.** By the time the raw milk producers and commissioners realized that they were subverted, too much damage had been done. **At the time Speakes was fired in Washington DC,** the other commissioners discovered **two telephones sat on his desk, one for the Milk Commission and one for the Milk Foundation.** While in office, Speakes took over editorship of the official journal "Certified Milk Magazine". The word "raw" was rarely mentioned.
- 5) World War II led to the demise of the natural milk industry.** Milk could not be shipped halfway around the world in its natural state. This gave rise to massive pasteurization and powdered pasteurized milk production.
- 6) Propaganda was disseminated by companies, groups and individuals with ulterior motives,** deceiving the general public, including doctors, who came to believe that natural milk is dangerous.

Dr. Milton J. Rosenau created a momentum. That was continued by others who wrote deceptive reports. Coronet Magazine's expert Dr. Harold Harris wrote, "Raw Milk Can Kill You," that headlined an article appearing in the May 1945 issue. He proclaimed, "Crossroads, U.S.A., is in one of those states in the Midwest area called the breadbasket and milk bowl of America. Crossroads lies about twenty-five miles from the big city on a good paved highway...What happened to Crossroads might happen to your town...might happen almost anywhere in America." Harris continued the story, describing in vivid detail an epidemic of undulant fever in

⁹⁵ MMWR, 1999, Vol. 48 / No. 40.

Crossroads that infected 25% of the population and killed one in four. Case histories were recounted to illustrate the subtle, debilitating nature of the disease. Investigation revealed the town of "Crossroads" does not even exist. The entire article, because of the harm it did to the natural milk industry, and indirectly to the health of the American people, was as irresponsible as yelling "fire" in a crowded theatre.

The CDC, FDA and health departments in many states do likewise when they state their scientifically unsubstantiated beliefs that raw milk is dangerous and "like playing Russian roulette with your health", as FDA employee John Sheehan stated on FDA's websites. Those comments are inflammatory, absurd, irresponsible and harmful to every American.

Dr. Harris told his wide-eyed readers, "A curious incident in New York City concerned a physician who fell ill of brucellosis...and within a few days he was dead." Harris wrote that the source of his lethal infection of undulant fever (brucellosis) was cheese "dripping with germs". The story was another fabrication. Undulant fever does not cause death in a few days. Cheese does not transmit undulant fever. Investigation through the New York City Health Department revealed that there was no such case ever reported. Harris put forth many outlandish claims and preposterous misstatements. These claims frightened people who drank natural milk. Harris admitted to J. Howard Brown of Johns Hopkins University that he fabricated the whole story. From his own writings, Harris revealed that he knew it could not have possibly happened.

Summary of Harris' misstatements that duped Americans: 1) Undulant fever is common in the United States. False. 2) Raw milk transmits undulant fever. False. 3) Cows that prove positive for undulant fever can pass the germ in their milk. False. 4) Cows can transmit the pig strain of undulant fever in their milk. False. 5) Undulant fever can be transmitted from cheese. False. 6) Four thousand cases of typhoid fever in Montreal were caused by drinking natural milk. False (it was pasteurized milk). 7) Drinking raw milk unnecessarily exposes one to illness. False. 8) Ten percent of Americans are infected with undulant fever. False and preposterous. 9) Raw milk can be "as lethal as strychnine." False and asinine.

The Ladies Home Journal, December 1944, reported, "A Kansas City survey proved that nine percent of 7,122 school children entertained [undulant fever] infection." "Entertained," a peculiar word in this context, could be interpreted by most people as meaning that almost 700 children of those surveyed ran around with undulant fever. That would be an epidemic. J.B. Darlington (*Rural New Yorker*) investigated that claim. The report merely showed that 9% of the children had a positive skin test to brucellosis, such as TB skin test, that indicated **immunity**.

Pasteurization-proponents continued their drive to **stamp out natural milk with stories like The Progressive's** on July 15, 1946. It reported, "Startling improvements in public health invariably ensue when a community moves from raw to pasteurized milk. The Province of Ontario, Canada had been overrun with undulant fever, typhoid, and other infectious diseases when, in 1938, the provincial legislature made pasteurization compulsory in all communities... deaths from typhoid were cut in half." The real facts are: The official records from the Canadian Public Health Journal and the Ontario Department of Health revealed that between 1912 and 1941 inclusive, a period of 29 years, there was a grand total of 2 deaths attributed, without scientific proof and by survey only, to milk-borne typhoid. Cut in half from 2 to 1 in 29 years? The report does not indicate whether the accused milk was natural or pasteurized. The other 245 typhoid deaths during that period were attributed to water and contaminated foods other than milk. People like that have no shame with their harmful fabrications, much like the FDA and CDC. As we pointed out in our analysis of the Coronet article, whether milk is pasteurized is unrelated to developing typhoid.

The Reader's Digest, enlarging on the Progressive's hysterical, unscientifically based and deceptive article a month later, reported: "...an estimated 45,000 persons will be stricken this

EXHIBIT A

year with one or another of the lethal diseases carried by infected raw milk - diseases such as diphtheria, streptococcus infections of the throat and tonsils, dysentery, scarlet fever, typhoid, paratyphoid, and undulant fever. Still more thousands will suffer debilitating gastric and intestinal disturbances which are likely to be put down to 'food-poisoning'. Thousands of infants will contract diarrhea, more or less serious."

In the dairy industry, nearly 100% of the advertising is done by the National Dairy Council and those closely affiliated with it and pasteurized dairy products. Raw milk is a threat to their financial interests. They viciously ensure their business stature and profits. Examples can be gleaned from Alton Eliason, who worked for Knudsen dairy. Knudsen instigated the same type of subterfuge as Rosenau, Harris, Speakes, The Progressive and Readers' Digest.⁹⁶ Hence, the American people have been subjected to a one-sided propaganda campaign, aided and abetted by the AMA-based health departments and medical organizations, giving the propaganda power that depicts fresh, natural milk as a veritable bacterial soup and a sure path to an early grave. Since California has had the only commercial raw dairies since mid 1980, we must view California's recent history for the picture of raw dairy in America.

b. **CHRONOLOGY OF UNSUBSTANTIATED CLAIMS AGAINST ALTA DENA DAIRY'S
RAW MILK IN CALIFORNIA**

1969

- **The LA County Health Department**, in January, supplied the Los Angeles Times, and the Times reported with large headlines, **that Alta-Dena raw milk was banned with the presumption of Q Fever contamination.** Dairy experts testified in court that Q Fever is caught through inhalation into the lungs and not by drinking milk.

1978

- **HERALD EXAMINER ACCUSED CALIFORNIA STATE HEALTH DEPARTMENT OF PREJUDICIAL TREATMENT AGAINST RAW MILK:** At the time of this occurrence, raw milk producers sought a Senate Bill to stop the prejudice. On 6/15/78, The LA Herald Examiner, after recovering certain documents, accused California State health officials of falsifying bacterial reports in an attempt to cause a Senate Bill regarding raw milk to fail. A State laboratory on June 4, 1978, had claimed that the milk was positive (contaminated). An independent laboratory that tested for the LA County Medical Milk Commission and a laboratory that did considerable tests for the state, re-tested those samples and proved the milk was negative.
- Herald Examiner intoned there appeared to be a conspiracy among members of the California State Health Department to eliminate raw dairy. The Senate Bill that would have directed the State Health Department to oversee raw dairy no differently than other food products was to be considered the following week.
- Instead of immediately releasing their fabricated findings—the State Health Department notified the press on June 9th that people were going to get sick from salmonella food poisoning and that an epidemic was imminent—long after the milk had been consumed by the public and just before the hearing. There was no outbreak, but more headlines appeared.
- **ALTA DENA AND RAW MILK FALSELY ACCUSED:** Inflammatory headlines appeared. "*Raw Milk Warning*"-San Rafael Independent Journal (6/10/1978), "*Some Raw Milk Found to be Contaminated*"-Star Free Press, Ventura, CA (6/11/1978), "*Contaminated Milk Ordered Off Shelves*"-Sacramento Union (6/15/1978).

⁹⁶ *The Crimes Against Raw Milk*, Wise Traditions in Food, Farming and the Healing Arts, quarterly magazine, Weston A. Price Foundation, Washington, DC, Summer 2000, 59-63.

- **RADIO ANNOUNCEMENTS WARNED THE PUBLIC:** “not to drink raw milk from Alta-Dena Dairy.” Amid the hysteria the bill was defeated. *No one got sick and the Senate Bill failed.*
- **STATE HEALTH DEPARTMENT REPEATS EPISODE:** December, 1978, the Health Department repeated a warning; which created more hysteria. “*State Issues Warning About Alta-Dena Milk*”-Argus, Fremont, CA (12/9/78), “*Dairy’s Raw Milk Again Under Fire*”-Hemet News, Hemet, CA (12/9/78, “*Poisoned Milk Recalled*”- Richmond Post, Oakland, CA (12/15/78) The contaminated raw milk claims were again unsubstantiated; no one got sick from the milk.
- A “staff report” from the California Department of Health stated in a widely read publication, “...evidence points to a continuing health hazard to the public consuming Alta-Dena's raw certified milk.”⁹⁷

1979

- **WARNINGS AGAIN REPEATED:** “*Tainted Milk Ordered Off Market Shelves*”-San Gabriel Valley Tribune, Covina, CA (2/10/79). Again, the allegations were unsubstantiated by tests: no one got sick from the milk.
- **BRITISH MEDICAL JOURNAL REPORTED DEPARTMENT OF HEALTH FINDINGS:** That Alta-Dena was contaminated with Salmonella and was killing cancer patients with raw milk.
- **THE JOURNAL OF PUBLIC HEALTH IN AMERICA QUOTED THE BRITISH ARTICLE** extensively as if it were scientific fact.
- **SCOTTISH RESEARCH EXPERTS RESPONDED** “We found no evidence of ...life-threatening potential on the part of salmonella...” They examined **700 cases in England without finding a single serious case of salmonella infection.**

1982 and 1983

NEVADA STATE INSPECTORS SEIZED ALTA-DENA RAW MILK that was 21 days old, past the expiration date, and claimed it contained salmonella. After 3 days of intensive investigation, the FDA reported they found nothing of importance at Alta-Dena. **Two State and two county laboratories proved the milk was not contaminated.**

- **IN SPITE OF A CLEAN BILL OF HEALTH, CALIFORNIA STATE HEALTH DEPARTMENT ISSUED WARNINGS 21+ days later, long after the milk had been consumed without incident), *not to drink Alta-Dena raw milk, not even give it to their pets.***
- **HEALTH DEPARTMENT LABELED AN “Alta-Dena associated case”** when a fourteen-year old boy contracted salmonella gastroenteritis. He could not remember drinking raw milk, although family members (who did not get sick) did drink Alta-Dena raw milk. **It was discovered that the boy and his friend has spit toilet bowl water at each other for fun. Although that was the most likely cause of salmonella gastroenteritis, the health department did not remove the association to Alta-Dena milk.** Their media campaign devastated raw milk consumption. (I have many more cases like this in my file.)

1984

- **VOGUE MAGAZINE’S HEALTH SECTION HEADLINED “A Raw-Milk Warning. A new and dangerous fad: drinking raw or certified raw milk, also known as unpasteurized milk..** In a recent newsletter of the California Council Against Health Frauds, **John Bolton, M.D., cautions that people drinking raw milk are at increased risk of salmonella infection, which can result in high fevers and bloody diarrhea. In 1983, the risk of salmonella infection, was 118 times greater for those who drank raw milk than for those who did not,**” referring to figures from 1944.
- **THAT INACCURATE STATEMENT IS BASED ON THE FOLLOWING STATISTICS:**

<i>Disease attributed to raw milk and raw milk in ice cream</i>	904 cases
<i>Diseases attributed to pasteurized milk and pasteurized milk in ice cream</i>	1,841 cases

⁹⁷

New West, August 14, 1978.

Darlington (Rural New Yorker), to emphasize the relative unimportance of milk in transmitting disease, gives the following comparisons for the year 1944:

<i>Disease attributed to milk and milk products</i>	1,499 cases
<i>Disease attributed to water</i>	2,686 cases
<i>Disease attributed to foods other than milk</i>	14,558 cases
Note: waterborne outbreak in Riverside, CA (CDC 1965)=16,000 people	

RAW MILK ACCOUNTED FOR A LITTLE OVER TWO (2%) PERCENT OF THIS TOTAL AND DARLINGTON COMMENTED, "...evidence to support the promotion of pasteurization is so difficult to find that it must needs be distorted and in some cases even invented...an honest mind cannot fail to grasp that **the case for pasteurization is a very weak case indeed**".

1991-2

- **CONSUMERS UNION OF U.S., INC, with California pasteurized dairy producers** filed suit against Alta Dena dairy for false advertising that raw milk was healthful and pasteurized was not.
- **Concurrently, STATE HEALTH DEPARTMENT claimed raw dairy was a menace to its population** and banned Alta Dena from distribution and sale of raw milk for over one year until the above case was settled in court. The court case was prejudiced with a UCLA-conducted Assessment of the Risk of *Salmonella dublin* Infection Associated with the Use of Certified Raw Milk.⁹⁸ The Assessment was entirely theoretical- and statistically based on patient-unverified data from 1980-83, with obvious serious flaws not only in reality-based science but statistical theory. It claimed that 95% of the sporadic cases of *S. dublin* were caused by raw milk in California for the years 1980-83. (Exhibit B, p. 46.) The court ruled that the health claims for raw milk were improper and ordered all raw milk in California to carry a Government bacterial warning. Alta-Dena Dairy was sold but continued to package raw dairy under the name Stueve's Natural.

1997-1999

- **Dr. John Leedom, M.D. of the University of Southern California, a commissioner of the Los Angeles County Medical Milk Commission** ("LACDHS" certified raw milk produced and sold in most of Los Angeles County) publicly vowed that even certified raw milk should be eliminated.⁷⁴ Three other of the six medical Commissioners joined Leedom's agenda to eliminate raw dairy and the votes were stacked against raw milk.^{99,100} The LACDHS's liaison (Arthur Tilzer) to the Commissioners publicly stated, passionately, he thought that all raw milk was dangerous and referred to UCLA's statistical Assessment as the basis for his prejudice against raw milk. However, a UCLA statistician proved that the UCLA assessment is flawed; Exhibit B, page 46 of this report. For the next two years, Dr. Leedom and the three other commissioners with the aid of Art Tilzer implemented regulations so restrictive and prejudicial against raw milk that it was unfeasible for raw-milk producers to stay in business.¹⁰¹ Consequently, Alta Dena Dairy's new owners refused to package Stueve's Natural raw milk. Stueve's Natural was bankrupt and has been unavailable since May 1999.

6) HOW CREDIBLE IS THE CENTER FOR DISEASE CONTROL REGARDING RAW MILK?

The CDC wrote and distributes a brochure/booklet on raw milk that is the same fraudulent

⁹⁸ Public Health Reports, 1988, Vol. 103, No. 5, pp. 489-93

⁹⁹ Raymond A. Novell's letter to the LACMMC, June 12, 1998.

¹⁰⁰ Attorney Raymond A. Novell's letter to the LACBS, July 26, 1999.

¹⁰¹ James A. Privitera, MD, resigned Commissioner of LACMMC, in his letter to the LACBS, December 18, 2000.

EXHIBIT A

rhetoric as the FDA-written literature on raw milk. In 1967, the CDC went public with statements that led to news articles. One article appeared in a technical milk journal in December, and three months later, March, 1968, the same material reappeared in the Journal of the American Medical Association. The first article blamed salmonella-contamination of powdered milk on raw milk from *1 cow* out of *800 dairy farms*. That particular plant handled *11 million pounds* of milk every year from tens of thousands of cows. It would be impossible, even statistically, for one cow to be responsible. No scientific tests were done to prove or disprove the accusation. The dilutive factor alone makes this supposition unfeasible. There was no science to this claim.

From a CDC publication, "An analysis of salmonella cases in the United States in 1979 and 1980 from seventeen states...showed that eleven of thirty-two patients had a history of raw milk ingestion." If only one-third (11 of 32) of the victims ingested raw milk, what did the other two thirds ingest? Why claim it was raw milk? And why weren't there epidemics? Certainly other people drank the same natural milk. **Dr. Nancy Mann, PhD, Biostatistics**, explains it in her analysis and **refutation of the UCLA Assessment of the Risk of *Salmonella dublin* Infection Associated with the Use of Certified Raw Milk**. (Exhibit B, p. 46.)

In 1976, a CDC report showed that the areas with the highest incidence of salmonella food-poisoning were Hawaii, New Mexico, District of Columbia, Louisiana, and Massachusetts. Those are states that did *not* allow raw milk. If they had, you can believe that natural milk would have been accused for much of it. What were responsible for their cases? Were they detoxification such as a cold or flu from prolonged poor diets?

The CDC, July 1977, issued a report that Q Fever (the one the Department Of Health used earlier), can be contracted from raw milk.¹⁰² Q Fever has *never* been contracted from drinking milk, natural or pasteurized. The disease comes only from inhaling the organisms as stated.

Without any scientific testing and conclusive proof, the Ph.D's, M.D.'s and veterinarians at the CDC editorialized, "...salmonella contamination of unpasteurized milk can be a persistent problem, even in dairies that follow the procedures recommended by the American Association of Medical Milk Commission..." They concluded, "Present day technology cannot produce raw milk (including that listed as certified) that can be assured to be free of pathogens; only with pasteurization is there this assurance." That is obviously fraudulent after all that we reviewed, especially with the widespread and immense outbreaks and incidences of illness attributed to pasteurized milk and pasteurized milk products. (RFNM p. 15-17.) **Present day technology solved the problems of producing clean raw milk years ago with the introduction of the closed-system automatic milking machine.**

The CDC issued a report for the doctors in the California Department of Health, reporting that Alta Dena's natural milk "has been implicated in outbreaks of salmonella in 1958, 1964, and 1971-1975."¹⁰³ The CDC did not have scientific evidence to validate these survey-based claims. When Alta Dena produced raw milk and supplied the entire United States, they sold approximately 50,000 gallons of raw milk daily that was not under the over-restrictive regulations imposed in the 1990's. There was not one scientifically proved outbreak of bacterial food-poisoning caused by Alta Dena's raw milk. The lack of disease from that natural milk is certainly as much proof as anyone could need that raw milk is the best and safest to drink.

As we stated earlier, the misinformation and hysteria in the lay press has been initiated

¹⁰² MMWR, July 22, 1977.

¹⁰³ MMWR, March 1, 1981.

and/or supported by the majority of professional organizations without science: *American Veterinary Medical Association, AMA, American Dental Association, American Academy of Pediatrics, FDA, CDC, National Dairy Council, State and county health departments, U.S. Animal Health Association, National Association of State Public Health, Veterinarians, and Conference of State and Territorial Epidemiologists.*

Not everyone associated with that elitist group is guilty of intentional malice and falsifying statistics against natural milk, but the blindly ignorant reporting that is promoting phobic superstition against raw milk is illegal and immoral, and predisposes the public to tremendous ill health. Nationwide, there is a growing advocacy in support of alternative medicine as a backlash to the shenanigans above and the failure of medicine to help the body heal. Some of the public no longer trusts its medical authorities.

Dr. J.M. Prucha, professor emeritus in dairy bacteriology, University of Illinois, said 55 years ago, "There was much opposition to pasteurization of milk and at best, it was looked upon as a temporary expedient to obtain a safe milk supply until the time when the dairy industry would learn to produce clean and safe milk."¹⁰⁴ As we mentioned, present-day technology solved the problem of "clean" milk years ago with the closed-system milking machines. Also, as we mentioned, natural milk that was grossly unclean proved not to be dangerous.

7) BACTERIOLOGY

Salmonella is in your nose, living room rug, in your gut, plenty in your hair and on your pets. In some cat populations, it is as high as 40%.¹⁰⁵ It is also in your food - all of your food that hasn't been sterilized and sealed in a container. Ninety percent **are household-borne or food-service establishment-borne and institution-borne such as hospitals.**¹⁰⁶ Salmonella is ubiquitous, as are most bacteria.

A CDC report in 1978 attributed salmonella food-poisoning to mayonnaise, water, Mexican food, potato salad, hamburger casserole, and tacos. Even Peruvian fish meal and turtles have been accused of salmonella food-poisoning. Natural milk, even when present with salmonella, has never been proved to cause salmonella food-poisoning. Experience is proof; ask anyone from Missouri – the "show me" state.

The pasteurization of milk had no effect on the incidence of tuberculosis caused by milk. Humans can drink milk from a tubercular cow with impunity. In cows, the blood-membrane barrier prevents the tubercule bacteria from passing into the milk. Intestinal TB was previously believed to be caused by tubercular milk from a tubercular milker hacking into the milk pail. All of that was merely speculation. Regardless, all of that has been eliminated by closed-system milking machines. Presently, it is rare to find a cow with active tuberculosis.

Similarly, contrary to popular opinion, incidences of brucellosis (undulant fever) were not affected by milk, pasteurized or raw. Brucellosis is not contracted through milk. It seems to be due to direct contact with animals, especially in slaughter houses where humidity suspends animal cells released into the air from butchering. Farm-children who drank so much milk, seldom got the disease. It cannot be scientifically attributed to milk. Were effected children present during butchering? That answer should reveal much. Maybe the human body was designed to handle breathing a certain amount of animals' cells during the kill, slaughter and

¹⁰⁴ *Milk Facts*, Milk Industry Foundation, New York City, 1946-47.

¹⁰⁵ *History of Randleigh Farms*, pp.255.

¹⁰⁶ World Health Organization, Fact Sheet #139.

eating but not to inhale slaughtered animals' cells all day long daily as a profession.

Until the 1950's, milk regularly contained bacterial counts of 3 million/ml (200 times of current regulations) and there were no epidemics scientifically proved to be caused by natural milk. Our children were healthier then than they are now. The testimony within these pages is proof that raw milk is undeniably an asset, even when ridden with pathogens.

We must also consider that humans are becoming more toxic daily with pollution in food, air, water and medication. That toxicity should be detoxified from the body. That often requires body-janitors, that are sometimes bacterial or viral infections. Also strains of bacteria have become immune to antibacterial agents and humans are becoming unable to endure bacterial or viral detoxification. It has been scientifically proved that humans and other animals become immune to bacteria to which they are exposed in food, contact or airborne. It is morally and legally correct for us to allow people, who want to develop or continue their natural symbiosis and resistance to bacteria, to daily ingest bacteria.

Incidence per 100,000 population

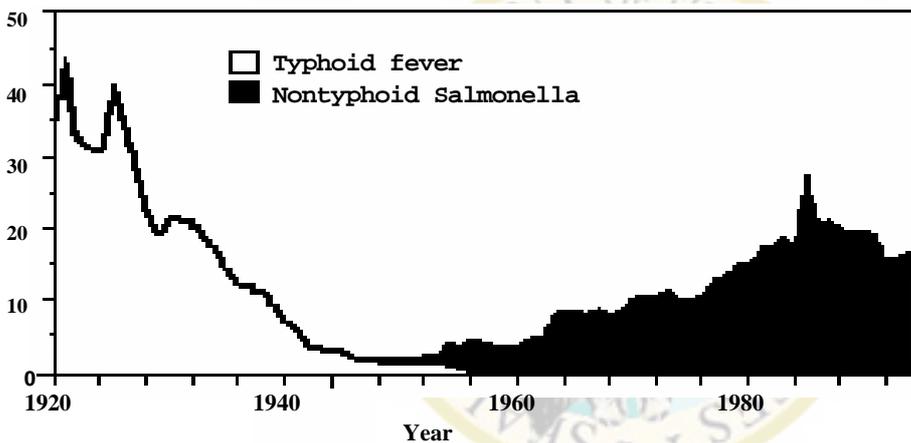


Figure 1. Reported incidence of typhoid fever and nontyphoid salmonellosis in the United States, 1920-1995.

The decline in raw milk consumption met with a dramatic increase in Salmonella illness. Looking at the CDC's Figures 1, above, we can see that the gross decline of natural milk consumption did not meet with a corresponding decrease in bacterial illness, as would be expected from the perspectives of health officials and doctors. Contrarily, rapid increase in Salmonella illness has been steady since 1945 accompanied by the decline in raw milk consumption.

The steepest continual climb in bacterial illness started in 1985 and the incidences remain 50% higher than when raw milk was readily available throughout the country. The increase is much greater and cannot be accounted for with increased population. The cause of this tremendous increase in Salmonella illness, more likely than not, was caused by the deprivation of raw products from the American people.

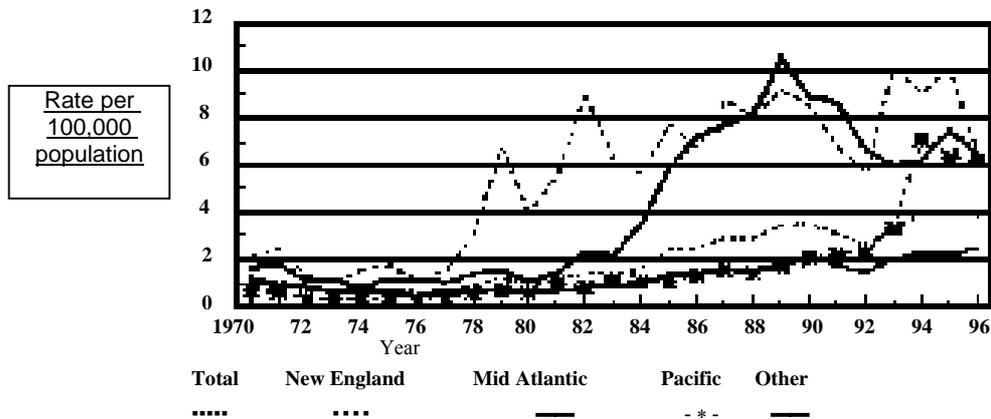


Figure 2. Salmonella Enteritidis isolation rates from humans by region United States, 1970-1996. ¹⁰⁷

Raw milk consumption in the USA declined from, conservatively, 140 million consumers, in 1935 to 16 million in 1975. From 1982-84 there was a major decline in the consumption of raw milk in California, and the country, due to health departments, the media campaign and the federal legislation against raw milk in 1987. However, the greatest increases in salmonellosis cases occurred from 1982-86, corresponding with increased assaults on raw milk.

In 1991-92, Californians suffered again because of the deprivation of raw milk for a period of one year. When it returned to the shelves it had a Government-warning label that frightened many people. CDC's Figure 2, above, illustrates the incidences of *Salmonella* enteritis in the region that includes California. Again, if the CDC, FDA and most doctors were accurate in their accusations against natural milk, the figures would have shown a dramatic decrease in salmonellosis beginning in 1991. However, instead of a decline in salmonellosis when raw milk was unavailable and returned with a warning-label that frightened people, there was a tremendous increase in salmonellosis. In every case, deprivations of raw milk resulted in tremendous increases in salmonellosis. It is probable and reasonably argued that the increases resulted from the deprivation of raw milk and increased consumption of toxic pasteurized milk.

8) CONCLUSIONS AND RECOMMENDATIONS

Raw milk is relatively safe without regulation whereas pasteurized milk should require harsh and strict regulations. It is clear that the standard testing requirements for Grade A milk are more than is required to produce safe raw milk for public consumption. It should be remembered that natural milk produced even under gross conditions had rarely been associated with cause of an epidemic. All proved food-related outbreaks in the public were caused by processed and restaurant food. That lends support to the fact that natural milk, if produced with just a modicum of cleanliness is safe because of its built-in safeguards that are destroyed in pasteurization. (RFNM p. 27-29.)

The barrage of present-day bacterial misinformation thrust upon the public is predominantly unscientific survey-association and speculation regarding raw milk and not based on empirical examination. (RFNM p. 34-39.) Such dissemination of misinformation by the HHS, FDA and CDC must be stopped immediately.

¹⁰⁷ Both charts, Figures 1 & 2, are from CDC's *Emerging Infectious Diseases*, Vol. 3, No. 4, 1997, pp. 426, and 429 respectively.

California State Codes for Grade A raw milk are more than adequate to insure safe Grade A raw milk for all Americans. The vast majority of Californians enjoy the freedom to consume Grade A raw milk. (DHS Report, p. 4, ¶ 2.) All Americans should have the same freedom, especially those who are of ethnic groups who largely can drink natural milk without allergic reactions and experience allergies to pasteurized milk. (RFNM p.19.)

Everyone is so brainwashed in schools and by media that they believe raw milk is dangerous and causes disease. Usually, when doctors discover that an ailing person consumes raw dairy products, very often they automatically attribute that person's illness or disease to consuming raw milk products. That is exactly what health departments do routinely. They blame symptoms of vomit and diarrhea on anything that is natural and raw. They have developed a myth that people are more likely to die by consuming "pathogenic" bacteria than chemical poisoning. However, they cannot have it both ways; pathogenic means disease-causing. Developing disease takes time and repeated toxic exposure. Very often, anaphylaxis comes from chemical poisoning including chemically treated or processed foods, frequently from vaccines, resulting in many yearly deaths. Anyone who believes that raw milk can cause death or serious disease believes myth and does not know the empirical science of raw dairy.

We recommend that possible metabolic and environmental causes of vomit and diarrhea must be explored where "pathogens" are found. The questions must be asked: Are pathogens the cause or result of degenerative disease? Are they the cause or the cure? Is the term "pathogen" a misnomer when applied to microbes accused in cases of "food-poisoning"? Is pointing the finger at microbes a distraction from the causes of disease? Is food-processing and the pollution of our food, water and air predominantly the cause of disease that fosters vomit and diarrhea? All hypotheses must be open to independent testing and researchers held accountable to the rules of evidence without influence of special interests.

We recommend that the probability that E.coli 0157H:7, because it reacts as if it is man-made, be investigated by independent researchers, and possibly purposely released into the American population. Especially, considering the unusual event of the suspiciously controlled contamination of our spinach crop in 2006.

Rather than the auto-immune-inoculation theory, evidence supports that we form working relationships with bacteria and pathogens. From the time babies are born they put everything in their mouths, including dirt and microbes. Some scientists call this "auto-inoculation". It is believed that babies build microbe-symbiosis through small doses of bacteria, allergens, and pathogens. Microbes labeled "pathogenic" have a janitorial role in nature and we can benefit from them. When parents stop babies from putting stuff in their mouths, they hinder the relationship with microbes and the environment, unless of course the objects are poisonous, such as man-made chemicals, including many toys.

The greatest agricultural loss today is due to our destruction of fresh raw milk and fresh raw juices through pasteurization, flash-pasteurization, ultra-pasteurization, and ultra high temperature pasteurization that turned nutritious raw milk into a white, dangerous "milk-flavored drink" and juices into high-sugar soft-drinks. When we properly understand milk, its destructive effects when heat-treated, and by contrast its remarkable therapeutic effects when consumed natural, we can cut *billions of dollars* off our medical bills, make ourselves infinitely healthier, and actually raise the I.Q. of our children. Smarter children add greatly to our scientific and cultural wealth. We do not consider it an exaggeration to state that the nation's destiny is affected by what we do about milk. Adults and their children should have the choice and right to

EXHIBIT A

develop natural immunity as well as reap the health benefits of raw milk and avoid the bacterial and health hazards of pasteurized milk.

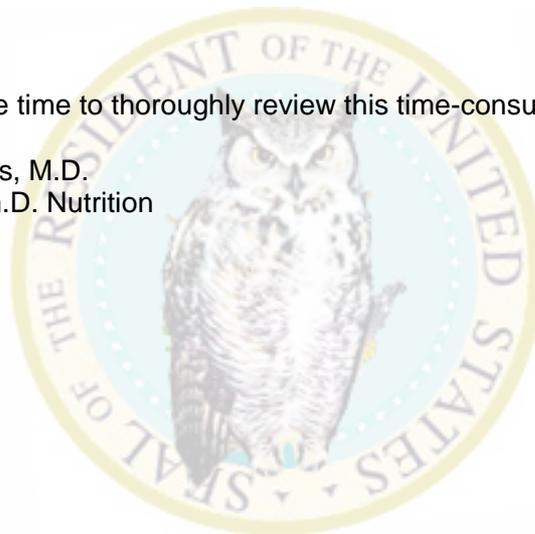
No one can explain how raw milk works, **just that it works**. Modern day science cannot explain how electricity works but we certainly utilize it. It has even caused deaths but we treat it like a necessity. Thus far, we have proved that raw milk is extremely health-giving and unlikely to cause disease even with many “pathogens”. The amount of common diarrhea and/or vomit that health departments have “attributed to” raw milk is negligible and the least of any food. We should honor raw milk with the same utility and necessity of electricity for those who want and need it.

Harris Moak, M.D., a well-respected physician of the early 20th century, asked rhetorically, “Does it seem at all likely that public health officials, the great majority of whom are Doctors of Medicine as well as Doctors of Public Health, will ever deny their brothers in the medical profession the right to have...raw milk with which to meet the widely varying needs of their practice?”

Will you?

Thank you for taking the time to thoroughly review this time-consuming but important Report.

William Campbell Douglass, M.D.
Aajonus Vonderplanitz, Ph.D. Nutrition



March 3, 2001



To: Dr. Aajonus Vonderplanitz

From: Nancy R. Mann, Ph.D. (Biostatistics, UCLA, 1965)

Re: *Assessment of the Excess Risk of Salmonella dublin Infection Associated with the Use of Raw Milk, Public Health Reports, Vol. 103, No. 5.*

This is a study that was conducted at UCLA from data involving cases of *Salmonella dublin* reported to the State of California Department of Health Services in the period 1980-83. The purpose was "to determine the risk of serious illness attributable to infection with *Salmonella dublin* associated with the consumption of *certified raw milk*."

From the 1980-83 data that were made available by the State of California Department of Health Services, the investigators concluded that the rate of reported *S. dublin* infections acquired by users of certified raw milk, which was supplied by the Alta-Dena Dairy, was in the range of 8 to 35 cases per 100,000 users per year.

Knowledge not determined here is :

What lifestyle variables exhibited particularly by the raw-milk users might have provided alternative causes for acquiring the infection?

This information is especially important, considering that if *S dublin* were acquired from certified raw milk supplied by the Alta-dena Dairy, or from pasteurized milk in the other cases studied, then necessarily epidemics would result in most, if not all, of the cases. Since no epidemics were reported, one must conclude that the cases of *S. dublin* reported for users of both raw and pasteurized milk were the result of lifestyle variables or previous health conditions.

EXHIBIT B

June 24, 1999

Dear Dr. Aajonus Vonderplanitz,

I have been meaning to sit down and write this letter for a few months now, however, being blessed as I am with two wonderfully healthy, energetic little girls, I do not find myself sitting often.

Sydera and Chelsea are both doing excellently. As you may remember, Chelsea has enjoyed eating all raw foods since she was introduced to them when I weaned her from breast feeding. This is still true for her. She continues to choose raw foods over cooked when given the option.

Sydera did not adapt as easily to the raw diet. We were able to substitute raw milk and cream, fruits and vegetables, raw honey and raw nuts for foods that she was already eating but raw meat was too foreign to her. It took seven months of waiting, but she finally decided, on her own, to discover why Mommy, Daddy, and baby sister loved raw meat so much. Now she is quite pleased to tell anyone who will listen that Meat is Yummy!

Sydera has always been our strong-willed child. She can throw a tantrum with the best of them. In fact, one of her most infamous fits occurred in a Walmart store. I carried her out of the store kicking and screaming. When I reached my car, I actually had a police officer approach me and tell me to step away from the child. He figured, judging by her demeanor, that I was hurting her in some way when in all actuality it was my 3 ½ year old daughter who was behaving violently. I had the bruises to prove it. After this incident I was devastated. I felt that I had failed as a parent. If I could not control the situation when my child was this small how could I possibly be a good parent as she got older? I spoke to my doctor, to my family, and to other parents - everyone assured me that she would grow out of it. It was just a phase they said, while this may be true for some children, it was not true for mine.

Sydera did not improve with time, in fact, her tantrums grew more and more violent. I tried everything - time outs, taking away favorite toys, rewarding good behavior, following a strict schedule, extra attention - none of it worked. It wasn't until I tried raw foods as a part of her diet that I saw any signs of promise. We cut out the processed sugar and gave her raw fruits and unheated honey. We replaced junk drinks with non-pasteurized raw apple juice. We substituted her old brand of milk for raw milk from a local farm. With each new change emerged a calmer, more alert little girl.

Sydera is more patient and is not so quick to throw a tantrum. She is able to remain calm when she is upset and listen to reason instead of screaming at the top of her lungs until she gets put in her room. She talks about what she is feeling instead of resorting to an all out hitting, kicking, screaming fit. On the rare occasion that she experiences a "moment", as we now call them, I can always trace the cause back to something that she ate. Thanks to the raw diet we spend less time in conflict and more time enjoying one another.

For Chelsea, the move to raw food has been a relatively easy transition. She was a breast fed baby until she turned one year old. When she was weaned, she went straight to raw milk and ground sirloin. We noticed a change in her almost immediately following the introduction of raw foods into her diet. Chelsea had always been small for her age. Each visit to the pediatrician had the same result, she always measured below the 25th percentile for both height and weight in her age category. When she was nine months old our pediatrician prescribed an iron supplement for her because her iron level was too low. When she was retested after three months there had been no change in her iron level. We were instructed to continue with the vitamins and have her retested again in three months. At this same time we began the raw diet. The results were almost

EXHIBIT C

Page 1

instantaneous. Chelsea nearly doubled in size, finally reaching her ideal height and weight, her teeth began to come in, she began to walk, she stopped being sick all of the time, and even though we had decided not to continue with the iron supplements, her iron level reached a safe level on its own.

Where we live in Connecticut it is relatively easy to obtain the raw foods that my family loves. I have learned that this is not the case in all states. On a trip to Indiana last Christmas I discovered that I could not purchase raw milk anywhere. I had not brought milk with us because I figured that I would certainly be able to purchase raw milk in Indiana. They have lots of dairy farms. I was wrong. I soon learned that farmers were afraid to sell raw milk because of repercussions they could face from the Board of Health. Chelsea cried for milk for days before I gave in and purchased a gallon of milk at a local grocery store. At first, Chelsea kind of looked at me as if to say, What is this? I want milk. But she drank it and so did I. That same night we were both violently ill, Chelsea more so than me. We both experienced vomiting and diarrhea. Poor Chelsea vomited six times in her sleep. Her vomit looked and smelled like sour milk. Thank goodness she was in our bedroom so we were able to hear her and get her up. I felt like I had a bad hangover, minus the alcohol. At first, I thought we had caught some type of bug all though I could not figure out why no one else was sick. There were six other people in the house and no one else was even the slightest bit ill. It was Christmas so we had visited tons of family members both the day before and the actual day that we got sick. No one else experienced even the slightest bit of what we had experienced.

I could not figure it out until we went for a second visit 2 months later. This time I brought raw milk but when it ran out I bought another gallon of pasteurized milk at a local store and, after drinking it, Chelsea once again became ill. (I did not drink the milk this time.) It was the pasteurized milk!

It has been four months since this experience and Chelsea is still afraid to drink any milk. Once, she would eagerly accept a cup of raw milk, drink it down, and ask for more. Now she cries when we give her raw milk and will not drink it until we reassure her that we are giving her the Good milk. Other than this instance, things are going great for us with our raw food diet. We have all been healthier than ever. Before the diet, someone in the family would be at the doctor's office at least once every six weeks (usually Chelsea), no one has been since we started eating raw foods. Chelsea has become our teacher. She eats whatever her body craves, often going straight for the raw meat, and is probably the healthiest person in our family because of it. And a child shall lead...

Mrs. Mikel J. Theobald
Bloomfield, Connecticut

James R. Privitera, M.D.

105 North Grandview Street • Covina, California 91723
(626) 966-1618 • Fax(626) 966-7226 • www.privitera.com
Allergy and Nutrition

June 4, 2007

U.S. Senators and Representatives
Capitol Hill
Washington, DC 20009

Dear Senators and Representatives,

I asked Dr. Vonderplanitz to read my statement to you because my patient-schedule is too full during the pre-holiday season to attend this enormously important meeting in person. However, I am here in spirit and concern for the rights of all Americans to have health-giving raw milk available nationally.

I am Dr. James Privitera, M.D. who resigned as Los Angeles County Medical Milk Commissioner in 2000. I resigned because the other Milk Commissioners failed to consider a reasonable approach to certifying raw milk. My opinion and 30-years expertise on raw milk were basically wasted. The Milk Commissioners made the requirements so difficult that raw milk, no matter that it was good, clean and safe, would rarely if ever pass inspection and be so costly that it would not be profitable. That forced Alta Dena Dairy/Stueve's to refuse to produce and package raw milk and ended raw-milk production in Los Angeles County. Thankfully, the Los Angeles County legislators realized the harm done by its milk commissioners, and changed the law in 2001, so that people of California could buy raw milk in any store. They ruled that the regulations for raw milk are the same as for Grade A milk for meant for pasteurization, and dissolved the medical milk commission.

All Americans deserve to have health-giving raw dairy. Raw milk is the only proved safe and health-giving milk. Citizens should have your respect that they are intelligent enough to know what is right and good for them. They should have the right to choose. They should not be punished because of raw-milk-prejudiced minds in governmental authority.

I implore you to consider our right to choose and our well-being and vote to align the U.S. code for raw milk with the California State code permitting Grade A and Guaranteed raw milk.

Thank you for your time and consideration.

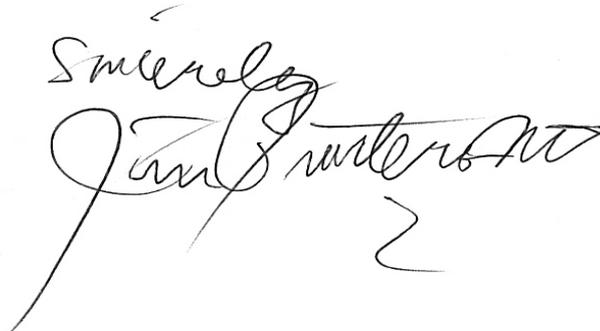
A handwritten signature in black ink, appearing to read "James R. Privitera, M.D.", with a stylized flourish at the end.

EXHIBIT D

**American Association of
Medical Milk Commission, Inc.**

1824 Hillhurst Avenue
Los Angeles, California 90027-4408
Phone (323) 664-1977
Facsimile (323) 664-0870

President
Paul M. Fleiss, M.D., M.P.H.

June 12, 2007

**United States Senators and Representatives
Capitol Hill
Washington, DC 20009**

Dear Senators and Representatives,

I hope that you, your family and associates are well and happy.

I am Dr. Paul Fleiss, M.D., the incumbent President of the American Association of Medical Milk Commission. I wish I were able to deliver this important message but my patient load restricts me. Dr. Vonderplanitz will deliver my statement of deep concern to you.

I have recommended to mothers of my child patients who were not breast feeding to feed their children raw milk for over 35 years. Raw milk is the safest and healthiest single food for children and adults. I ask you to draft a law that will make raw milk available to everyone in America at no more than Grade A standards.

It is our right as intelligent people to have the right to choose. Please act in a manner that reflects you respect us and our right to have U.S.-approved Grade A raw milk.

Thank you for your consideration and understanding.

Sincerely,



Dr. Paul Fleiss

EXHIBIT E

DAVID J. NOORTHOEK, M.D.

488 OAK BROOKE CT.
SANTA ROSA, CA 95409
TELEPHONE 707--539--4100

December 26, 2000

TO:

LOS ANGELES COUNTY BOARD OF SUPERVISORS 500 VVEST TEMPLE
STREET
LOS ANGLEES, CA.90012

I have been a medical doctor in the state of California for about 40 years. I was a partner in Kaiser Permanente for thirty years and have taught at the University of California Medical School in San Francisco for many years.

Raw milk was originally banned because of the threat of infecting the public with tuberculosis. This threat has passed away many years ago. I never recommended raw milk to my patients or used raw dairy products personally. However, I do not see any harm in permitting the public to purchase raw dairy products if such products comply with present California State law.

Thank you for your consideration.

Yours truly,

David Noorthoek M.D.

EXHIBIT F

Subject: Fwd: Effects of Homogenization and Pasteurization of milk
From: Earl D Smith <pinkys6@juno.com>
To: rawzen@hotmail.com
Date: Mon, 18 Dec 2000 17:13:33 -0700

Earl D Smith DVM
163 Cedar Circle,
Parachute, Colorado 81635
Phone 970-285-9029

I am a retired Veterinarian; I doctored horses and cattle for 25 years and then I did only the Small Animals. The article I read in Discover Magazine on milk brought back many memories. When the farmers kept a milk cow on the farm to feed the weaner calves, there were few digestive problems. But when no dairy cows were available they went to the local store and got "Store Bought" milk for the calves to drink. Soon the calves died with diarrhea. I thought milk was milk but I soon found out that the Pasteurized and Homogenized milk could not be digested by these calves. Homogenization broke the fat globule into such a small bit that it wouldn't curd in the stomach and passed directly into the small intestine where it created severe inflammation. I called it toxic enteritis. I learned to treat these cases with Goats milk which has the largest fat globule of any milk found on the farm. The calves made a quick recovery if the patient hadn't gotten too debilitated.

I too drank a lot of milk when we milked cows on the farm. I never had any adverse effects from drinking a quart or more at one time. When I went on to college and I was using "store bought milk" I got so I drank very little milk and what I did drink reacted in my system like a poison. I was told I was allergic to milk. Now 50 years later, a friend, who has a milk cow out in the country, asked me if I could use some milk. I accepted and for three years now I can drink milk like I did when I lived on the farm. I have no adverse side effects. This milk is raw milk, also not Homogenized. The only other question I have to answer has to do with the effect pasteurization has on the natural enzymes. The destruction of these during the pasteurization process could affect the digestibility of milk. Now that I am retired I have plenty of time to reflect on such things. What do you think?

Sincerely Yours,
Earl D. Smith, DVM

EXHIBIT G

Raw Milk Is Good For You

Raw Milk by Thomas Cowan, M.D.
LILIPOH #6, Nutrition and the Land

<http://lilipoh.com/issues/articles/rawmilk.htm>

As many of us might agree, there are very few subjects as emotionally charged as the choice of one's diet. Sexual relations, marriage and finances come to mind as similarly intense subjects and, like diet, each of us is sure we know all we need to know about each of these areas. The subject of milk, as I have discovered in the past four years when properly viewed, will challenge every notion you currently have about what is good food and what isn't.

The story of milk is complex and its history goes something like this: Back in the pre-processed food era (i.e., before about 1930 in the U.S.) milk was considered a highly prized food, especially for children. Not only was there an entire segment of our economy built up around milk, but as I remember, each house had its own direct milk chute for the delivery of fresh milk. It was unquestioned that milk was good for us and that a safe, plentiful milk supply was actually vital to our national health and well-being. It was also a time (now I'm referring to the early part of the century) when many of the illnesses which we currently suffer from were rare. As an example, family doctors would often go their whole careers without ever seeing a patient with significant coronary artery disease, breast or prostate cancer. This is something current doctors can hardly go one month before they encounter such a patient. Furthermore, as scientists such as Western Price, D.D.S., had discovered, there were pockets of extremely healthy, long-lived people scattered about the earth who used dairy products in various forms as the staple of their diets - further evidence that milk and its products were amongst the most healthful foods human beings have ever encountered.

If we fast forward to the 1980's we now find an entirely different picture. For one, there have been numerous books written in the past decade about the dangers of dairy products - the most influential being a book called *Don't Drink Your Milk* by Frank Oski, M.D. He is the current chairman of Pediatrics at Johns Hopkins University and perhaps the most influential pediatrician in this country. In his book, he pins just about each health problem in children to the consumption of milk, including everything from acute and chronic ear infections to constipation, asthma, eczema, etc. Secondly, just about all patients, on their initial visit, proudly announce that they have a good diet and that, specifically, they don't eat dairy (which they pronounce with such disdain). One might well ask here where is the truth in this picture?

Perhaps the experiments of Dr. Frances Pottenger in the 1940's can help to solve this mystery. In these experiments Dr. Pottenger fed similar groups of animals (usually cats) a diet of exclusively milk. Half ate cooked milk (i.e., pasteurized), the other ate uncooked (i.e., "raw" milk). The results were conclusive and astounding. Those that ate raw milk did well, lived long, happy, active lives free of any signs of degenerative disease. Those that ate pasteurized milk suffered from acute illnesses (vomiting, diarrhea) and succumbed to every degenerative disease now flourishing in our population. By the third generation, a vast majority of the cats were infertile and exhibited "anti-social" behavior. In short, medically speaking, they were like many modern Americans.

Since the 40's, the "qualities" of milk have been extensively studied to try to find an explanation for these dramatic changes. We have heard discussed that before heating, milk is a living food rich in colloidal minerals, rich in enzymes which are necessary for the absorption and utilization of the sugars and fats in the milk. We have also heard that milk has a cortisone-like factor which is heat sensitive (i.e. destroyed by heat) in the cream; that milk has an enzyme phosphatase which allows the body to absorb the calcium from the milk; that milk has lactase - an enzyme which allows for the digestion of lactose; and that milk has beneficial bacteria and lactic acids which allow these beneficial bacteria to implant in the intestines.

All of these qualities are lost in the heating of milk. It then becomes rotten, with precipitated minerals which can't be absorbed (hence osteoporosis), with sugars that can't be digested and with fats which are toxic. With this in mind, we can quickly see what has happened in the past sixty years.

Raw milk has been used in therapy, in folk medicine and even in the Mayo Clinic for centuries. It has been used in the pre-insulin days to treat diabetes (I've tried it, it works), eczema, intestinal worms, allergies, arthritis, and other afflictions, all for reasons which can be understood when we examine just what is in milk (e.g., the cortisone-like factor for allergies and eczema). Rarely is anyone truly allergic to grass-fed cows' milk (feeding high protein feeds to the cows changes the milk, making it more allergenic).

Yet apart from all these explanations is perhaps the real key: fresh raw milk is a living, unprocessed, whole food. Compare this to the supposedly "healthy" soy milk which has been washed in acids, alkali, ultrapasteurized, then allowed to sit in a box for some months.

The lessons of studying milk and Pottenger's cats are profound for the American health scene. One of them is also simple: processed, dead foods don't support life or a happy, well-functioning society. This can only happen if people return to eating pure, wholesome, unprocessed foods.

In my practice I always start there. I encourage, insist and even beg people to eat real foods, no matter what the problem. Often with just this intervention the results are gratifying. So, find a cow, find a farmer, make sure the cow (goat, llama, or whichever other milk source) is healthy and start your return to good health.

References:

1. Don't Drink Your Milk, Frank Oski, M.D., Park City Press (published date not supplied).
2. Dr. Frances Pottenger was a pathologist working in the 40's who tested the theories of Dr. Price on cats_ that is that fresh raw foods are the healthiest for animal growth and development. His book is Pottenger's Cats, A Case Study in Nutrition by Francis M. Pottenger, Jr., M.D., 1983. Available from Price-Pottenger Foundation (619)574-7763 or the Gerson Institute.

Thomas Cowan, M.D., graduated from Michigan State Medical School in 1984. He is now a family practitioner with special interests in nutritional and anthroposophical medicine. His office, Noone Falls Health Care, is located at 50 Jaffrey Rd., Suite 125, Peterborough, NH 03458, (603) 924-3644.

MORE ABOUT RAW MILK

by Sally Fallon

We have been taught that pasteurization is a good thing, a method of protecting ourselves against infectious diseases, but closer examination reveals that its merits have been highly exaggerated. The modern milking machine and stainless steel tank, along with efficient packaging and distribution, make pasteurization totally unnecessary for the purposes of sanitation. And pasteurization is no guarantee of cleanliness. All outbreaks of salmonella from contaminated milk in recent decades -- and there have been many -- have occurred in pasteurized milk. This includes a 1985 outbreak in Illinois that struck 14,316 people causing at least one death. The salmonella strain in that batch of pasteurized milk was found to be genetically resistant to both penicillin and tetracycline. Raw milk contains lactic-acid-producing bacteria that protect against pathogens. Pasteurization destroys these helpful organisms, leaving the finished product devoid of any protective mechanism should undesirable bacteria inadvertently contaminate the supply. Raw milk in time turns pleasantly sour while pasteurized milk, lacking beneficial bacteria, will putrefy.

But that's not all that pasteurization does to milk. Heat alters milk's amino acids lysine and tyrosine, making the whole complex of proteins less available; it promotes rancidity of unsaturated fatty acids and destruction of vitamins. Vitamin C loss in pasteurization usually exceeds 50%; loss of other water-soluble vitamins can run as high as 80%; the Wulzen or anti-stiffness factor is totally destroyed. Pasteurization alters milk's mineral components such as calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulphur as well as many trace minerals, making them less available. There is some evidence that pasteurization alters lactose, making it more readily absorbable. This, and the fact that pasteurized milk puts an unnecessary strain on the pancreas to produce digestive enzymes, may explain why milk consumption in civilized societies has been linked with diabetes.

Last but not least, pasteurization destroys all the enzymes in milk -- in fact, the test for successful pasteurization is absence of enzymes. These enzymes help the body assimilate all bodybuilding factors, including calcium. That is why those who drink pasteurized milk may suffer, nevertheless, from osteoporosis. Lipase in raw milk helps the body digest and utilize butterfat. After pasteurization, chemicals may be added to suppress odor and restore taste. Synthetic vitamin D2 or D3 is added -- the former is toxic and has been linked to heart disease while the latter is difficult to absorb. The final indignity is homogenization which has also been linked to heart disease.

Powdered skim milk is added to the most popular varieties of commercial milk -- one-percent and two-percent milk. Commercial dehydration methods oxidize cholesterol in powdered milk, rendering it harmful to the arteries. High temperature drying also creates large quantities of nitrate compounds, which are potent carcinogens.

Modern pasteurized milk, devoid of its enzyme content, puts an enormous strain on the body's digestive mechanism. In the elderly, and those with milk intolerance or inherited

weaknesses of digestion, this milk passes through not fully digested and can clog the tiny villi of the small intestine, preventing the absorption of vital nutrients and promoting the uptake of toxic substances. The result is allergies, chronic fatigue and a host of degenerative diseases.

All the healthy milk-drinking populations studied by Dr. Price subsisted on raw milk, raw cultured milk or raw cheese from normal animals eating fresh grass or fodder. It is very difficult to find this kind of milk in America. In California and Georgia, raw milk was formerly available in health food stores. Intense harassment by state sanitation authorities has all but driven raw milk from the market in these states, in spite of the fact that it is technically legal. Even when available, this milk suffers from the same drawbacks as most supermarket milk -- it comes from freak-pituitary cows, often raised in crowded barns on inappropriate feed. In some states you can buy raw milk at the farm. If you can find a farmer who will sell you raw milk from old fashioned Jersey or Guernsey cows, allowed to feed on fresh pasturage, then by all means avail yourself of this source. Some stores now carry pasteurized, but not homogenized, milk from cows raised on natural feed. Such milk may be used to make cultured milk products such as kefir, yoghurt, cultured buttermilk and cultured cream. Traditionally cultured buttermilk, which is low in casein but high in lactic acid, is often well tolerated by those with milk allergies, and gives excellent results when used to soak whole grain flours for baking. If you cannot find good quality raw milk, you should limit your consumption of milk products to cultured milk, cultured buttermilk, whole milk yoghurt, butter, cream and raw cheeses. Raw cheese **is** available in all states. Much imported cheese is raw -- look for the words "milk" or "fresh milk" on the label -- and of very high quality.

Reprinted from Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats.

Raymond A. Novell
671 West Arrow Highway
Claremont, California 19711

June 12, 1998

Los Angeles County Medical Milk Commission
2525 Corporate Place, Suite 150
Monterey Park, CA 91754
RE: Commission's Duties

Food and Agriculture Code §35921 - §35928

Dear Commissioners:

At the meeting of the Los Angeles County Medical Milk Commission (hereinafter "Commission") on June 3, 1998 I was shocked and dismayed to hear the outright proclamation by John Leedom, M.D., one of the commissioners, that it was his intention and goal to ban certified raw milk.

The duty of the Commission imposed by State law is to certify milk, not ban it!

A county milk commission shall certify milk, including unpasteurized milk, for any applicant for certification whose milk complies with the rules, regulations, and standards for production, distribution and sale of milk adopted by the commission and prescribed in this code..." (F & A §35925)

The availability of certified raw milk and certified raw milk products are not to be limited or restricted if they meet certain standards.

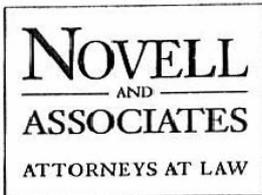
Banning of certified raw milk and certified raw milk products is not the charge of the Commission and any commissioner attempting to do so is in violation of state law.

The Legislature finds and declares that the state does not intend to limit or restrict the availability of certified raw milk and certified raw milk products to those persons desiring to consume such milk and such products, provided such milk and products meet standards of sanitation and wholesomeness at least equal to market milk that is grade A raw milk, as defined in Section 35891. (F & A Code §35928(f))

Enclosed, for your convenience find, Exhibit "A", a copy of the Food and Agriculture

Code Article 7 CERTIFIED MILK.

EXHIBIT J



July 26, 1999

Gloria Molina, First District
 Yvonne Brathwaite Burke, Second District
 Zev Yaroslavski, Third District
 Don Knabe, Fourth District, Chairperson
 Michael D. Antonovich, Fifth District
 Hahn Hall of Administration
 500 West Temple Street, 8th Floor
 Los Angeles, California 90012

RAYMOND A. NOVELL

RE: PENDING LEGISLATION - SB 971 (BACA)

Dear Supervisor Antonovich:

The July 14, 1999 letter from the Los Angeles County Medical Milk Commission is another salvo, in a long line of salvos' at the family that has produced Certified Raw Milk for over 46 years.

Certified Raw Milk has been available as a choice for California consumers since 1953.

Californians' have consumed well over 3 billion glasses of Certified Raw Milk since 1953 without a single outbreak of illness or even a single confirmed case of illness.

I. LOS ANGELES COUNTY MEDICAL MILK COMMISSION JULY 14, 1999 LETTER TO BOARD OF SUPERVISORS

Certain Commissioners on the Los Angeles County Medical Milk Commission are hell bent on eliminating Certified Raw Milk as a food choice for California consumers.

Last year, one member of the Los Angeles County Medical Milk Commission, John L. Leedom, M.D. stated, openly to me, at a milk commission meeting, that all Certified Raw Milk should be eliminated. His bias has never been in question.

However, in the Commissioners' letter to the Board of Supervisors, three other members of the Los Angeles County Milk Commission, revealed, contrary to legislative findings and state law, their agendas to eliminate Certified Raw Milk.

At present, four Commissioners on the Los Angeles County Medical Milk Commission are working to eliminate Certified Raw Milk. Of these four, Dr. Leedom, Dr. Sokoloff and Dr. Ryan are employed by Los Angeles County.

671 WEST ARROW HIGHWAY
 CLAREMONT, CALIFORNIA 91711
 909.399.3600 TELEPHONE
 909.399.3627 FACSIMILE

EXHIBIT K