

## **MORE ABOUT RAW MILK**

**Dee West**

**In the July edition I told you about some of the benefits of raw milk. Rocky Plains Quality Meats represents R Patch 'O Heaven Co-op which offers grass-fed cow and goat milk.**

**Did you know that goat milk is naturally homogenized? Goat milk is also easier to digest than cow milk. This is because the casin curd is softer and smaller which allows it to be more completely and easily absorbed leaving less residue in the colon. Goat milk contains more essential fatty acids (linoleic & archidoic acids) and a higher proportion of short and medium chain fatty acids and it does not contain agglutinin which means the fat globules in goat milk do not cluster. This also relates to the ease of digestion and absorption.**

**Concerned about the fat content – not all fat is bad. In fact we need some fat in our diet to help with the assimilation of calcium and protein. Butterfat contains vitamins A and D – just what the body needs to assimilate calcium and protein and the fatty acids help protect against disease and stimulate the immune system. Goat milk also contains glycospingolipids which prevent intestinal distress and conjugated linoleic acid which has strong anticancer properties.**

**Raw goat milk has all the enzymes to help the body assimilate bodybuilding factors which includes calcium which may prevent osteoporosis.**

**Raw goat milk is “alive”! The common practice of pasteurization dramatically reduces the effects of important active (living) elements. Raw milk has a built-in protective system called lactoperoxidase. This element is in all mammalian secretions such as breast milk and tears. Amazingly enough, this element seeks out and destroys bad bacteria including bacteria such as e-coli and salmonella.**

**The common practice of pasteurization dramatically reduces the effects of these important active (living) elements.**

**Other main elements that have built-in protective systems are:**

**Lactoferrin - Steals iron away from pathogens and carries it through the gut wall into the blood stream; stimulates the immune system.**

**Polysaccharides - Encourage the growth of good bacteria in the gut; protect the gut wall**

**Medium-Chain Fatty Acids – Disrupt cell walls of bad bacteria; levels so high in goat milk that the test for the presence of antibiotics had to be changed.**

**Enzymes – Disrupts bacterial cell walls.**

**Antibodies - Bind to foreign microbes and prevent them from migrating outside the gut; initiate immune response.\***

**White Blood Cells – Produce antibodies against specific bacteria**

**B-lymphocytes – Kill foreign bacteria; call in other parts of the immune system**

**Macrophages – Engulf foreign proteins and bacteria**

**Neutrophils – Kill infected cells; mobilize other parts of the immune system**

**T-lymphocytes – Multiply if bad bacteria are present; produce immune-strengthening compounds.**

**Lysosyme – Kills bacteria by digesting their cell walls.**

**Hormones & Growth Factors – Stimulate maturation of gut cells; prevents “leaky” gut.**

**Mucins – Adhere to bacteria and viruses, preventing those organisms from attaching to the mucosa and causing disease.**

**Oligosaccharides – Protect other components from being destroyed by stomach acids and enzymes; bind to bacteria and prevent them from attaching to the gut lining; other functions just being discovered.**

**B12 Binding Protein – Reduces vitamin B-12 in the colon, which harmful bacteria need for growth**

**Bifidus Factor – Promotes growth of *Lactobacillum bifidis*, a helpful bacteria in baby’s gut, which helps crowd out dangerous germs**

**Fibronectin – Increases antimicrobial activity of macrophages and helps to repair damaged tissues.\*\***

**Society today is fighting so many diseases, doesn’t it seem that something as natural as drinking raw goat milk as a way of curtailing these health problems certainly makes sense.**

**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](http://rockyplains.com) for directions to our stores or call us at 303-833-3791.**

***\*(British Journal of Nutrition (2000) 84. Suppl. 1, S3-S10, S11-S17)***

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