

# Smart Life Forum

www.smartlifecycleforum.org

NEXT MEETING: Thursday, December 15, 2011, at 7pm

## Mark McAfee

on

# Got Raw Milk?

At the start of the December 15 meeting:

### SMART LIFE HOLIDAY POTLUCK

organized by Anna Coulter [annacoulter.com](http://annacoulter.com) [wisdompaintings.com](http://wisdompaintings.com)

*This year again, we would like to open our December SLF Meeting with a really healthy potluck featuring raw food dishes and organic ingredients.*

*So please bring your favorite raw food dish. Or, if preparing dishes is not your thing, please bring a bottle of Martinelli sparkling apple cider or some organic vegetable juice. Some simple things to bring that require little or no preparation include: organic apples, pears, persimmons, sliced mango, grapes, raw nuts and seeds, cucumbers, broccoli, bell pepper, and celery sticks with raw hummus.*

*For those members who might prefer other foods, there will be a small non-vegetarian table.*

*Looking for more inspiration? Click the link below!*

<http://www.smartlifecycleforum.org/2009/12/recipes.pdf>

*Let's be smart and celebrate the holiday season in a healthy way!*

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**Foundation for Mind Being Research (www.FMBR.org)**

December 10: Holiday Potluck.

Next meeting, January 27: speaker Luis Minero, expert on out-of-body experiences. His workshop will be on January 28 and 29.

### Presentation Location:

Cubberley Community Ctr.  
Room H1  
4000 Middlefield Rd.  
Palo Alto, California

Driving directions on our website,  
[www.SmartLifeForum.org](http://www.SmartLifeForum.org)

***For those who cannot attend we have live streaming and video archiving at <http://SmartLifeForum.org/live>***

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## Meet Mark McAfee



Born in 1961, Mark McAfee is the CEO and Founder of Organic Pastures Dairy Company near Fresno, California. He founded the company in 2000 to produce grass fed organic raw milk. The company now delivers the products on 17 of its own trucks, to more than 400 California retail stores, 15 farmers markets and 50 buyers clubs per week where they are purchased by more than 50,000 delighted healthy Californians. Mark is a pre-med trained retired medical educator for the Fresno County Health department.

Mark served as a Paramedic for the EMS system of Fresno County for 17 years and ran about 15,000 EMS calls. He is married with two children and grandchildren. Mark is a very active medical educator traveling around California, the nation and the world speaking on raw milk medical applications and safety. He is an active private pilot (started flying at 15 ) flying from the farms dirt runway as he travels to present to groups of people that are searching for more information about raw milk. The “Share the Secret” Raw Milk presentations have become extremely popular as he reaches out and consumers “get to know their farmer and the source of their healing food”.

He has been a guest speaker at Stanford University and Rutgers and works with researchers and doctors to expand their tools to effectively heal their patients using whole foods in their expanding practice of complementary medicine. Mark is also an active mission

Thursday, December 15, 2011

### Future Speakers:

January 19: Jacob Swilling:  
“pH, HCL, & Sugar in  
Health & Disease”

February 16: Jerry Tenant:  
“Healing is Voltage”

### About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website:  
[www.smartlifeforum.org](http://www.smartlifeforum.org).

For questions, please contact Mike Korek at (650) 941-3058.

pilot for LIGA, the flying doctors of Mercy where he transports doctors and participates in clinics in remote underserved areas of Western Mexico.

Mark is the founding director and Chairman of the board of RawMilkInstitute.Net, a nonprofit dedicated to teaching farmers and consumers about safe raw milk production and consumption. RAWMI is reducing the confusion about how to write a food safety program or how to implement its elements whether the farmer will milk 1 cow or 500. One of the main missions of RAWMI is to assist in the development of national raw milk standards and then facilitate the listing of farmers that will then utilize these standards to expand safe raw milk production... where ever they live and in whatever environment they must produce in. Lastly, farmers will be taught how to educate and communicate the message of raw milk to their consumers.

### *Main Presentation:*

## Got Raw Milk?

by Mark McAfee

### **For more information:**

<http://organicpastures.com> <http://rawmilk institute.net>

First, let's define our terms – what exactly is “raw milk”, and why is it usually not Pasteurized?

Raw milk is milk (a lacteal secretion) that comes straight out of a cow, goat, sheep, horse, or any mammal. Raw milk is the first food for all mammals that, by definition, nurse their young. Raw milk is a living whole food that contains: enzymes, a biodiversity of beneficial bacteria, sugars, proteins, fats, minerals, antibodies and other essential elements needed to nourish a growing baby. Raw milk also contains a complementary immune system that provides an environment that tends to suppress the growth of

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pathogenic bacteria in favor of beneficial lactic acid producing bacteria. Raw milk inside of the animal generally does not contain bacteria; however, as the milk exits the breast or teat canal, protective resident bacteria join the raw milk.

Why is most milk pasteurized? There are two kinds of raw milk and their sources and uses are completely different. Farmers either produce raw milk for shipping to a creamery or cheese plant to be pasteurized, or the farmer produces raw milk which is meant to be consumed in raw form. The principles, environmental conditions, animal feeds used and other practices for the production of these two kinds of raw milk are completely different.

Raw milk that is produced on farms that is then shipped to a creamery to be pasteurized is regulated according to the standards in the FDA's Pasteurized Milk Ordinance (PMO). This set of standards does not include any requirements for testing the milk for pathogens. PMO raw milk is permitted to contain high levels of bacteria. This is because this milk will be pasteurized by heat treatment. Milk produced under the PMO is collected from many dairies and combined together at the creamery for processing and the production of final processed dairy products.

Raw milk that is produced for direct human consumption is controlled by regulations established by each individual state. There are no national regulations for human consumption raw milk. The Raw Milk Institute has established Common Standards to assist farmers that produce human consumption raw milk and serve consumers. Our Common Standards set a bench mark for national raw milk production and safety. Raw milk for human consumption always comes from one dairy that works very hard to assure that the milk they produce is safe and clean. Human consumption raw milk is never combined with other dairies' raw milk.

### **How does Raw compare to Pasteurized?**

We have been told as consumers that raw milk is dangerous – but is that really true? The following information is from the Weston A. Price Foundation, a well-respected authority on nutrition.

Raw milk contains numerous components that assist in:

- Killing pathogens in the milk (lactoperoxidase, lactoferrin, leukocytes, macrophages, neutrophils, antibodies, medium chain fatty acids, lysozyme, B12 binding protein, bifidus factor, beneficial bacteria);
- Preventing pathogen absorption across the intestinal wall (polysaccharides, oligosaccharides, mucins, fibronectin, glycomacropetides, bifidus factor, beneficial bacteria);
- Strengthening the Immune System (lymphocytes, immunoglobulins, antibodies, hormones and growth factors) (Scientific American, December 1995; British J of Nutrition, 2000:84(Suppl. 1):S3-S10, S75-S80, S81-S89).

**PASTEURIZATION HARMFUL:** Many of these anti-microbial and immune-enhancing components are greatly reduced in effectiveness by pasteurization, and completely destroyed by ultra-pasteurization (Scientific American, December 1995; British J of Nutrition, 2000:84(Suppl. 1):S3-S10, S75-S80, S81-S89).



**DANGERS EXAGGERATED:** Although raw milk, like any food, can become contaminated and cause illness, the dangers of raw milk are greatly exaggerated. In an analysis of reports on 70 outbreaks attributed to raw milk, we found many examples of reporting bias, errors and poor analysis resulting in most outbreaks having either no valid positive milk sample or no valid statistical association (ResponsetoMarlerListofStudies.pdf).

**USDA/FDA STATISTICS:** Based on data in a 2003 USDA/FDA report: Compared to raw milk there are 515 times more illnesses from L-mono due to deli meats and 29 times more illness from L-mono due to pasteurized milk. On a PER-SERVING BASIS, deli meats were TEN times more likely than raw milk to cause illness (Intrepretive Summary – Listeria Monocytogenes Risk Assessment, Center for Food Safety and Applied Nutrition, Sept. 2003, page 17).

**OUTBREAKS DUE TO PASTEURIZED MILK:** Due to high-volume distribution and its comparative lack of anti-microbial components, pasteurized milk when contaminated has caused numerous widespread and serious outbreaks of illness, including a 1984-5 outbreak afflicting almost 200,000 people. In 2007, three people died in Massachusetts from illness caused by contaminated pasteurized milk (Real Milk PowerPoint, slide 30).

**FORTY-YEAR-OLD SCIENCE AND ANCIENT HISTORY:** Claims that raw milk is unsafe are based on 40-year-old science and century-old experiences from distillery dairy “factory farms” in rapidly urbanizing nineteenth century America.

**MODERN ADVANTAGES:** Compared to 30-50 years ago, dairy farmers today can take advantage of many advancements that contribute to a dramatically safer product including pasture grazing, herd testing, effective cleaning systems, refrigeration and easier, significantly less expensive, more accessible and more sophisticated milk and herd disease testing techniques.

**UNIQUE FOOD:** Raw milk is the ONLY food that has extensive built-in safety mechanisms and numerous components to create a healthy immune system.

### **What are the benefits of raw milk?**

According to the Weston Price Foundation:

**BENEFITS IN EARLY HUMAN STUDIES:** In early studies involving humans, raw milk was shown to be superior to pasteurized in protecting against infection, diarrhea, rickets, tooth decay and TB; and children receiving had better growth than those receiving pasteurized milk (Real Milk PowerPoint, slides 54-56, 58).

**BENEFITS IN EARLY ANIMAL STUDIES:** In early animal studies, animals fed raw milk had better growth, denser bones, greater integrity of internal organs, less anemia, fewer signs of anxiety and stress, and fewer signs of nutrient deficiency than animals fed pasteurized milk (Real Milk PowerPoint, slides 57, 59-64).

**ASTHMA:** Three recent studies in Europe found that drinking “farm” (raw) milk protected against asthma and allergies (Lancet. 2001 Oct 6;358(9288):1129-33; J Allergy Clin Immunol. 2006 Jun;117(6):1374-8; Clinical & Experimental Allergy. 2007 May; 37(5) 627-630).

**RAW HUMAN MILK:** In recent studies, infants on pasteurized human milk did not gain weight as quickly compared to those fed raw human milk (J Pediatr Gastroenterol Nutr. 1986 Mar-Apr;5(2):248-53) and premature babies given raw human milk had more rapid weight gain than those given pasteurized human milk. Problems were attributed to pasteurization's destruction of lipase (J Pediatr Gastroenterol Nutr. 1986 Mar-Apr;5(2):242-7).

**THE MILK CURE:** In the early 1900s, the Mayo Clinic administered the "Milk Cure," which consisted in drinking 4-5 quarts of raw milk per day, obtaining favorable results for a range of illnesses including cancer, weight loss, kidney disease, allergies, skin problems, urinary tract problems, prostate problems and chronic fatigue; these results are not obtained using pasteurized milk.

**DANGERS OF PASTEURIZED MILK:** Many studies have linked consumption of pasteurized milk with lactose intolerance, allergies, asthma, frequent ear infections, gastro-Intestinal problems, diabetes, auto-Immune disease, attention deficit disorder and constipation. During a period of rapid population growth, the market for fluid pasteurized milk has declined at 1% per year for the past 20 years. Fewer and fewer consumers can tolerate pasteurized (and ultrapasteurized) milk (Don't Drink Your Milk, Frank Oski, MD, 1983).

**LACTOSE INTOLERANCE:** In a survey of raw milk drinkers in the state of Michigan, over 80 percent of those advised by a healthcare professional that they were lactose intolerant were able to consume raw milk without problem. (LactoseIntoleranceSurvey.doc).

**POSITIVE TESTIMONIALS:** Hundreds of testimonials involving reversal of failure to thrive in infants; allergies, asthma and behavior problems in children; and digestive disorders, arthritis, osteoporosis and even cancer in adults (Testimonials, MI-RawMilkHealthTestimonials.pdf).

#### **NUTRIENT DEGRADATION BY PASTEURIZATION:**

**Vitamin C:** Raw milk but not pasteurized can resolve scurvy. ". . . Without doubt. . . the explosive increase in infantile scurvy during the latter part of the 19th century coincided with the advent of use of heated milks. . ." (Rajakumar, Pediatrics. 2001;108(4):E76).

**Calcium:** Longer and denser bones on raw milk (Studies from Randleigh Farms).

**Folate:** Carrier protein inactivated during pasteurization. (Gregory. J. Nutr. 1982, 1329-1338).

**Vitamin B12:** Binding protein inactivated by pasteurization.

**Vitamin B6:** Animal studies indicate B6 poorly absorbed from pasteurized milk (Studies from Randleigh Farms).

**Vitamin A:** Beta-lactoglobulin, a heat-sensitive protein in milk, increases intestinal absorption of vitamin A. Heat degrades vitamin A. Said and others (Am J Clin Nutr. 1989;49:690-694. Runge and Heger. J Agric Food Chem. 2000 Jan;48(1):47-55).

**Vitamin D:** Present in milk in protein-bound form, assimilation possibly affected by pasteurization. Hollis and others ( J Nutr. 1981;111:1240-1248).

**Iron:** Lactoferrin, which contributes to iron assimilation, destroyed during pasteurization.

Iodine: Lower in pasteurized milk. Wheeler and others (J Dairy Sci. 1983;66(2):187-95).

Minerals: Lactobacilli, destroyed by pasteurization, enhance mineral absorption (MacDonald and others. 1985).

### **Business Potential of Raw Milk**

**CONVENTIONAL SITUATION:** Thirty cows in a confinement situation; high-protein feed to increase milk production; cows produce 190 hundredweight of milk each year; farmer sells milk to co-op and receives about \$12 per hundredweight:

- Income is about \$1.50 per gallon or \$68,400 per year
- Farmer receives no subsidies (only corporate farms get these)
- Farmer has high cost of feed, vet bills, replacement cows, artificial breeding, interest on equipment loans.

In 2002, dairy farms in the U.S. went out of business at the rate of 16 per day.

**DIRECT SALES OF RAW MILK FROM PASTURE-FED COWS:** Thirty cows on 100 acres; cows are fed grass, hay and silage from the farm; cows produce 100 hundredweight each per year.

- Income on raw milk or raw dairy products is \$4 - \$8 per gallon, or \$150,000 - \$300,000 per year.
- If the farmer is making cheese, cream or butter, he has whey and skim milk, free food for pigs
- Additional farm income from pork, beef, eggs, chicken, produce, etc., possible in a diversified farm based on dairy, could be \$50,000 - \$100,000 per year.
- Total gross income to farmer \$200,000 - \$400,000 per year
- Costs for feed, vet bills, interest are much lower; no replacement cow costs.

**RURAL REVIVAL:** Every \$1 earned on the farm = \$5-7 for the local community; if 10 percent of the population would buy raw milk and other products directly from the farm, we would need 75,000 farms, all making at least \$200,000 per year. Raw milk sales hold the potential for a huge rural revival.

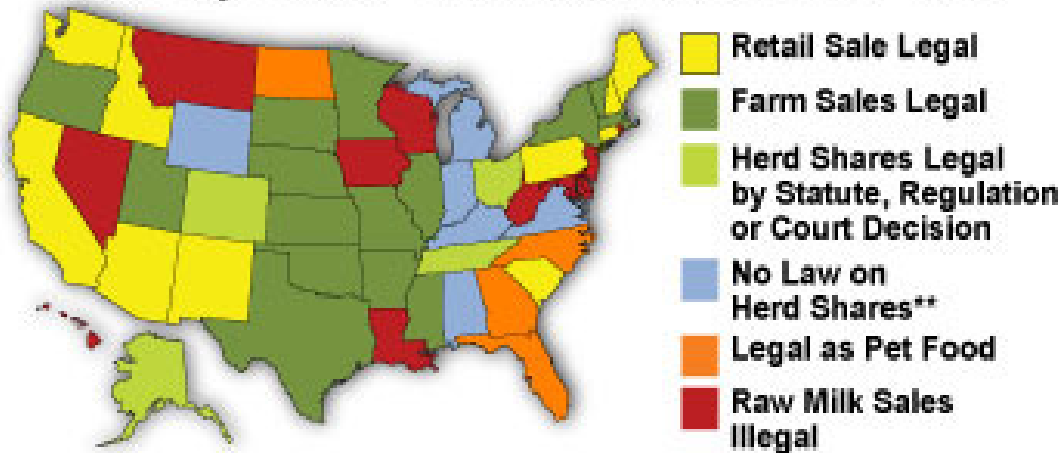
**CURRENT SITUATION FOR RAW MILK SALES** in the United States:

- Retail sales are legal in 10 states.
- On-farm sales are legal in 15 states.
- Herd shares are legal in 4 states.
- There is no law on herd shares in 6 states.

- Pet food sales are legal in 4 states, implying that human consumption is feasible.
- Raw milk sales are illegal in 11 states and the District of Columbia.

## RAW MILK NATION®

### State-by-State\* Review of Raw Milk Laws



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#### SITUATION IN EUROPE:

- Raw milk sales are legal in England, Wales and most of Europe.
- Raw milk is sold in vending machines in several European countries.



*Raw Milk Vending Machine in Italy*