

Why A Campaign for *Real Milk?*

Back in the 1970s, a couple of blokes were sitting in an English pub, bemoaning the consolidation of the brewing industry in England and the decline of British beer and ale. A commodity that represented the soul of Britain—carefully brewed lagers from countless small-scale manufacturers, each with a distinctive color and taste—had been edged out by the insipid canned beers of a few large monopolistic breweries. What was needed, they decided, was a return to traditional brewing methods. They launched *A Campaign for Real Ale*, which soon became the force that turned back the mega-brewers and reinstated varied and delicious ales to English tables and pubs.

Back in the 1920s, Americans could buy fresh raw whole milk, real clabber and buttermilk, luscious naturally yellow butter, many kinds of fresh and aged cheeses, and cream in various thicknesses. Today's milk is accused of causing everything from allergies to cancer, but when Americans could buy Real Milk, these diseases were rare. In fact, Americans considered a supply of high-quality dairy products vital to American security and the economic well-being of the nation.

What's needed today is a return to humane, pasture-based dairying, small-scale traditional processing and direct farm-to-consumer sales, in short . . .

A Campaign for *Real Milk*.

Real Milk Nature's Perfect Food

Galen, Hippocrates, Pliny, Varro, Marcellus Empiricus, Bacchis and Anthimus, leading physicians of their day, all used raw milk in the treatment of disease. During the 1920s, Dr. J. E. Crewe of the Mayo Foundation used a diet of raw milk to cure TB, edema, heart failure, high blood pressure, prostate disease, urinary tract infections, diabetes, kidney disease, chronic fatigue and obesity. Today, in Germany, successful raw milk therapy is provided in many hospitals.

Studies show that children fed raw milk have more resistance to TB than children fed pasteurized milk (*Lancet*, p 1142, 5/8/37); that raw milk is very effective in preventing scurvy and protecting against flu, diphtheria and pneumonia (*Am J Dis Child*, Nov 1917); that raw milk prevents tooth decay, even in children who eat a lot of sugar (*Lancet*, p 1142, 5/8/37); that raw milk is better than pasteurized milk in promoting growth and calcium absorption (*Ohio Agricultural Experiment Station Bulletin* 518, p 8, 1/33); that a substance present in raw cream (but not in pasteurized cream) prevents joint stiffness and the pain of arthritis (*Annual Review of Biochemistry*, 18:435, 1944); and that children who drink raw milk have fewer allergic skin problems and far less asthma than children who drink pasteurized milk (*Lancet* 2001 358(9288):1129-33).

Contributions to A Campaign for *Real Milk* help pay for legislative action and the legal expenses of raw-milk dairy farmers. Send a donation and we'll send you brochures to give to your colleagues and friends.

A Campaign for *Real Milk*

PASTURE-FED UNPROCESSED FULL-FAT



A Campaign for *Real Milk*
is a project of

The Weston A. Price Foundation
PMB 106-380, 4200 Wisconsin Avenue, NW
Washington, DC 20016

For sources of *Real Milk*
call (202) 363-4394 or visit www.realmilk.com

Copyright © 2006 The Weston A. Price Foundation.
All Rights Reserved.

Real Milk comes from real cows.

The source of most commercial milk is the modern Holstein, bred to produce huge quantities of milk—three times as much as the old-fashioned cow. She needs high-protein feed and antibiotics to keep her well. Her milk contains high levels of growth hormone from her pituitary gland, even when she is spared the indignities of genetically engineered Bovine Growth Hormone to push her to the upper limits of milk production.

Join A Campaign for *Real Milk*.

**Buy only milk from old-fashioned cows
such as Jerseys and Guernseys.**

*Real Milk comes from real cows
that eat real feed.*

Real feed for cows is green grass in spring, summer and fall; green feed, silage, hay and root vegetables in winter. It is not soy meal, cottonseed meal or other commercial feeds, nor is it bakery waste, chicken manure, swill from ethanol production or citrus peel cake, laced with pesticides. Vital nutrients like vitamins A and D, and the "Price Factor" (a fat-soluble catalyst that promotes optimum mineral assimilation) are greatest in milk from cows eating green grass, especially rapidly growing green grass in the spring and fall. Vitamins A and D are greatly diminished, and the Price Factor disappears when milk cows are fed commercial feed. Soy meal has the wrong protein profile for the dairy cow, resulting in a short burst of high milk production followed by premature death. Most milk (even most milk labeled "organic") comes from dairy cows that are kept in confinement their entire lives and never see green grass!

Join A Campaign for *Real Milk*.

**Buy milk products
only from herds allowed
to graze on green pasture.**

Real Milk is not pasteurized.

Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B₁₂ and B₆, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis and heart disease. Calves fed pasteurized milk do poorly and many die before maturity. Raw milk sours naturally but pasteurized milk turns putrid. Inspection of dairy herds for disease is not required for pasteurized milk. Pasteurization was instituted in the 1920s to combat TB, infant diarrhea, undulant fever and other diseases caused by poor animal nutrition and dirty production methods. But times have changed and modern stainless steel tanks, milking machines, refrigerated trucks and improved testing methods make pasteurization absolutely unnecessary for public protection. And pasteurization does not always kill pathogens. The bacteria for Johne's disease, with which most confinement cows are infected, survives pasteurization; it has been linked to Crohn's disease in humans. Much commercial milk is now ultra-pasteurized to get rid of heat-resistant pathogens and give it a longer shelf life. Ultra-pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in just a few seconds. Clean raw milk from certified healthy cows is available commercially in several states and may be bought directly from the farm or obtained through cow share programs in many more. (Sources are listed on www.realmilk.com.)

Join A Campaign for *Real Milk*.

Demand access in all states to clean, raw milk.

Boycott processed milk!

Real Milk is not homogenized.

Homogenization is a process that breaks down butterfat globules so they do not rise to the top. Homogenized milk has been linked to heart disease.

Join A Campaign for *Real Milk*.

Use only milk with "Cream on the Top."

Real Milk contains butterfat, and lots of it!

Average butterfat content from old-fashioned cows at the turn of the century was over 4% (or more than 50% of calories). Today butterfat comprises less than 3% (or less than 35% of calories). Worse, consumers have been duped into believing that low-fat and skim milk products are good for them. Only by marketing low-fat and skim milk as health foods can the modern dairy industry get rid of its excess poor-quality, low-fat milk from modern high-production herds. Butterfat contains vitamins A and D needed for assimilation of calcium and protein in the water fraction of the milk. Without them protein and calcium are more difficult to utilize and possibly toxic. Butterfat is rich in short- and medium-chain fatty acids, which protect against disease and stimulate the immune system. It contains glycosphingolipids, which prevent intestinal distress, and conjugated linoleic acid, which has strong anticancer properties.

Join A Campaign for *Real Milk*.

Buy only full-fat milk products.

Real Milk products contain no additives.

Powdered skim milk, a source of dangerous oxidized cholesterol and neurotoxic amino acids, is added to 1% and 2% milk. Low-fat yogurts and sour creams contain mucopolysaccharide slime to give them body. Pale butter from hay-fed cows contains colorings to imitate vitamin-rich butter from grass-fed cows. Bioengineered enzymes are used in large-scale cheese production. Mass-produced cheeses contain additives and colorings, and imitation cheese products contain vegetable oils.

Join A Campaign for *Real Milk*.

Boycott Counterfeits!

Real Milk can save family farms.

Pasteurization laws favor large, industrialized dairy operations and squeeze out small farmers. When farmers have the right to sell unprocessed milk directly to consumers, they can make a decent living, even with small herds.