

RAW MILK

Isn't it interesting that important aspects of life seem to come full circle? Take milk for instance. When I was growing up I had a friend that had a milk cow. When I stayed at her house for a meal, we drank raw milk. That milk was fresh from the cow that grazed in the field. My dad worked as a milkman for Watts-Hardy Dairy in Boulder (anyone out there remember Watts-Hardy Dairy trucks around?) Watt-Hardy's milk was pasteurized which was to protect us from unscrupulous farmers with unhealthy cows. But why now "ultra" pasteurization and why do we need a "shelf-life" for milk?

What we know today is that pasteurization destroys the valuable enzymes such as lactase, galactase and phosphatase. Are you or do you know anyone that says they can't drink milk because they are "lactose intolerant"? Lactase is the enzyme in raw milk that helps with assimilation of lactose, galactase helps assimilate galactose and phosphatase helps with the assimilation of calcium. Our pancreas can not manufacture these enzymes and without them, milk is difficult to digest. This leads to symptoms such as diarrhea, cramps, bloating, gas, etc. Most people find they are not lactose intolerant to raw milk.

The pasteurization process heats milk to a temperature of 145 to 150 degrees F for 30 minutes or more and then reduces the temperature to not less than 55 degrees F. The process may destroy germs but it also kills the beneficial bacteria such as lactobacillus acidophilus. Some people take supplements to add these beneficial bacteria to their systems but you can add them naturally by drinking raw milk!

Pasteurization also destroys vitamins such as B12 and B6. After pasteurization, a synthetic vitamin D is typically added back in which replaces the natural vitamin D complex in the butterfat. This synthetic vitamin D is known to be toxic to the liver. The homogenization process breaks up the butterfat which can allow it to become rancid. The body needs the butterfat to absorb and utilize the vitamins and minerals in the water fraction of the milk. Along with valuable trace minerals and short chain fatty acids, butterfat is America's best source of preformed vitamin A.

Let's see, we cook raw milk until it is literally "dead" and then we beat it up to disperse the natural butterfat. Then we add synthetic vitamins to make it good for us....what is wrong with this picture?

Because pasteurization kills the beneficial bacteria, pasteurized milk becomes "spoiled". Raw milk has the benefits of natural bacteria which allow it to become real "sour cream". This is similar to the natural bacteria that are the main ingredient in real sour dough. The benefits to drinking raw milk far outweigh the risks. Raw milk is one of the finest sources for calcium available.

Milk has come full circle from natural raw milk to pasteurized to ultra-pasteurized back to raw milk again. I guess we should have learned that it is "not nice to fool Mother Nature"!

Buying raw milk is legal in Colorado if you belong to a co-op. Rocky Plains Quality Meats represents R Patch 'O Heaven Co-op. If you are interested in more information, please check us out at rockyplains.com for directions to our stores or call us at 303-833-3791.