

1



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Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.

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2

The History of Raw Milk

- Milk and milk products have been part of man's diet for centuries
- Scripture is full of passages about milk and its uses.
 - In Genesis 18:8, we are told that Abraham took butter/curds and milk
 - Exodus 3:8 states God's assurance to deliver the nation of Israel to the promised land—a land flowing with milk and honey
 - In 1 Peter 2:2, there is an analogy that children require milk to grow strong
- In ancient times, milk was not heated to high temperatures—it was consumed straight from the animal
- There was no fear of disease from raw milk.

The History of Raw Milk



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So where have we gone wrong?

3

From 1790 to 1840, New York grew from a small town of 33,000 to 400,000

1,200% increase in 50 years!!

Immigrants poured into the city to find a better life for their family. Most of them were accustomed to raw milk—especially for their children. Many kept family cows, but as the city grew, cows were kept in common pastures. Boston Commons is one of the most famous—cows grazed there as late as **1850**.

As New York and other cities grew more crowded, the grazing land was lost. Those who wanted fresh milk had to send a messenger into the country to obtain it.


There was a great demand for milk, but there were not enough farmers or proper transportation to meet the growing need.
Raw milk became a commodity of the rich.



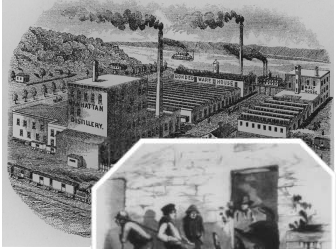
Grazing on the Boston Common

4


Swill Milk Dairies



A diseased cow, unable to stand, is pulled up to be milked. Distilleries kept a stable of such animals, fed them mash and whiskey slops. The milk made babies tipsy and often sick.




Front-page story from the first Frank Leslie's article on swill milk, 5/8/1858



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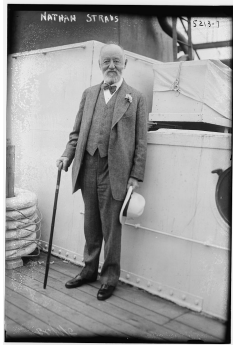
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Certify or Pasteurize?

- By the last decade of the 19th Century, America had a major problem.
 - The yearly death rate of infants who lived in the city was 50%.
 - Children died from diarrhea, typhoid fever, cholera, diphtheria, and tuberculosis.
- Many doctors believed that unsanitary milk helped to spread the diseases.
- In 1889, Dr. Henry Coit asked the Medical Society of New Jersey to formally investigate how to secure clean raw milk for his patients and the public.
- In April of 1893 Dr. Coit and 41 other physicians formed the Essex County Medical Milk Commission, which birthed the certified milk movement.
- Certified Raw Milk was endorsed by a significant number of medical professionals, legislators, and the public.

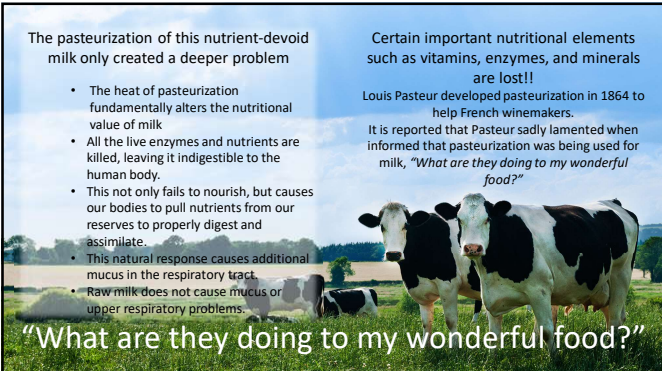
6



Crusader for Pasteurization
Nathan Straus

- Most responsible for popularizing pasteurization at the turn of the century.
- He dedicated thirty years of his life to championing the pasteurization of the milk supply
- He had a powerful ally in Dr. Abraham Jacobi, MD, who served for many years as president of the American Medical Association.
- Straus established the first of his "milk depots" for the distribution of low-priced pasteurized milk in 1893.
- Changing the conditions of the dairies and the nutrition given to the cows seemed too difficult a task, so they focused their efforts on making the milk safe
- Dr. Straus did not consider that the poor-quality milk failed to nourish, and contributed to the problem

7



The pasteurization of this nutrient-devoid milk only created a deeper problem

- The heat of pasteurization fundamentally alters the nutritional value of milk
- All the live enzymes and nutrients are killed, leaving it indigestible to the human body.
- This not only fails to nourish, but causes our bodies to pull nutrients from our reserves to properly digest and assimilate.
- This natural response causes additional mucus in the respiratory tract.
- Raw milk does not cause mucus or upper respiratory problems.

Certain important nutritional elements such as vitamins, enzymes, and minerals are lost!!

Louis Pasteur developed pasteurization in 1864 to help French winemakers.

It is reported that Pasteur sadly lamented when informed that pasteurization was being used for milk, "What are they doing to my wonderful food?"

"What are they doing to my wonderful food?"

8



Is Raw Milk Safe?

There have been no clinical studies of people drinking raw milk to prove or disprove the theory that the bacteria in raw milk can cause disease in humans.

"The powerful crusade against raw milk has been lethal to the empirical evidence that raw milk and raw milk products are probably the most nutritious food most people can consume." www.rawmilk.org

Factory-farmed cattle have 300 times more pathogenic bacteria in their digestive tracts than cattle that are allowed to openly graze in pastures.

9

Proven Farm History of Raw Milk Safety

Organic Pastures Dairy Farm: Since 1999, there have been over 40,000,000 servings of raw milk— without one confirmed illness.

In over 1,300 tests, no pathogens were found in the milk, milking area, or in any of the dairy cows

Claravale Dairy: During Claravale Farm's 80-year history, no consumers of their milk have ever gotten sick and no pathogens have ever been detected in the milk.

Pasteurized Outbreaks: Since 1999, there have been several recalls of pasteurized milk products and one publicized outbreak of illness due to pasteurized milk—an outbreak of Campylobacter that sickened 1,300 people!!

10

Two Main Types of Pasteurization Used Today:

- High Temperature / Short Time (HTST): 161°F for 15–20 seconds
- Ultra-Heat Treated (UHT): 280°F for a fraction of a second

Rapid Heating: Both treatments involve rapid heating by forcing the milk between heated stainless steel plates

Researchers noted that heating milk inactivates *inhibins*—factors that inhibit bacterial growth. Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, alters vitamin B12 and vitamin B6, kills beneficial bacteria, promotes pathogens, and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease, and cancer.

Benefits of Raw Milk & Dangers of Pasteurized Milk

11

Deficient Cats: The cats had many issues

- 1st gen fed a diet of raw meat, pasteurized milk, and cod liver oil
- These cats had thin hair, slight fatty atrophy of the liver, lack of intestinal tone, moderate distention of the uterus, and their skin had a purplish discoloration due to congestion.
- Also, the internal organs of the female cats were noted to have poor skin tone.
- subsequent generations of deficient cats ate cooked foods, raw or cooked meat, pasteurized milk, vitamin D milk, condensed milk, sweetened condensed milk, and cod liver oil

Serious health deficiencies apparent in just one generation!

Normal Cats:

- fed raw food, including raw meat, raw milk, and cod liver oil
- These cats continued to reproduce and were very healthy
- Some generations of Pottenger's healthy cats still exist today!!

Regenerating cats:

- First, second, or third generation deficient cats that were put back on the raw diet
- When the female cat of the first deficient generation was placed back on a raw diet after giving birth to a deficient litter, her next kittens benefited from her improved diet
- It required four generations to regenerate the cats to a state of good health.
- There were never more than three generations of deficient cats because the third generation was unable to produce healthy, viable offspring.

Pottenger's Cats

12



13



Asthma & Raw Milk

- Asthma is the second most prevalent chronic condition among children!
- It results in approximately 14 million days of missed school each year
- Increased from 3.6% in 1980 to 7.5% in 1995—approximately 5 million children
- A study revealed that long-term and early-life exposure to raw milk induced a strong protective effect against the development of asthma, hay fever, and rashes.
- Researchers in London concluded that children who even infrequently drank raw milk had significantly less eczema and a greater reduction in allergic hypersensitivity

Raw milk is a strong factor in reducing the risk of asthma and allergies

14

Raw Fat Enzymes Bacteria

Raw Protein Vitamins Immunity Powerhouse

Immunoglobulins Carbohydrates

Raw Milk: The Beverage That Is a Food!

15

Old Paradigm
Healthy human body is sterile, and microbes attack it, making us sick!

New Paradigm
Healthy human body lives in a symbiotic relationship with microorganisms!




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16

Bottom Line: Raw milk is a support system powerhouse that benefits everyone. I would not advise anyone to drink or eat pasteurized dairy products.

We have dominion over the animals. This does not give us the liberty to take advantage of them. We should properly care for our animals and be thankful as they provide us with joy and nourishment. Animals are one of the most precious of our earthly gifts!



17



Raw Dairy
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With Dr. Michele Menzel, ND

18
