

Real Raw Milk vs. Processed Store-bought

Rapidly declining health trends require a comparison of real raw milk against highly processed store-bought milk. Real raw milk is naturally farm-fresh, wholesome, unprocessed and full-fat milk. The healthiest and tastiest raw milk is produced from grass-fed pastured cows that give nutrient-dense milk with a high percentage of cream. Store-bought milk is largely from factory farms, industrially processed and denatured and has health side effects.



Properly produced raw milk is *extremely* safe. Since raw milk from unsanitary dairies can cause illness, it is important to get your raw milk from either a licensed raw milk producer or a dairy that employs best safety and quality practices as referenced below.

Real Raw Milk . . .

. . . is usually tolerated by those who are sickened by processed, store-bought milk. Most see some/many health benefits after switching. Promotes exceptional natural immunity, teeth, bones & overall health. Reduces ear infections, allergies, asthma, eczema & arthritis. Very tasty & creamy.

- Contains valuable natural enzymes, beneficial bacteria, amino acids and antibodies; enzymes phosphatase aids in digestion, calcium absorption & lipase absorbing vitamins (A, C, D, E, B6, B12)

- Contains natural butterfat so the body can utilize vitamins & minerals. Full-fat milk reduces hunger due to its nutrient density.

- Contains conjugated linoleic acid (CLA) reduces body fat & fights disease. High omega-3 & low omega-6 ratios are in correct balance for these essential fats.

- Sours instead of putrefying & can be lacto-fermented to make nutrient-dense probiotics like yogurt, kefir, sour cream & buttermilk.

- *Properly produced raw milk is extremely safe.* Zero deaths ever reported to CDC. Severe illnesses are extremely rare. Ten million Americans now drink their milk raw along with 85% of all dairy farmers. Raw goat milk is more tolerable for some. *Low-temp pasteurized, non-homogenized milk from naturally fed pastured cows is superior to regular milk.*

Processed, Store-bought Milk . . .

. . . is the most allergenic food on the market. Makes *more than 20%* of the U.S. population sick. Those who quit this milk usually feel better. Long-term consumption of store-bought milk can cause diseases.

- Now produced mostly in large factory-type buildings with unhealthy cows fed genetically altered feeds (exposed to weed killers & pesticides), ethanol production wastes, growth hormones & antibiotics.

- *Requires pasteurization* to kill dangerous bacteria but destroys beneficial bacteria & enzymes making it hard to digest. Makes proteins less bioavailable; alters amino acids & some vitamins. Destroys natural Vitamin D & artificial vitamin D is added.

- *Homogenization* decreases size of fat globules by 90% affecting digestion & nutrient assimilation. Fractures protein structure making them allergenic.

- Contains dead bacteria which putrefy. Promotes rancidity of unsaturated fatty acids.

- Skim, no-fat, 1% & 2% have little/no essential fats for calcium & mineral uptake; may contain powdered milk (from other animals & countries like China) for color & texture. Lends to higher bad cholesterol, diabetes & obesity. Cream is removed & sold at high prices—excess milk waste is sold as a health drink. Flavored milk has HFCS, thickeners, additives.

- Sold through deceptive labeling & advertising, including most store-bought certified “organic” dairy.

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Milk safety training, references/resources, & locator eGuide for your area: milk.livingfood.us

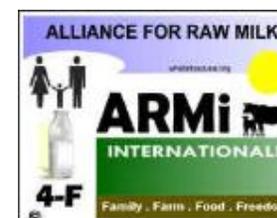
YOU HAVE THE RIGHT TO CHOOSE healthy foods for your family & the right to do business with whom you know, trust & care. Farmers have the right to grow food & share the fruits of their labor with whom they choose.

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Got REAL RAW MILK ?

Switch to drinking real raw. Know and support your local dairy.

Customize this fact sheet for your dairy or real food business: livingfood.us/foodfacts



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