

These testimonials on the **health benefits of raw milk and raw milk products** were selected from a collection compiled in January/February 2007. Over 200 written testimonials were generated in response to an incident in Michigan in 2006.

As David E. Gumpert wrote for BusinessWeek.com (April 26, 2007 – “Back in Biz, Thanks to Vocal Customers”),

Back in October, Michigan farmer Richard Hebron and Family Farms Co-op, which he manages, were the targets of a sting operation involving an undercover agent, about a dozen state police officers and agriculture inspectors, multiple search warrants, and confiscations of Hebron's and co-op members' property.

The testimonials are from members of Family Farms Cooperative (FFC) and were either copied from the FFC website (<http://www.familyfarmscoop.com>), received by email, or received by fax or mail. Some have been transcribed from photocopies of original handwritten forms or retyped to resolve formatting issues. The reference code facilitates retrieval of the source documents and also allow for reorganizing the set as data needs may require. This document was produced using MS Word (compatible with 1997-2003 versions) and can be made available electronically.

#	Reference	Testimonial Content
1	FF 27 C	<p>A mother's plea for raw milk</p> <p><u>Karen</u> 1 post Jan 6, 2007 12:22 PM</p> <p>My oldest daughter was the only one of my four daughters who could actually handle store bought milk, although she had repeated ear infections as a baby. The other three always vomited store bought milk since infancy, yogurt was no exception. I was constantly worried that they were not getting enough calcium, and I was eventually told to give them raw milk. I was very skeptical, how could this be, milk is milk, right? However, my second oldest daughter milked a cow on a field trip, drank it and LOVED it. Not only did she NOT get sick, she raved and raved over how delicious it was! She was 7 years old at the time and it has taken me 5 years to find Family Farms Coop! From the first time I brought raw milk home, in the spring/summer of 2006, my family drank it up. Our monthly 6 gallon purchase is usually gone in 8 days! This past Fall no one in our family got a cold, pneumonia, or flu which has been an annual event in our house. My allergies, and that of my second daughter, were also lessened this past fall. We are all healthier, happier, stronger individuals. Even my husband, who has not tolerated milk his whole life loves this milk and can easily digest it. My only disappointment is that I can no longer get fresh raw milk every two weeks because of this "situation". We look forward to our monthly delivery with great anticipation. I urge government officials to not take our right to choose away. We have freedoms in this country, and the right to choose wholesome foods for personal consumption is one of the many things that make our country great. Please don't let the dairy lobby destroy this wonderful option.</p> <p>Last Edited on Jan 6, 2007 12:24 PM</p>

2	FF 22 C	<p>Allow free choice to raw foods - including milk</p> <p><u>KCaurdy</u> 2 post s Jan 3, 2007 10:03 AM</p> <p>My family drinks raw milk for over 3 years now. We started to drink raw milk to maintain and improve our good health. It is important for my family and I to have the choice to drink raw milk. We prefer to eat foods in its raw state since this is the most beneficial for us. From all the health studies I have read, when foods are processed such as heating, pasteurizing and homogenization it leads to disease. We can purchase and eat other foods in its raw state such as eggs and meat. It should be a free choice to purchase raw milk as well. Raw milk has improved our health tremendously. My 2 kids have not missed one day of school this year and they missed a lot of school before drinking raw milk with a multitude of ear infections. I am a college educated individual with a strong background in health. I thoroughly studied the information on raw milk and concluded it is very beneficial to drink. At one time doctors used raw milk to treat illness. There is so much misleading information with bacteria contamination of milk and the need to pasteurize. This just allowed farmers to be sloppy and have pus-filled milk in cows and cows allowed to remain in unhealthy conditions. There is more bacteria contamination occurring in pasteurized milk than in raw milk. I get my raw milk from a farm where cows are allowed to graze green pasture and eat what they were intended to eat. When cows are giving the right food and the healthy living conditions, bacteria contamination doesn't occur. Stopping consumers from consuming raw milk is not a solution to anything.</p>
3	FF 53 C	<p>Health Giving Raw Dairy</p> <p><u>sneza</u> 1 post Jan 9, 2007 11:58 AM</p> <p>My youngest has battled GERD along with recurrent ear infections & urinary tract infections since she was 2 months old. She had started drastically regressing from about 10 months on. She was scheduled for a CAT scan because of a suspicion of a brain tumor. She had low grade fevers for months that would sometimes spike inexplicably.</p> <p>We started raw dairy at about 12 months of age. Her recovery has been miraculous. She is a bright, healthy, happy 4 year old who doesn't even get a cold.</p> <p>Raw dairy has also cured me of my recurrent sinus infections.</p> <p>God Bless all the wonderful people that put so much of themselves into providing others with health giving food and the amazing selfless animals that provide our nourishment.</p> <p>God has given us the power of choice and we wish to be able to choose what is healthy and good for us on our own.</p> <p>Last Edited on Jan 9, 2007 12:05 PM</p>

4	FF 50 C	<p>Physician recommended raw dairy !!!</p> <p><u>SharonRose</u> 1 post Jan 5, 2007 11:27 AM</p> <p>My physician recommended raw milk to me that's how I found out about Family Farms. After much research I quickly started ordering milk from Family Farms. My health has improved and I was able to get off medication as a result of the outstanding work Family Farms does and I thank them from the bottom on my heart everyday.</p> <p>What is happening to this world when a farmer tries to do the ethical thing and gets condemned by the government? A government that will only allow us to only drink pasteurized milk from cow who has never been on a pasture being tortured in filthy stall for a short life without sunshine, feeding them grain which they would not chose to eat but grass while loading them up with antibiotics and hormones which are passed down to the consumer. Does the, FDA thinks that the good microorganisms, lactic acid and enzymes that pasteurizing and homogenizing kills is going to kill the American people. This is America and I am outraged and sickened by the behavior of the MDA, FDA but not shocked. An FDA that approves Splenda a complete poison that was created as a pesticide now is in soda for children to consume.</p> <p>Sharon Rose Chicago, Illinois January 4, 2007</p> <p><u>SharonRose</u> 2 post s Jan 5, 2007 11:29 AM</p> <p>I'd also like to add that my cat who is 13 years old has never had interest in milk wants raw milk.</p>
5	FF 2 C	<p>Raw milk and kefir restored my health</p> <p><u>Dr. Bill</u> 1 post Nov 4, 2006 3:24 PM</p> <p>I had diarrhea for two years and had upper and lower GI's and 3 doctors who tried different various remedies which I followed carefully. I lost 36# and still no relief. I was told about raw milk and kefir which is sort of like yogurt but better. Within three weeks of drinking raw milk and making it into kefir, I stopped having diarrhea. That was better than 2 years ago and I have regained my weight and my health and am doing better than I have in some time. I try to find a source of raw milk wherever I go on vacation as well as drinking it daily.</p>
6	FF 15 C 6	<p>I have noticed that when eating raw organic dairy my skin has cleared up, and my overall skin health has been good. Also when eating raw dairy I never had any problems with my digestive system. My experience from eating raw dairy has been nothing but good to my health.</p> <p>Carl Bentall McHenry, IL 1/3/07</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form]</i></p>

7	FF 15 C 8	<p>Through raw dairy I've experienced dramatic increase in my health. In the summer of 2005 I was diagnosed with severe hypothyroidism, I used raw dairy as a way to regain my health. Almost a year later I am almost off of all my prescription medications and haven't felt this good in years. As a matter of fact I completed the 2006 Ford Ironman Triathlon in October using raw food for training food with very good results.</p> <p>Lou Johnson Prospect Hts, IL January 3, 2007 <i>[transcribed from photocopy of original handwritten form]</i></p>
8	FF 15 C 9	<p>My family & I prefer using raw dairy because pasteurization destroys the many health benefits that we enjoy from raw food. We have not had any adverse reactions & are grateful for the opportunity to choose raw dairy products for the wellness of our family.</p> <p>Mary Upchurch Naperville, IL 1/3/07 <i>[transcribed from photocopy of original handwritten form]</i></p>
9	FF 16 C 0	<p>I have a daughter who was diagnosed with cerebral palsy about a year ago and all I can remember is many doctors & specialist telling me that Alekza's condition was never going to change (improve). Thank God I've always been a fighter and I never give up when I am struck w/a challenge. To make a long story short, Alekza has improved dramatically since she's been consuming Raw Dairy products and organic foods. No drug or therapy can have such a positive change in such little time.</p> <p>Monica Ledezma Vilg. Lakewood, IL 1/3/07 <i>[transcribed from photocopy of original handwritten form]</i></p>
10	FF 16 C 3	<p>Raw dairy is important in my life, and my Family's. I was bed ridden for a little over a year. When I started Raw dairy I was actually able to get out of bed. I am now 8 months into getting healthier. I feel great & I am off all my Prescription medicin. My Diabetes, High Blood Pressure, Liver damage, Kidney Damage Meningitis has all ceased & I don't need medication for anything. Raw Dairy has given me my life back, without it I'm sure I'd be gone by now.</p> <p>Renee Bentall McHenry, IL 1-3-07 <i>[transcribed from photocopy of original handwritten form; errors unchanged]</i></p>
11	FF 16 C 4	<p>I have personally used raw dairy products for the past year. I have seen improvements in my health after changing from pasteurized to raw dairy products.</p> <p>The public needs to be aware of the benefits of raw dairy. It has improved my health greatly.</p> <p>STEVEN RYE GLENDALE HEIGHTS, IL 60139 1/03/07 <i>[transcribed from photocopy of original handwritten form]</i></p>

12	FF 51 C	<p>God bless Family Farms' Coop</p> <p><u>KristiH</u> 1 post Jan 9, 2007 11:38 AM</p> <p>I have been diagnosed with multiple auto-immune problems for 13 years and have tried, without success, a variety of AMA-approved solutions, which have failed. I am now receiving alternative treatments and was thrilled to find, via Dr. Mercola's website, Family Farms Coop. All the research I have been doing related to my health issues have culminated in finding healthy food sources, most notably dairy and meat. (I currently buy organic produce locally.) Having had a severe milk allergy these past years, I can now confidently partake of the raw milk that the farmers provide, and my health is improving every day. They are doing a wonderful service to us who are seeking healthy alternatives to "Big Agriculture." I want to know that the animals are properly cared for under humane and healthy conditions and the resulting products are good for me.</p> <p>We owe so much to these people. The least the MDA can do is let them continue to provide a service that is so greatly needed by those of us who have health issues. With all the serious health problems plaguing our country today (such as obesity and diabetes), the last thing we need is "dairy police" who interfere with our right to choose what we desire to keep and maintain a healthy lifestyle. If anything, the MDA should take note on how a proper dairy should be run by these wonderful people who are farming the way it was intended.</p> <p>Kristi Hanna Naperville, IL</p>
13	FF 37 C	<p>We want freedom to choose healthy food !</p> <p><u>AgnesG</u> 1 post Jan 4, 2007 1:25 PM</p> <p>Raw milk and other raw dairy products have tremendously helped my family to get our health back. My kids used to get sick frequently with ear and throat infections, coughs and colds. I had serious sinus infections and asthma for the past 13 years. Now, thanks to God and to the raw diet He directed me to, my sinus problems lessened, I don't need to use my asthma inhaler anymore and I feel so much better overall ! Since we have started consuming only raw milk and it's products over two years ago, we have no more need to go to doctors, because we never get sick as we used to and if we ever do, the sickness and it's symptoms are so mild that with the right nutrition that we are now aware of, it goes away by itself within a day or two. We don't need unnecessary drugs or antibiotics anymore, that are adicting to our bodies and damage our immune systems.</p> <p>Raw milk is the best source of natural, preventive medicine that is created by God and given to us to enjoy our and our families' good health and we will NOT allow anybody to take it away from us and our children !</p> <p>We stand strong to the raw truth that brings us health and well being. We are a continuously growing population of people who believe that all farms that provide us with wonderful, health giving raw milk and it's products, just like "Family Farms", should be and will always be supported.</p> <p>Sincerely, Agnes G.</p>

14	FF 49 C	<p>Raw Milk= Health for my family</p> <p><u>tlelbl</u> 1 post Jan 8, 2007 6:32 PM</p> <p>As a person with a Master's in Molecular Biology, and having completed all the coursework for a Ph.D in the same, I have always been skeptical about the safety and efficacy of raw milk products. For a long time, I was unwilling to see them as a viable option for my family, despite a long history of gastrointestinal illness in my husband and children.</p> <p>However, that changed when I learned about the Family Farms Coop. I did extensive research in their methods of animal husbandry and am satisfied that the methods they use are a sufficient safeguard against illness caused by pathogenic organisms.</p> <p>In addition, after drinking raw milk products and eating them in our home, we are very happy with the health effects produced by the same. My husband can drink milk for the first time in many years, and is free of the crippling pain from food sensitivities that he has experienced consistently for the last year. My children, who are lactose intolerant, are able to digest kefir and yogurt made from the raw milk and I am very happy that they are able to get the nutrients they need from such a wholesome and nutritious product, rather from supplementation.</p> <p>We are also very impressed by the quality of meat offered by the family farms co-op and Mr. Hebron. It is very nutritious and reasonably priced. In fact, we bought a quarter cow, and are enjoying it very much!</p> <p>I am very sad to learn that the Family Farms involved in the co-op are being persecuted unnecessarily, and unreasonably, by the governments of their respective states. I am very concerned, also, that my right to feed my family high quality food is being interfered with. I implore the agencies involved to look again, and to respect the rights of my family to utilize the products of the cow which we partly own and care for. This is a very high quality organization, and is not a health risk for myself or for any consumer of their products.</p> <p>Thank you for your attention to this matter.</p> <p>Tricia Elbl MS, Cell and Molecular Biology, University of Pennsylvania</p>
15	FF 1 C	<p>Health from Raw Milk</p> <p><u>Shawn</u> 1 post Nov 4, 2006 12:21 PM</p> <p>Our family has been part of a Cow Share program for ONE year. My husband is the only one who isn't drinking raw milk. He is also the only one in our family that gets every cold and flu that comes around. My daughters and I never get whatever bug he has. I attribute this to the raw milk that we are drinking.</p> <p>Shawn Felicijan</p> <p>Last Edited <u>Shawn</u> on Nov 4, 2006 12:25 PM</p>

16	FF 40 C	<p>Mom who wants the right to choose! sherri@sunward.org 1 post Jan 7, 2007 7:43 PM</p> <p>Before my family started drinking fresh unprocessed milk four years ago, I read everything I could get my hands on regarding the safety of milk. I went to the farm, examined the cleanliness of the milking stations and inquired as to what testing was done on the milk. I drank it cautiously at first wondering if all the scary things that were predicted might happen to me (salmonella poisoning, etc.). How surprised I was that this milk tasted incredible and that I was able to drink as much of it as I wanted without the usual stomach pains and bloating I get when I drink pasteurized milk.</p> <p>I have long since gotten over any fears I had regarding the potential safety of fresh milk. However, I do not take the health of myself and my family lightly at all. I carefully questioned Richard Hebron as to the milk safety practices of his farm including what the cows ate and how they were handled. I asked him how often his milk was tested for various bacteria.</p> <p>You see, I view these health matters as my responsibility to educate myself on. I view it as a fundamental right to be able to choose what I eat and how I take care of my body and of my family. I ask that the government not take it upon itself to step in between the relationship I have with Richard Hebron or any other farmer. I am aware of the potential risks of drinking unpasteurized milk and wholeheartedly accept those risks. I view the benefits of this extremely rich, nutrient dense food as far outweighing the potential risks of exposure to a particular bacteria.</p> <p>Please leave Richard Hebron and other farmers at peace and allow them to do what they do best - taking care of animals in a way that makes them some of the happiest animals on the planet. Those happy animals are providing me with the healthiest freshest products I could possibly want.</p> <p>Sincerely, Sherri Borer, DC</p>
17	FF 3 C	<p>raw milk helped our family farmer249 1 post Nov 4, 2006 5:55 PM</p> <p>We began drinking raw milk in 1984, we had "adopted" our 10 year old nephew and he had health, dental, and learning problems. We gave him all the raw milk he wanted to drink, and fresh food from the farm (grassfed beef, lamb, poultry, and eggs) he was failing at school when we changed his diet, and he went on to graduate on the honor roll. Not bad for a child that had a third grade reading level in 5th grade! My husband used to suffer terrible bouts of IBS and indigestion. These have disappeared with his consumption of at least a quart of raw Jersey cow milk daily, plus raw milk butter. I have had an uneventful menopause, and we enjoy good health, good bones, and vitality. I believe we owe much of that health to raw dairy products.</p> <p>Sincerely, Cindy Dutcher</p>

18	FF 67 C	<p>----- Forwarded Message ----- 1/9/07 Fw: Form Submitted</p> <p>Name: Norman Chiodras E-mail: norm@rpiinc.com Phone: 630-495-9700 Subject: freedom to choose healthy foods</p> <p>News: I thank the Lord for my health and for the healthy food choices He has provided for me. I was not able to gain weight until I started using raw dairy products and found many other health benefits related to using raw dairy as well as other healthy foods. Thank you to all of your work hard to get me and many others quality foods.</p> <p><i>[retyped from copy of forwarded email to correct formatting; typos unchanged]</i></p>
19	FF 4 C	<p>A REAL difference!</p> <p><u>momsomnia</u> 1 post Nov 4, 2006 6:46 PM</p> <p>A few years ago my 2nd oldest child, Olivia, was struggling with illness after illness. She had strep nearly a dozen times in one year. She was pale, weak and the lymph nodes in her neck were up to 2 inches in diameter. We met with numerous Dr.s and even a surgeon. They were going to remove my 6 year old's nodes and biopsy them. We were terrified! When medicine didn't seem to supply answers we sought out natural alternatives. That is what started our quest for REAL milk. (and food) Olivia is turning 8 next month. No strep, no flu, no Dr. visits. In fact my Peditrician has called several times to make sure we havent left his practice!!</p> <p>I have 4 children and am thrilled to report that they are all thriving and healthy. My 2 year old has never known commercial milk. She hasnt had the ear infections, RSV, flu, intestinal distress, etc that plagued her older siblings. My 6 year old son, who was labeled "failure to thrive" is GROWING by leaps and bounds. The Dr had him on pediasure shakes for years and conducted swallow studies and therapy sessions to understand his insufficient growth. We stopped the chemical filled shakes and started REAL milk and he has grown 6 inches and put on 8 pounds. I credit raw dairy for the health of my children. Milk, butter, kefir...ALL instrumental in their welfare. The evidence of success is not only in their change of health but crystal clear when viewing our insurances flexible spending allowance. Our 1600.00 balance for 2006 - still there.</p>
20	FF 8 C	<p>Raw Milk has improved my health</p> <p><u>KCaurdy</u> 1 post Nov 4, 2006 12:28 PM</p> <p>Since my late teenage years I have suffered from bouts of irritable bowel. I visited doctors and no one could help me. They said to take drugs for the rest of my life. I started drinking raw milk 2 years ago once I read Dr. Mercola's email recommending raw milk. It has helped me tremendously. I wish I would have known years ago. The health of my kids have improved tremendously also. They suffered from frequent ear infections and eustachian tube blockage resulting in repeated inserting of ear tubes. Their teeth were so decayed, they had many teeth pulled. Since drinking raw milk, the ear infections don't occur anymore and the only problems with their teeth are the ones that were worked on previously. No new problems! I've spent years trying to figure out how to help them and finally found it - raw milk!!!!</p>

21	FF 9 C	<p><u>Linda56</u> 1 post Nov 4, 2006 1:32 PM</p> <p>My son, Joshua, has been sensitive to dairy products since birth. He was unable to take any commercial formulas without severe GI upset. Consequently, he went from breast milk to fruit juice at 12 months. He is now 12 years old and started on raw milk 1 year ago. He has had no problems whatsoever. In fact, he loves the taste. Previously, he hated the taste of store bought milk and would not drink it, but he will happily drink 2-3 glasses of the raw milk daily. It is the first time he has ever been able to enjoy milk.</p>
22	FF 7 C	<p>Raw milk was my answer</p> <p><u>Musiklover70</u> 1 post Nov 11, 2006 10:52 PM</p> <p>I've had gastrointestinal difficulties ever since I was a child, and as I got older, added allergies to these troubles. As an adult, I finally noticed that my symptoms increased dramatically after consuming any pasteurized milk product. I decided to switch to soy, and my health started to improve.</p> <p>I met and married my husband and fairly quickly got pregnant. I stayed on the soy products, ate raw, organic foods whenever possible, and I gave birth to a healthy boy. Much to my husband's and my surprise, at the time our son turned 9 months old, I became pregnant again. This time, I started craving milk products, so badly that I'd cheat and suffer the consequences just to have the milk or cheese or yogurt I was craving so badly. The soy products that contented me during my first pregnancy aren't satisfying me at all during this one. I'm guessing the reason is because my body didn't have a chance to replenish its nutritional stores before I became pregnant again, and on top of that, I'm still breastfeeding our now 15-month-old son. My need for calcium is huge.</p> <p>The solution to my problems came when I tried raw milk at a friend's house one day and discovered, to my surprise, that I had no reaction at all to it. I set out to find a source of raw milk, bought into the coop I'm now a member of, and have been enjoying the health benefits, not to mention the fabulous taste, of milk straight from the cow, for going on three months now.</p> <p>I also started my then 12-month-old son on the milk. He was at that time somewhere between the 5th and 10th percentile for weight and length, even though I'd breastfed him. Apparently, I wasn't healthy enough myself for my breastmilk to have all the nutrition he required. As a result of putting him on raw milk, he's gained several pounds and several more inches in length, as well as a rosy glow of health that's a joy to behold.</p> <p>Oh yes, my husband loves the milk too. He's one of those wierd people who doesn't seem to have any trouble with pasteurized milk, though, so we don't see any difference in his health. He's not about to go back to that thin, tasteless junk they sell at the stores, though. I could wish raw milk weren't so expensive and hard to find, but I'm grateful for the source we have.</p> <p>Bethany</p>

23	FF 5 C	<p>Although we are not members of Family Farms'...</p> <p><u>Jlmerman</u> 1 post Nov 5, 2006 10:19 AM</p> <p>Although we are not members of the Family Farms' Coop, we have been drinking our milk from our cow for over 3 years now. Our two boys were diagnosed by their pediatricians (Beaumont doctors) with dairy intolerance. Our 5-year-old never slept one night through his first year, until we took him off the milk-based formula. The first night, he slept all night. Pasteurized dairy products give both boys gastrointestinal problems and loose stool (sometimes diarrhea). However, we have been making cultures from raw milk (kefir, yogurt, fil mjolk, creme fraiche), which they not only tolerate very well, but without them, they have digestive problems. Without such products, they would not get both the Calcium they need, and the vitamins and enzymes necessary to absorb the Calcium.</p> <p>Myself personally, I have had a "low-grade" acid reflux symptoms for years. I used to pop chewable Tums daily - and if I didn't, my throat would be burning. In cleaning out our pantry last year, I found the untouched large bottle of Tums - and had forgotten I hadn't even had one in years.</p> <p>Overall, since we switched to Raw Milk and almost completely Organic diet, our overall health has been tremendous. When other kids get sick for a week, our kids get sick for a day, or don't get sick at all. We hardly ever get sick now. This used to be a 2-3 times per month sick visit to the Pediatricians' office - it is now 2-3 times per year - ** even though we now have 2 kids in school in stead of only 1 **.</p> <p>We have now included a lot of lacto-fermented foods we make at home (pickles, sauerkraut, and such) to aid in the body's digestion. The scientific studies we have read on the subject point to a boost in the immune system as well from such foods.</p> <p>- Jay Imerman Waterford, MI</p> <p>Last Edited <u>Jlmerman</u> on Nov 5, 2006 10:21 AM</p>
24	FF 6 C	<p><u>Sandy5</u> 1 post Nov 7, 2006 4:56 PM</p> <p>Hi All</p> <p>We are not part of the family farm Co-op but HIGHLY recommmend the use of raw milk and other products. We milk our 5 goats and love the health benifits we get from using the raw milk. It is the best form of calcium you can put in your body. This was one of the best choices we could of made I suffered all my life with allergies and asthma. Not any more and my children are extremely healthy we have no need to go to the doctor. Our diet is as close to nature as possible, we eat almost all organic and it is so worth it.... My Passion is to help others have the same health benefits we have been able to have.</p> <p>God Bless,Kelly</p>

25	FF 10 C	<u>iroy</u> 1 post Nov 12, 2006 7:37 AM I have found replacing my morning routine of coffee and a healthy whole wheat homemade muffin with a smoothie made of raw milk, raw cream, 2 raw eggs, and some raw fruit has alleviated my lethargy and gives me ample energy until lunch. My family has been drinking raw milk for over a year now and it is definitely worth the 40 mile round-trip for me to be able to provide this wholesome food to my family.
26	FF 11 C	raw milk is solution to allergy <u>doughgirl</u> 1 post Nov 13, 2006 5:55 AM My daughter has anaphalactic reactions to any cow dairy products, but can have all raw goat dairy products. This has been a huge step in improving her overall health. She is now off allergy shots! Without raw dairy, she would lose an important protein and vitamin source in her already restricted diet.
27	FF 13 C	raw milk and raw food <u>louisj</u> 1 post Nov 16, 2006 10:09 AM last year i was diagnosed with severe hypothyroidism,after going to a traditional allopathic doctor for last 8 years as my thyroid continued to shut down he totally missed my declining thyroid levels. i saved my blood tests for last 5 years and looked at them after the diagnosis ,he totally missed it ,after i confronted him about he said your only alternative is replacement thyroid hormone.i fired him on the spot,then i went to endocrinologist she said the same thing .i fired her also and the i went on mary shomons website for people with thyroid issues and found a doctor thru her website. the optimal wellness center is were i landed ,they beleive in healing you nutritionally , not just treating your symptoms with health damaging fda approved drugs ,my nutrionist led me to several raw milk sources,with a diet of raw organic milk and raw organic food ,iam almost off of all my medication and havent felt this good in years. in conclusion i would say raw dairy has helped me greatly in my recovery and never take your health for granted especially with allopathic doctors.the government is looking out for there pockets not your health.
28	FF 22 C 9	Have you ever struggled to get a breath? Most people do not think about this as breathing comes naturally, until you have asthma. I have adult onset asthma after being exposed to many patients smoking in the mental institutions and prisons where I worked as an RN for many years. This year I had the wonderful fortune of being able to buy raw milk and grassfed meat. You cannot imagine the difference in my breathing. I can take a very deep breath without struggling. At my checkup this year my Dr. was very impressed with my improvement. "What have you been doing to have such a good oxygen saturation?" The only thing different is raw milk, true grassfed milk and organic food. Susan E. Roelofs, RN Ypsilante, Mich. 48197 12-29-06 [transcribed from photocopy of original handwritten form]

Juliasmom

1 post
Jan 2, 2007
4:20 PM

Julia is allergic to pasteurized milk, but not raw

Last Edited on Jan 2, 2007 5:54 PM *[reformatted to fit to one page]*

My daughter, Julia, was born on 2/22/02, and the only milk she received during her first year came from me. She was healthy, calm, and obviously intelligent. She picked up a pencil at age six months, and by one year, she was drawing figures like a much older child.

When Julia was a year old, I added store-bought cow's milk to her diet. Immediately she had a personality change. She was impulsive, obstinate, angry, and unsettled. I suspected the milk, but she needed the calories, since she has her father's rapid metabolism. And maybe she was just entering the terrible twos. However, she also became constipated--severely. I won't go into the details, but several weeks would go by, and when her body finally worked, the process was painful and terrifying for her. Finally, I went to a specialist, who told me it was probably the milk she was drinking. "We see this all the time in kids. It's a common milk allergy. Limit her intake to three cups of milk a day."

However, any amount of pasteurized milk stopped her up. When I took her to have a colonic irrigation, the technician needed a full 15 gallons of water (an adult amount) to cleanse her little 28-pound body. That was the worst half-hour of her young life (as well as mine).

Then I read on Dr. Mercola's website that it wasn't the milk that was culprit in childhood allergies but pasteurized milk. All the enzymes and fragile proteins have been cooked and destroyed by heating. I saw this myself when my son did a science project in which he made plastic simply by boiling milk. The milk hardened into a rubbery substance that never broke down.

I found out that Richard Hebron delivered raw milk and other wholesome food to my area, and I placed an order. Well, Julia loves the raw milk. She'll drink the cream right off the top. And it does not constipate her--quite the opposite. Since starting on the raw milk, she has gained eight pounds, going from the 5th percentile in weight to the 50th!! And her sweet, patient artistic personality has returned. Even though she is only four, she is teaching herself to read, and now she draws like an average eight-year-old.

When I told this story at church one Sunday, an elderly woman told me about her sickly brother and how his life was saved in the 1920s by raw milk. It was illegal even back then, but a local farmer sold the milk by taking payment at his house, then leaving the milk by the side of a deserted road, from which the boy's parents would pick it up in the middle of the night. The boy went from chronic illness to health, and the woman said it was because of the raw milk. Cooked milk never helped him.

We are also fans of Richard's beef and pork. The first time I ate his chuck roast, my mind was suddenly transported back to the 1960s, to the taste of the roasts my mother made. What a difference! My son says that all cattle were grass-fed during my childhood, that there was no such thing as inhumane feedlots, where cows were fed garbage, fecal matter, and diseased flesh from other animals. The beef in today's stores has only a fraction of the flavor of Richard's beef. And the fat doesn't congeal the same way as the fat of unhealthy grain-fed meat. Apparently, the fat composition of grass-fed beef is different and healthier than the hardened white stuff that we see in stores.

So you can imagine that I was aghast to learn that the Michigan agriculture people have been harassing the Family Farms Coop members. Do they expect us to go back to the toxic stuff that they endorse, to drink milk from sick and overmilked, hormone-stuffed cows? There's no way I will put Julia back on that stuff.

As any parent knows, when one's child's welfare is at stake, laws are secondary. I consider myself a law-abiding citizen, and I am a dues-paying member of the cow-sharing program. But I would beg, borrow, or steal raw milk for Julia if I had to. I would drive to the side of a country road at midnight to obtain the milk she needs--if I had to.

Thank goodness there are honest and caring farmers like that one who saved a little boy's life in the 1920s, and like Richard Hebron and his colleagues today.

30	FF 45 C	Raw Milk <u>John456</u> 1 post Jan 8, 2007 12:34 PM I am very allergic to homogenized/pasteurized milk, which has caused digestive problems. Raw milk has improved my health and cleared up a bad finger that had been bad for 3 1/2 years. I've had no problems with raw milk.
31	FF 17 C	Raw Milk and Pastured Meats, Dairy and Eggs <u>KathyP</u> 1 post Jan 3, 2007 6:56 AM I have been drinking raw milk and consuming pastured meat, eggs and dairy products from Richard Hebron's coop for four years. These foods have literally saved my life. I am a professional clarinetist with a national career--4 years ago I was deathly ill with a chronic digestive disorder that threatened to end my career and my life. I had chronic pain for 25 years. I was able to rebuild my health to a vibrant state through the traditional foods from Family Farms Coop and have been pain-free for 3 and-a-half years. As a US citizen, I have the right to choose the foods that support my health from whom I feel can provide them. I choose to purchase my food from small family farms dedicated to producing the highest quality foods. With these foods--I am choosing "LIFE"--because I am eating foods that are necessary to supporting my health---the most important asset that I have. Without health, a person cannot fulfill their highest purpose. The future of our country depends on the health of our planet and its people. We must make correct choices of the foods which we choose so that our future is bright. Small family farms such as Family Farms Coop, provide people with assurance of this bright future. Sincerely, Kathryne Pirtle Last Edited on Jan 3, 2007 6:59 AM
32	FF 19 C	Memories <u>Mary Anne</u> 1 post Jan 3, 2007 3:48 PM My neighbor first re-introduced me to raw milk, cheese and butter. When I first tasted it, I revisited my childhood vacations in Mn. in my mind. The fresh, clean taste "made sense" to my body and I didn't have any of the digestion problems I usually have from using store bought dairy products. I was amazed. So was my digestion! Did the cow do something different or did man? I want to continue using these products and try others. I feel they are a vital part of my attempt to ward off disease and maintain a healthy body.

33	FF 28 C	testimonial <u>denisestettner</u> 1 post Jan 6, 2007 9:36 AM To whom it may concern: January 6, 2007 My name is Denise Stettner and I am from Hampshire, Illinois. I am a stay at home mom raising two children, and trying to give my family the best care possible and teach them about their place in this world. I have been a member of Family Farms Coop for close to four years and always have received the highest quality foods. I know my family has benefited greatly from them. Prior to finding a source of raw milk, my children had no dairy in their diet for 2 years. Not only could their bodies not tolerate store bought dairy products, after my own extensive research of nutrition, I no longer wanted any member of my family to consume store bought dairy products. Naturally, I was very happy to find Family Farms Coop and be able to give my family the high quality milk I had been searching for. However the subject of my children's health is not even the main issue here. The real issue is my right to purchase and handle food the way I see fit. The issue cannot be one of lost profit for the conventional milk industry, because the people who believe in the consumption of raw milk are not potential consumers of conventional milk anyway. So, if the concern is for safety of consumers, we are the ones who have to be trusted to handle all of our raw foods safely. Just as when we purchase raw meat or vegetables. No one is going to come in my home and regulate what temperature I cook my meat to, or how I scrub my vegetables, or see what temperature I keep my refrigerator set at, or how old my leftovers are. It is up to me how I handle my food whether it is raw or cooked. Now, I understand that there has to be some rules with the distribution of foods, and that's fine. I will follow any rules I have to, or sign any form I have to, but do not take away my rights acquire food from farmers I respect and trust. If the issue is concern for my safety, don't worry, I've got it covered. If the issue is my rights, please do not take this communistic approach and try to control my purchase of food. This issue will never go away because people will continue to seek out raw milk. This issue will eventually get the attention it deserves and the people who don't even drink raw milk will see this issue as an absurd infringement on basic rights. If the reasons for these investigations are purely profit driven, the state and federal agriculture departments true motives will be easily exposed. Let me once again express that if I lose my source of raw milk, I will not purchase store bought milk. I lived without it before and I would live without it again. Please do not take away my family's rights to acquire foods from the sources we believe in. We believe in knowing the people we get our food from. That alone means the world to us. Sincerely, Denise Stettner
34	FF 15 C 5	I AM FROM PAKISTAN AND CAN NOT DRINK MILK FROM THE STORE. RAW MILK IS THE ONLY MILK I CAN DRINK, WITHOUT RAW MILK MY LIFE WOULD BE EMPTY. I ALSO WORK AS A POLICE OFFICER IN A BUSY TOWN. WHEN I DRINK RAW MILK I FEEL MORE ALERT, AND [???]. I ALSO DON'T GET SICK ANYMORE. RAW MILK HAS HELPED ME IN MY EVERY DAY LIFE. I FEEL I NEED RAW MILK! ADEEL M. AFRIDI NAPERVILLE, IL 1-3-07 <i>[transcribed from photocopy of original handwritten form]</i>

Our family can drink Milk againParvez1 post
Jan 7, 2007
1:35 PM

Our family is happily consuming Natural Milk (Raw Milk), Grass-Fed Meat and Eggs for more than seven years. We are pleased to state that beside the fantastic taste, we are also enjoying the health benefits of these nutritional and natural products.

We grew up not far away from a very large farming community. From our very childhood we were used to consuming plenty of fresh milk delivered to our homes by a neighboring farmer. That milk was paradise. The smell and the taste of that milk used to make us drool. Same farmer was our source for eggs and meat. From the very young to very old, everyone was consuming fresh raw milk. We never had any allergies or milk intolerance problems. No one ever heard of osteoporosis.

When we moved to metropolitan areas over thirty years ago, we lost our access to fresh and raw milk. As we were accustomed to drinking milk, we started consuming store sold milk. Somehow, that milk refused to cooperate with our digestive system. We had bloating, gas and a feeling of unease after drinking that milk. As time passed, even the taste and smell of the store bought milk became unacceptable to us. After a short time we gave up on milk.

We had our son in 1991. We wanted him to grow on natural milk, eggs and meat. Luckily, organic food stores were springing up in our Chicago area. We started purchasing Organic (pasteurized and homogenized) Milk and all of our food supply from these stores. Organic milk did taste better than regular store sold non-organic milk. Still, our son had digestion problems with that milk. We had to limit organic milk consumption. We came to realize that there was something wrong with the store sold milk. It was not the milk that we were accustomed to as growing youngsters. Further, whenever we got a chance to have access to our old source of fresh raw milk, we were able to again enjoy the milk without any problem.

After a lot of research and experiments we came to realize that core of the problem was the pasteurization and homogenization process that makes milk indigestible by our system. We decided to get access to Raw Milk again.

Many years ago we purchased shares in Family Farms Coop that allowed us to have shared-ownership to cows. Richard Hebron of Vandalia, Michigan is assigned to manage the coop and deliver us our share of Raw Milk and other related products. Our son and we are enjoying milk again. We have no milk related allergic or digestive problems any more. This milk, coming from healthy cows in its natural state, is just wonderful. Our growing son and we need this Raw Milk.

We believe it is our legal right to drink raw milk and related products produced by the cows we own shares in. We strongly urge the MDA, IDA and FDA not to interfere in our right to consume raw milk produced by our own coop.

Sincerely,
Parvez Khan and family
Park Ridge, Illinois
January 7, 2007

36	FF 20 C	<p>How Raw Milk Has Helped Me</p> <p><u>Steve Bemis</u> 1 post Jan 3, 2007 6:43 PM</p> <p>In early 2003 I began to have problems after every meal in the form of heart palpitations - butterflies in the stomach, or skipped beats (not racing). I finally tracked this down to gluten allergy which had been sub-clinical for my whole life, but which blossomed in middle age with progressive and accumulating intestinal damage (nutritionist diagnosed this as leaky gut syndrome). The palpitations went away when I identified and then eliminated gluten/wheat, but a big hunk of nutrition was also removed from my diet. So I tried raw milk and have never looked back. Real milk's highly-digestible enzymes will actually settle down an episode of palpitations if I make a mistake and get some wheat (or too much sugar, another poison). Furthermore, in the first year drinking raw milk my good cholesterol HDL went up from the low 40's to the mid-50's with no other change in diet (I had been off gluten for over a year before starting raw milk) and no added exercise, and total cholesterol did not change. I'm also healthier (knock on wood) with very few colds, and when I get one it's gone in a day, and no flu even though I don't take the flu shots. Finally, I've found that my gluten allergy is marginal - I can eat spelt (which has gluten) and Ezekial bread and cereal (which has wheat but it's sprouted). My conclusion is that sure, I've gotten older, and my digestion less robust with age, but probably the wheat itself has changed even more with the highly processed, hard-shelled variety so prevalent in the US becoming less and less digestible for more and more people, which is why we're seeing a growing gluten allergy epidemic.</p>
37	FF 36 C	<p>Health Benefits</p> <p><u>Michelle Baumgartner</u> 1 post Jan 7, 2007 5:41 PM</p> <p>I have a son who at three was diagnosed with "cold induced asthma". Every few weeks he would get a cold and congestion with heavy mucus. We were told by our doctor (a D.O.) to take him off regular store bought milk (which he loved). Within two days he started sleeping through the night (finally) and the coughing was gone. Several years later when he was about seven we were still dealing with occasional asthma attacks and some allergies. He had taken swimming lessons and a month and a half later he still had a cough (allergy to chlorine). We were going on vacation (a Canadian fly-in trip) staying in a cabin with no electricity, so we couldn't use his nebulizer. We were concerned that if an allergy or cold set in (and he already was coughing every night) that we could be in trouble. While we were picking up our yearly supply of organic meat from a farmer in MN we were offered "raw milk" from their home supply. We loved the taste and the idea that it was "alive". They gave us a gallon to take home. Within two days my son's cough was gone and never returned. Within a short time we located Family Farms Coop as a source of raw milk. We have been purchasing from them for several years. We have seen less colds and my son is now able to drink all the milk he wants with much less colds or asthma attacks than before. In fact most of time his asthma medicine expires rather than gets used. Without this choice of being able to purchase what we believe to be a healthy alternative (with no additives or hormones) we would be at a loss.</p> <p>Michelle & John Baumgartner Palatine, IL January 7, 2007</p>

38	FF 30 C	<p>I choose great health! <u>pmcmilla</u> 1 post Jan 7, 2007 10:50 AM</p> <p>I have been a member of Family Farms Cooperative for about four years. My daughter and I have been enjoying fresh raw milk, along with grass-fed meats, and fresh eggs during this time. Previously, I had experienced digestive discomfort after drinking milk. I have been able to drink the raw milk without any problem. This milk is as nature intended, containing enzymes for proper digestion. I truly believe that much of the rise of dairy intolerance is due to the overprocessed incomplete state of commercial dairy products. I have worked in the natural foods retail industry for about thirty years and have witnessed this increase of problems in many people.</p> <p>While my daughter and I have always enjoyed good health, I have seen further improvement in both of us since our switch to these fresh whole foods and raw dairy products. We rarely even get colds, and when we do they are quite mild. Neither of us has had a flu in the past three years. (Before, we usually came down with some variety of flu each winter.)</p> <p>I am also dedicated to the support of small local family farms and food producers. The use of less fossil fuels in the shipping of our food is obviously of great environmental value and good for local economies. And equally as obvious, the consumption of fresh high-quality foods is a health benefit, as opposed to those which have been devalued through over-processing and lengthy storage.</p> <p>I believe strongly in the humane treatment of farm animals found in these family farms, and am horrified by some of the conditions these living creatures must endure on many factory farms.</p> <p>I am outraged by what I consider to be an attack on my right to choose the healthiest foods for myself and my loved ones in a free democratic society.</p> <p>Patricia McMillan Ann Arbor, Michigan January 7, 2007</p>
39	FF 26 C	<p><u>kimP</u> 1 post Jan 4, 2007 7:57 PM</p> <p>Most of my family is unable to digest pasteurized dairy products. Over the last three years, I and three of my children can now enjoy the health benefits and taste of fresh farm milk with no side effects. I want to be able to serve my family quality food products and nothing feels better than to serve them fresh milk, cream, and delicious eggs straight from the farm. I have begun to have dental problems due to my lack of dairy since having children; I now can replenish my bones and body with the calcium and rich milk it needs. We are very grateful for this farm and can't imagine not having it available to us.</p> <p>Mrs. Kim Peterson Des Plaines IL January 4, 2007</p>

40	FF 24 C	I can Digest this! <u>lotusmama1</u> 1 post Nov 4, 2006 8:27 PM I was raised on pasteurized milk and I have to say that I was not a healthy child. I suffered from every illness that came through town as well as severe stomachaches that came weekly and lasted 2-3 days and kept me from attending school. I also suffered chronic sinus infections, allergies and bronchitis that persisted into my 20's until someone suggested that I stop consuming dairy products. It took me an entire year to detoxify my body from the dairy and it was not pretty. My skin was gray and peaked and I had large red welts that looked like acne on my face and neck as my body worked to cleanse itself. I discharged mucous nonstop for a whole year. I went for 10 years after that without consuming any dairy products. Three years ago, I gave birth to my only daughter. When she was 2, I noticed that her teeth were showing decay and I began to research possible causes, that is when I found the Westin Price Foundation and I learned about the benefits of raw milk. I wondered if this was something that I would be able to drink. I found a local farm and gave it a try. We have been drinking this real milk for 6 months and not only did we not get sick but my body had absolutely no troubles digesting or processing this milk. No stomachaches, no sinus infections, no allergies, no bronchitis, no mucous. I realized then that my body didn't have a problem with cow's milk; it had a problem with pasteurized cow's milk
41	FF 42 C	Raw dairy Fresh foods <u>arlene</u> 2 post s Nov 18, 2006 2:59 PM As a youngster I drank raw milk, then my husband and children. it contributed greatly to their having strong immune systems even into adulthood. For a long time we could not find raw dairy and I began drinking Soy milk, and other substitutes and my health declined, I didn't look healthy nor feel well including no energy. finally I found Raw dairy again and I'm happy to say now as senior citizens we have enzyme rich healthy foods to help keep us healthy and active. Thank's to all at Family Farm Cooperative for your integrity and hardwork to provide us quality fresh foods. Chicago, Illinois January 2, 2007
42	FF 25 C	<u>glend</u> 1 post Nov 12, 2006 5:03 PM I have known for years that I have been lactose intolerant with conventional dairy products. This was not severe but when I would use a conventional dairy product I would bloat and have an overall uncomfortable feeling. I have been blessed to be able to utilize the raw dairy for over three years now and am happy to say that I go through at least one gallon of milk, one quart of cream and one brick of cheese per week with no unpleasant reactions to the raw dairy. There is nothing better than using high quality dairy with the full compliment of the seven enzymes naturally occurring within the product to help with the digestion and absorption of the vitamins and minerals. This does not happen with conventional dairy!

letter to Cass County prosecutor; testimonialSteph1 post
Jan 7, 2007
2:12 PM

To the Cass County prosecutor and other government officials,
Please take a minute to hear my plea and read the brief story of how raw dairy has been saving my life and my son's.

A year and a half ago I was truly on the brink of disaster with Chron's disease causing rapid, undesired weight loss. There were fewer and fewer foods that I could tolerate without having terrible negative reactions. I hardly knew what to eat anymore. Through Dr. Mercola and his website (Mercola.com) I learned about raw dairy and grass fed beef. I was terrified to try either one as I was so allergic to both in their usual form (pasteurized dairy and grain fed beef). Miraculously, it was not only OK, but I began to regain desperately needed energy and weight. I am now so totally reliant upon Family Farms Co-op's nearly magical dairy that it scares me to think it may be in jeopardy.

Also, my son was on the Autistic Spectrum, and within the 1st week of taking in large quantities of raw cream, his brain processing speeded up and sensory disturbances disappeared. He was allergic to pasteurized dairy and relied on rice and soy milk (which either have too much sugar or have negative effects on estrogen levels). He is now considered to be off the Autistic Spectrum. There are many others whose Autistic children have experienced dramatic speech improvements by introducing raw dairy to their diets.

I am eternally grateful that there is a caring man like Richard Hebron who will bring this life giving food to my area. It seems so crazy to me that the government of this so called free country, of which I've always loved and been so proud, is cracking down on the distribution of the most obviously natural product on the earth.

You must truly not know the facts about raw dairy and raw fats. It's no surprise since so few of us do. It would benefit you and your families to look into it. See <http://www.rawmilk.org/> or Mercola.com to learn more.

I hope you hear our many voices and our desperate plea to not remove our ability to access raw dairy (our medicine). Why else would we go out of our way and spend more money? My family has been 100x healthier since we've been drinking it. No more colds and flus in a year and a half! Truly!! Amazing!! Please listen to our voices and realize that if you remove this food from our lives, you will be doing such trauma to people's health, the extent to which you have little idea. Uphold American's rights to pure God given, unaltered whole food and become a HERO!! This is your chance to change our country for the better. We would all be healthier and more productive if we all switched to raw dairy. Learn about the true history about how pasteurization came about, and you'll understand that it isn't necessary when it comes from a clean small farm where cows are pasture raised. Please let us make our own decisions about what foods we want to eat. The proof of raw dairy's benefits can be seen in all the people who seek it out.

Thank you so much for your time.

Sincerely, Stephanie Fargo

44	FF 21 C	Support for Family Farms <u>TerryG</u> 1 post Jan 4, 2007 8:09 PM It is very important to my family's health that we continue to be able to consume healthy raw dairy products as provided by our farmer, Richard Hebron. There is no danger or harm coming from these products, just healthy life-giving nutritious food, unprocessed, helping to save the earth from unnecessary chemicals. The pastured cows who provide our milk and cheese are humanely treated and as a result we are treated daily to their wonderful milk. This local small farm set-up is exactly what provides the vitamin and mineral rich food source to us city folks. Any action taken against Richard Hebron's small family farm is taking away our freedom to choose what is best for our family's health. M. Teresa Griffin, Chicago, IL
45	FF 33 C	right to choose raw dairy <u>Bill N.</u> 1 post Jan 7, 2007 2:12 PM Our family has been blessed by the LORD to have access to raw dairy for the last three years, only our ignorance has kept us from enjoying it sooner. Many "experts" on both sides of the raw dairy debate have produced studies "proving" their side of the argument. All of this is just distracting from the real crux of the issue. The main point is whether the government has any business telling anyone what they can or cannot consume. Are we really free if we can't even eat or drink what we wish? Whether one thinks it is safe or unsafe, that decision rests solely in the hands of the individual or their parents. Raw dairy has been enjoyed by countless numbers of people for thousands of years to the benefit of their health. Pasteurization is a rather recently utilized process. Let us all stand up for the basic human right of being able to choose what we consume before another of our God given rights are sacrificed on the altar of the FDA.
46	FF 35 C	I love raw milk! <u>vlaikoman</u> 3 posts Jan 7, 2007 4:07 PM I love raw milk, I love free range chemical free meat, I love organic local produce. I was so very happy to find farmers that care about the same things that I care about and are willing to put their hard work and their passion into helping people get high quality health healthy foods. It was very disturbing to me to hear of the seizure by the FDA. I have been drinking this raw milk for a while now and have not suffered any harmful effects whatsoever. In fact, I have noticed a marked improvement in my digestion after I switched to raw dairy. If the FDA wants to shut down this operation, they should actually take a look at all the people who benefit from it, see what they have to say, see if their health has been affected negatively or positively, and then make a decision. I think what they would find is a group of educated consumers who have searched for healthy options and found it. Please consider our voices in your decision. Thank you Vlaiko Manojlovski

Fear Raw Milk? Fear Government!!Sproutpatch

1 post
Jan 12, 2007
1:38 AM

For the first 28 years of my life, I ate what the government and food companies told me was a "healthy" well balanced diet. As a child I suffered indigestion, lethargy, irritability, mood swings and learning difficulties. After having my first three children, I observed similar symptoms in them along with behavioral problems.

So I began a quest to find answers to my problems, and this quest led me down the path of studying nutrition. I learned through reading and experimentation that foods have a major impact on our physical, mental and emotional health. I found information about eating food in its natural, unprocessed raw state and learned that many people were able to recover from diseases of all sorts just by changing their diets to include raw food.

The information was compelling and made simple and logical sense to me. So I set out to change the diet of our family to a raw food diet which included raw milk. By changing our diet, we began to experience the benefits immediately. I could face life's problems and stresses with more focus and less emotionality. My children were calmer and could get along with each other much better. They could focus and learn. However, whenever they cheat by sneaking food off of the diet, it is very noticeable and their behavior becomes uncontrollable. No discipline or other modern Psycho babble parenting technique can change it. We simply have to wait until the drunk wears off and the hangover passes.

For the last 5 1/2 years of consuming this raw food diet including raw milk, I have been able to observe a gradual but continuous miracle of healing in myself and in my children. I feel better today at 43 years old than I have ever felt my whole life. I can stay up til 3:00 a.m. and get up at 7:30 and go all day with my busy family of seven, and then do it all over again. I have been blessed to have 2 more children (we have 5 total) who were conceived and raised on the raw food diet only. What a difference I see in them raised only on raw foods, compared with my first 3 children born and raised on the standard American diet.

I now realize that we have been sold a lie by the government and the food manufacturers for the sole purpose of their financial greed and political lust for power and control over us.

Thanks to the food and medical establishments, mankind is suffering untold harm and death.

It is time for the truth to be told. And that is that the ONLY things which cause disease are toxicity and malnutrition. And these facts are well known by the conspirators who have force-fed us their lies and propaganda. It is NOT and NEVER WILL BE microbes, bacteria or parasites that harm us. It is not raw milk we should fear, but our own government who sleeps with the corporate giants spreading their germs of deception. That is who we should fear.

As a child of God and a sovereign citizen of the United States of America, I have the right to feed myself and my family according to the truth. Raw milk is the most life giving, disease reversing food that the Creator has given to us. No man, institution or government has the right to deny or prohibit us from obtaining and consuming raw milk or any other raw food.

Those responsible for this grave scandal and assault against mankind will have much to be accountable for on the day of judgement before THE ALMIGHTY GOD, Whom these same people reject and deny.

Sheri Giachetto
Fresh From The Farm Co-op
Lemont, IL

[reformatted to fit to one page]

48	FF 52 C	<p>I wouldn't drink anything other than RAW MILK!</p> <p>lurvrawmilk 1 post Jan 10, 2007 4:17 PM</p> <p>There is nothing more important to me, as a mother of two beautiful children, than to be able to provide my family with the healthiest food possible. I consider raw milk to be the most important food they consume.</p> <p>Since we started drinking raw milk (almost 2 years), my health has greatly improved. We are rarely sick. I used to have every cold that went around - not anymore. Not only is it so much healthier than the milk you buy in the store, but it tastes SO much better! I would not drink milk if raw milk were not available.</p> <p>It is our right to buy raw milk. Consider trying raw milk, I would bet you will never go back to the "other" stuff again!</p> <p>Thank you Richard, and to all those who are involved with Family Farms Co-op.</p> <p>Jennifer Allen Farmington Hills, Michigan 01/10/07</p> <p>Last Edited on Jan 10, 2007 4:18 PM</p>
49	FF 43 C	<p>mary 1 post Jan 2, 2007 12:05 PM</p> <p>My husband, who is disabled, and I have been Family Farms customers for some years now. We have always been impressed with the high quality of the products. My husband, who has many food intolerances, needs high quality organic food - especially raw dairy. He cannot tolerate any other kind.</p> <p>Milk is a living substance. Pasteurization denatures the protein and destroys the helpful enzymes that make milk such a superior form of nutrition.</p> <p>Ungulates and fowl are not meant to live in crowded enclosures where diseases spread rapidly, nor should they be eating an unnatural diet of grains laced with antibiotics as well as growth hormones. While strict regulation is necessary for such factory farms, the farms themselves do not produce food which enhances health. Smaller farms run on organic principles produce safe food of superior quality. Common sense dictates that factory farm regulations should not apply to this type of operation.</p> <p>As educated consumers, we sought out Family Farms; they did not solicit our business. It angers us that state regulatory agencies, under the guise of "protecting" us, are reducing our choices as well as undermining market diversity, which is a hallmark of true laissez-faire capitalism.</p> <p>We, as consumers, do not want to settle for second best. We want the best and we have found it in Family Farms. And we want to keep it!</p> <p>Mary Golden-Rogan David Rogan</p>

50	FF 48 C	<p>Raw Milk, Health and Politics</p> <p><u>shvnmn</u> 1 post Jan 8, 2007 6:27 PM</p> <p>As long as no one is harmed, I should have the right to drink my milk raw. I joined Family Farms Coop in October of 2002, and signed up for a cow share as soon as I could. My wife and I have been drinking this milk for four years. Not only does it taste better than store bought, but it keeps longer in the refrigerator.</p> <p>My hobby is extreme health. I am convinced that freed Xanthine Oxidase of homogenized milk is a major cause of arteriosclerosis and high blood pressure. I am 55 years old, have not been medically treated since 1995, and my blood pressure is 120/60. My doctor and I are good friends, though all she does is check-ups these days. I could say a lot more, but do I need to?</p> <p>I've read up about the Grass Farming movement, and the political, ecological and economic aspects of big business food processing. I am convinced that small scale organic farming is the right path to health for Michigan and the planet. I am deeply concerned about any effort to remove our God given right to healthy food from properly cared for animals.</p> <p>Good health takes work these days. I worked, and I found raw milk. Please uphold my right to it.</p> <p>Steven H. Veeneman Genoa, Illinois January 8, 2007 Last Edited on Jan 8, 2007 6:29 PM</p>
51	FF 55 C	<p>Raw Milk is great!</p> <p><u>Beth</u> 1 post Jan 10, 2007 2:32 PM</p> <p>I have been a member of the Family Farms cooperative for about 6 months now, and I count on the raw milk I receive from my cows each week.</p> <p>I heard about the coop from a friend who also (unknowingly) sent me on a journey to learn more about farming practices in America and about the food I was consuming prior to now. I have read a number of books and countless articles. After reading The Omnivore's Dilemma by Michael Pollan (especially the section on Polyface farm) I felt so grateful to have found a source for food from humanely treated, pastured animals; and am especially delighted to receive my milk raw.</p> <p>I love the taste of the milk (actually everybody I know who has tried it says it tastes better than the milk they were used to.) I am also convinced that I feel better drinking it. I have not gotten the flu this year which is a first, and after changing my eating habits I find I have little interest in junk food anymore!</p> <p>If our source for raw milk and pastured meat and eggs were taken from us I would feel the loss keenly. I look forward to picking up my order every week and believe everybody in America should have the right to obtain similar products.</p> <p>Elizabeth Cousino Ann Arbor, MI Last Edited on Jan 10, 2007 2:33 PM</p>

52	FF 39 C	<p>Raw milk helping me to regain my health</p> <p><u>jslow63</u> 1 post Jan 7, 2007 7:08 PM</p> <p>I am tremendously grateful to Richard and Annette Hebron, and Family Farms Coop, which enables me to receive nourishing milk and other health-promoting, nutrient-dense foods. My health is such that I have to be super careful about what I eat (due to a digestive disorder) and can only tolerate a limited number of foods. One vital food I can tolerate is raw milk which I have been drinking for almost 2 years. I am enjoying a level of health that is greater than ever due to this precious food. When I was deprived of the milk for a few weeks, I definitely went downhill in my health. I know that raw milk is helping me to regain my health. I can't imagine what would happen to me if I no longer could consume raw milk and hope that day never arrives!</p> <p>Jean L. Southfield, MI</p> <p>Last Edited on Jan 7, 2007 7:12 PM</p>
53	FF 54 C	<p>Statement Of Support</p> <p><u>Kimmerpatel</u> 1 post Jan 10, 2007 11:18 AM</p> <p>My name is Kim Patel and I am VERY upset and voicing my concern about the possibility of loosing our raw milk products! With being lactose intolerant, this is the only milk product that I can consume. Even pasteurized, lactose-free milk is ineffective. The reason this raw milk does not cause a problem for my body is due to the fact this milk is NOT pasteurized. Pasteurization kills all the digestive enzymes needed, especially for some individuals, to properly digest milk.</p> <p>Pasteurization does not prevent problems from occurring in milk. Unfortunately my family suffered greatly from the Salmonella Outbreak that occurred in milk sold at Jewel Stores in the early 1980's. The irony of this outbreak...it was from pasteurized milk! So do not get a false sense of security that this milk is 'safer' and 'risk free'. In all truth, our raw, un-pasteurized milk is safer, since there is such a quick turn-around time from milking, to local delivery. As soon as mass production of milk is involved, the amount of time for the milk to reach consumers is drastically increased due to pasteurization, packaging and shipment, etc.</p> <p>It should be my right to purchase the kind of milk I wish to consume; that is most beneficial for my health. Hopefully Richard Hebron and his family will be allowed to continue selling such high quality raw milk products!</p> <p>Sincerely, Kim Patel</p> <p>Palatine, IL 60074 1-10-07</p>

54	FF 61 C	<p>----- Forwarded Message ----- 1/9/07 Fw: order and testimonial</p> <p>My testimony as follows:</p> <p>I have been ordering high quality dairy products from Family Farms for a few years now and have NEVER been disappointed. Their level of quality, dedication, care and devotion shows through in their contact with co-op members.</p> <p>I have a son who wasn't able to digest pastuerized dairy, so we got his milk from Family Farms and he has NO problems wit digestion and LOVES his milk every day.</p> <p>If we are no longer given the option to purchase fresh, healthy, raw milk in this "free" country of ours - I don't know what would be the next freedom taken away next. Should we all walk around wearing matching uniforms too?</p> <p>I LOVE having the ability to buy our dairy directly from the source - it's nice to be able to support the farmer and to know him and his family personally.</p> <p>I guess if the government takes away our right to choose fresh dairy, that leaves me no other option but to buy my own cow. BOY, will my neighbors hate ME!</p> <p>Sincerely, Jeannie Krucek Darien, IL 7-9-07</p>
55	FF 56 C	<p>Sincere Thanks</p> <p>tkkiser 1 post Jan 14, 2007 7:51 AM</p> <p>My wife and I began a journey to start improving our health about 1 year ago. We have done a lot of research on what we should be eating and how food is the best medicine. It amazed us how the difficult it is to obtain natural, organic food. The less we process and manipulate our food, the better our body is able to absorb its intended nutrients. And raw milk has been one of the most difficult items for us to find. We were so excited when we found the food items offered by the Family Farms Cooperative, including raw milk. So we signed up and have been delighted ever since. We have found Family Farms Cooperative to offer quality, healthy food items and we believe it is our right to share in the raw milk program. Our hope and prayer is that Family Farms Cooperative is able to continue providing a valuable service for its members for the sake of everyone's health.</p> <p>Keith Kiser Terri Lampman</p>

----- Forwarded Message ----- 1/9/07 Fw: Testimonial/Statement of Support for F
Testimonial/Statement of Support

As a park ranger, I thoroughly appreciate the many laws and regulations set forth by our government to protect and safeguard our society at large.

Like most folks I've encountered, both professionally and personally, I do not appreciate governmental legislation that is intrusive and unmerited into my life's liberties.

The issue of regulated raw healthy milk, I believe, is one such liberty. Please allow me to explain...

I was born an asthmatic child with many allergies. One of the allergies I endured was a reaction to store bought pasteurized milk. As I grew older, I became more and more unable to tolerate it. The typical problems many suffered I too endured, included stomach pains and gases, diarrhea, as well as would cause breathing/wheezing difficulties. Not surprisingly, I discontinued all milk from my diet.

Two years ago, I reluctantly tried this new healthy natural milk. In other words, non pasteurized, raw milk...

I was more than skeptical. Though I finally tried it. To my amazement, the milk was rich and delicious with no side affects of the previously mentioned pasteurized milk. Wow! I thought. I must be cured. So I then, again, tried the commercial pasteurized milk. Big Mistake! I was not cured. It was quite simple and clear...

Pasteurized Milk; very disturbing allergic reactions - Natural Raw Milk; no allergic reactions.

I am not a chemist or a biologist. I cannot explain how this occurs. I can only testify it does occur.

This may seem like a very small insignificant detail in life. But, you see... my six year old son, Silas, has the same allergic reactions to pasteurized milk and no such reactions to the healthy natural raw milk. And my Silas, is no small insignificant detail in life.

The Hebron Family/Family Farms Coop is our families only known resource for this valuable commodity.

It would be a shame and a unnecessary hardship to hinder the Hebron Family's much needed and appreciated raw unpasteurized milk business.

Sincerely,
The Plom Family
Milan, MI
January 7, 2007

[reformatted to fit to one page]

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C

***** File: e010907, FFC2007.doc *****

January 6, 2007

To Whom It May Concern:

I am a member of the Family Farms Cooperative and am a cow share holder. I have been a member of the FFC for nearly three years. I learned of them through the Weston A. Price organization (www.westonaprice.org) after reading the book Nourishing Traditions by Sally Fallon. I am and always have been a supporter of humanely raised animals for human consumption. I support animals being raised in their most natural environment (outdoors, freely moving with adequate space) and most importantly eating the diets that they were intended to (grass for grazing animals, juicy bugs and larvae along with grains for hens). The typical grocery store meat selections are nutritionally substandard. Not only have the animals been fed incorrectly for their digestive capabilities, but they are more often than not raised in barns, some in complete darkness, never allowed to move freely or to breathe fresh air or feel the sun shining on their bodies. Additionally, most are fed antibiotics to combat disease due to the conditions they must live in. Personally, I find this nauseating and I will absolutely NOT support this type of farming by purchasing these products. It is unethical to treat animals in this manner. The families that supply meat, milk and egg products to the Family Farms Cooperative are raising their animals in a natural "old-fashioned", if you will, way. The animals are cared for so they are healthy and require no drugs. The milk, meat and eggs are far more nutritious and delicious as a result. As an American, and as a human being, it is my right to seek out and purchase healthy food for myself and my family and that is what I am doing. We all have a right to eat what we want and what is "appetizing" to us. I think it would better serve our country if agencies like the FDA went after individuals who purchase and companies who manufacture "junk" foods, which have no nutritional value, and removed these food products from the food chain.

We, as a nation, have already seen the results of eating processed foods. The current nutritional advice is to "eat whole foods" like whole grains and cut back on processed foods that have been stripped of all their nutritional value. Even companies like Sara Lee Bakery have jumped on the bandwagon to produce whole wheat versions of its bread. The idea of drinking pasteurized, homogenized milk is really just the same. It is a processed food. It is nothing like the original food product and is stripped of many of its nutritional benefits. My family has been able to drink raw milk for the last three years and it has been one of the foods that we really enjoy. When we have to buy grocery store milk for some reason, it seems so thick and white and coats our tongues in a peculiar way. The whole raw milk we drink is a creamy color (proof of a healthy grass-fed animal) and does not coat your tongue. During cold season, if one of my children has a cold, they can usually still drink the raw milk without creating any more mucus. Not so with processed milk! Personally, I like to know where my food is being produced and who the farmer is that operates the dairy farm. I do with FFC. I do not know who is operating the dairy farms when I purchase milk from the grocery store. Again, like all consumers, it is personally important for me to be able to *choose* who earns my business.

Sincerely,
Jill Hevrdejs
909 Amber Lane
Lake Villa, IL 60046

2030 Cherokee Dr
West Chicago, IL 60185
January 8, 2007

Family Farms Coop
C/O Richard Hebron
59498 Kirk Lake Road
Vandalia, MI 49095

Dear Farmers,

I have been drinking your fresh raw milk and eating your fresh meats since the end of last February 2006. In this time many amazing things have happened. I have lost weight, gained energy and seen a remarkable revitalization of my body. I am 53 years of age and pass for far younger. For the first time in my life, my fine thick 'stringy' hair has body. It finally looks like hair. That would have been so nice to have as a young adult. My fingernails grow faster than ever, which means that I am healthy and well nourished. I also have a beautiful complexion thanks to the milk.

Of course there are the miraculous cures in my medical history as well. As a baby, I developed a lazy left eye at about six weeks of age. The problem has been there through out my life. One of the first things that I noticed after drinking the milking was that my left eye improved and functioned better. It was becoming a more usable eye. What a difference my life might have been if, I could have drank this milk as a baby or if my mother had drank it while pregnant. Maybe I wouldn't have had the problem, as I would have had sufficient vitamin A to form and develop.

My kidneys are functioning better and my body is no longer retaining all the water, that it did – a common female problem as we age. My blood pressure is back to normal.

For many years, I have had severe asthma with up \$400/mo of medications. The problem has gone partially thanks to the raw milk alleviating my allergies and partially to the elimination from my diet of a chemical food, Diet Pepsi. A phosphoric acid blend sweetened with FDA approved sweeteners, Aspartame and acesulfame-K.

I am known to fall at times due to orthopedic challenges from old injuries sustained in an auto accident some 30 years ago. The amazing thing now, is that the bruises are gone in about a week compared to months before I started drinking raw milk. My body is finally getting the vitamins A, B, and C along with fresh enzymes that it desperately needs to repair itself.

How might my recovery from the near fatal car crash have been hastened if this wonderful raw milk had been easily accessible to consume?

As to my sacred leased cow, I can only give her my endless gratitude for providing this wonderful substance, her milk. As in India, the cows are sacred for they produce the substance which allow humans to sustain life, we Americans need to respect these animals and allow them lush green pastures to nurture their bodies. They in turn will help us win the war against the chemical food supply.

Sincerely,

Patricia Buchanan
Registered Professional Chemical Engineer, State of Texas
License number #78995

59	FF 47 C	Raw milk promotes bone formation! <u>dswiercz</u> 1 post Jan 8, 2007 5:27 PM My body has not been laying down new bone for the past nine years. I have tried everything the traditional medical community has to offer, including rodding the long bones in my legs. I am now working with a well-known nutritionist who has directed me to take multiple supplements and drink raw milk. He feels the raw milk may be even more important than all of the supplements combined. People should be able to buy the food products they choose. Milk is a natural product and should not be illegal in any form. Debbie Swierczek Palatine, IL 60067 January 8, 2007
60	FF 63 C	<p>----- Forwarded Message ----- 1/9/07 Fw: action alert</p> <p>Our family has been enjoying the benefits of farm-fresh raw milk for a year or so now, and we are all healthy and thriving. I come from a farming heritage, and feel blessed to be able to enjoy the same healthful milk that my ancestors lived on. In addition to enjoying the health benefits of raw milk, we love the flavor of fresh un-processed dairy products. Our ten year old son is has been healthier this past year then the previous years. He has not even come down with the occasional and welcomed cold. He was unable to digest pasteurized milk, which caused major congestion in his little body. He consumes the raw milk with no difficulties and much excitement.</p> <p>We can no longer and will no longer drink "store bought-pasteurized dairy"...it does not taste or feel good.</p> <p>I do believe that this is a country where our rights as citizens support our decision to provide whole, nourishing foods for our families....we have made this choice and desire to continue.....</p> <p>We visited California last spring and were able to purchase raw milk at many large chain grocers from southern to northern California....It is LEGAL in the State of California and</p> <p>We the Citizens of Michigan are in Support of our small farmers who practice traditional farming techniques. After all they have fed this country and many others for centuries....We demand our right to raw milk.</p> <p>Thank You,</p> <p>Lori King Southfield, Mi Jan, 7,2007</p>

63	FF 69 C	<p>----- Forwarded Message ----- 1/13/07 Fw: Testimonial</p> <p>I am writing in the hope that I will continue to be able to obtain the wonderful unpasteurized, unhomogenized milk that I have been enjoying for the past few months. My doctor recommended raw milk products as part of a health recovery diet last summer. I discovered that I could purchase a share of a cow through the Family Farms Coop and pick up my milk right here in Ann Arbor where I live.</p> <p>Since I added this enzyme-rich, wholesome, nourishing raw milk to my diet, I have been feeling so much better, and I would really hate to lose this important food for my continuing health.</p> <p>Please consider me and so many others who support and appreciate the people who help us obtain this wonderful healing food.</p> <p>Thank you for listening,</p> <p>Eden Winter 424 Little Lake Dr. #16 Ann Arbor MI 48103</p>
64	FF 78 C	<p>***** File: e010907, Testimonial supporting raw milk.doc *****</p> <p>Testimonial supporting raw milk</p> <p>Raw milk contains enzymes which make milk digestible. When you pasteurize milk you destroy the enzymes. This is why so many people have trouble digesting milk.</p> <p>When the law requiring the pasteurization of milk was passed, the technology and hygienic standards were not what they are today .</p> <p>We have been consuming raw milk for the past 6 months and many of our allergies have disappeared and our family's health has improved.</p> <p>Farmers have been drinking raw milk for eons with no ill effect..</p> <p>A third of the states currently allow the sale of raw milk without any problems.</p> <p>Under the cow share program Richard Hebron has done nothing illegal.</p> <p>We feel strongly that we be allowed to have the freedom to obtain raw milk and that Mr. Hebron and other farmers be allowed to provide it for us.</p> <p style="text-align: right;">Yours for a healthy tomorrow Leonard and Rona Krause</p>

Hello my name is Janis Katz and my family has been drinking raw milk from Family Farms Coop for four years. Before Family Farms Coop I had not had a drink of milk for twelve years because of how it would affect my stomach. I first found out about raw milk through a friend and other member of Family Farm Coop. Much to my surprise when I tried it, it did not bother my stomach at all, and it tasted so good. I have found that I am sensitive to either the pasteurization or the homogenization of milk, or both.

My family whole family also loves the raw milk; all my grandchildren want to drink when they come over is the raw milk, which they call "Grammy's milk". When my sixteen year old daughter has her friends over I'm always making sure they do not drink all our milk because they love it so much.

Amish people and the dairy farmers have been drinking raw milk with no ill affect. Plus there are also many health benefits to drinking raw milk. When milk goes through the process of being pasteurized it loses a huge percentage of the natural vitamins and minerals it has to help our bodies stay strong and grow. I hope the state of Michigan will leave the raw milk dairy farmers alone. I have been healthier and happier ever since I've been able to drink milk again, I would not driving distances and pay a lot more for the un-pasteurized milk if it wasn't important to me and my family.

Thanks you,
Janis Katz
Brighton, MI.

January 14, 2007

To Whom It May Concern:

My name is Leslie Kosar, and I am a member of the Family Farms Cooperative, run by Richard and Annette Hebron of Vandalia, Michigan, and a part-owner of the herd of cows which provide milk to the members of the Family Farms Cooperative.

I've been serving this lovely, unpasteurized milk and the other animal products provided by the cooperative to my family for more than 4 years now, including my children, who are now ages 10 and 7. At the recommendation of a doctor who practices near me in Chicago, I began serving unpasteurized milk from a Wisconsin farm to my family 5 years ago. The health and welfare of my family has steadily improved from that point. When I did further research to learn of the care that Family Farms Cooperative's dairy farmer takes with the production of his milk, I happily became a part-owner of the Family Farms Cooperative dairy herd more than 4 years ago, and have been very pleased with my choice. The milk is of very high quality, as tests performed by the Michigan Department of Agriculture since April of 2006 attest.

I've been angered, frustrated, and confused at the recent trouble served on Richard and Annette Hebron, and David Hochstetler, the dairy farmer, as they go about their business providing milk and other farm foods to families like mine. It is a violation of my right to choose to consume whatever sort of food I deem best for my family, when you prevent the Family Farms farmers from providing me with the food I have requested from them. And this is done in the interest of my own safety? Then these actions are done in ignorance of the reality that my family is much healthier consuming unpasteurized milk than it was consuming store-bought milk, and in fact, much healthier than our friends who do not consume unpasteurized milk.

If I am willing to shoulder the responsibility of deciding what is best for my family, then I should certainly be free to find, acquire, and consume whatever I choose to consume. I am well aware of the supposed risks involved in drinking unpasteurized milk because I have taken time to study the situation and to weigh the risks and the benefits. In the experience of my family, the benefits of drinking raw milk far outweigh the risks. Since beginning to drink raw milk, we have experienced far fewer colds and had much sturdier bodies and calmer dispositions in our household. My son and my daughter are each the tallest and the strongest members of their respective school classes! We have not had any experience at all of sickness coming from the Family Farms Coop milk and eagerly await the days each month that we pick up our milk.

Thanks for your time.

Sincerely,

Leslie Kosar
Evanston, Illinois

67	FF 12 C 4	Improved health <u>Katarina</u> 1 post Jan 18, 2007 2:31 PM My family and I have been drinking raw milk and eating organic pastured meats and eggs, provided lovingly by Richard and Annette Hebron, for almost two years. The food is always extremely fresh and tastes better than anything we have had before - there is nothing like food delivered directly from the farm. The health benefits from drinking raw milk have been striking - we all have more energy, greatly improved digestion and far fewer illnesses. When we do get an occasional cold, we get over it quickly. We believe the nutrient-rich dairy and meat products are responsible for our family being healthier than ever. My children never liked pasturized milk and my son was allergic to dairy. Now they both drink the raw milk from the farm and get the necessary nutrients, enzymes and calcium. We are so grateful for Family Farms Coop, and our deepest wish is that they can continue this service of love by contributing to the well-being of so many people. Thank you Richard and Annette.
68	FF 12 C 6	Thank you Family Farms <u>Emily123</u> 1 post Jan 22, 2007 5:58 AM I have been drinking raw milk and eating the meat and eggs that Family Farms provides for two years now. I didn't know how awful I felt until I started feeling good. The very first week of drinking raw milk, I was amazed at how calm and restored my body felt. I was craving the raw milk so much that I would drink over a gallon a week! I realize now that my body was in desperate need of the nutrients and enzymes given by the raw milk. Thank you Family Farms for continuing to provide this high quality food in spite of difficulty from the governmnet. I am forever grateful! Sincerely, Emily Cowles Grayslake, IL
69	FF 12 C 7	Thank you Family Farms <u>Diana</u> 1 post Jan 22, 2007 7:22 AM My two children, ages 10 and 14, husband and I have been drinking raw milk for approximately 2 years now. I feel fortunate to have found Richard Hebron and Family Farms Coop (FFC) and to know my family is getting the best and highest quality nutrition from the raw milk we drink and from the hormone/antibiotic free meats we get from FFC. We all enjoy the taste, freshness and health benefits of the milk. As a family we are far less ill than the majority of our friends and family around us and I believe that the raw milk we drink is a large part of that. Thank you Family Farms. Diana Rittenger Milford, MI 1-22-07 Last Edited on Jan 22, 2007 7:27 AM

70	FF 12 C 8	Thank you Family Farms <u>sbrzeski</u> 1 post Jan 22, 2007 5:18 PM I remember growing up in Poland drinking raw milk/dairy from my grand parents farm. I loved their fresh milk and cheese that my grandma used to make. As a child I never had problems with allergies and I was never sick. About 15 years ago, I permanently moved to the United States. Few years later I started developing allergies and sinus problems. Two years ago my dentist recommended dinking raw milk. Since than, I no longer have allergy/sinus problems. My wife and two kids (6 and 3 years old) enjoy the milk and cream too. Now we all enjoy healthy lives and great taste of raw milk and cheese. Thank you Family Farms for your service.
71	FF 12 C 9	Supporting farms <u>clayalex</u> 1 post Jan 25, 2007 8:14 AM Yes, we love our raw milk and truly love the health benefits of receiving such high quality milk. My husband grew up on a farm and drank raw milk daily. To this day, he is very healthy and has lived a very athletic and dangerous life without breaking any bones. Luck or good bone density? We want the same for our growing family. If we lived in the country, we would have our own cow. Owing a cow share helps us to stay connected to farms and the wonderful foods produced by our farmers. We fully support our local farmer's markets, CSA's and owing a part of a dairy cow strongly supports raw milk!!!! I would not want my children to not have the opportunity to experience REAL MILK. Judy Last Edited on Jan 25, 2007 8:15 AM
72	FF 13 C 1	----- Forwarded Message ----- 1/28/07, 9:07 Fw: testimony To Whom It May concern, I would like to give my testimony on how raw milk has helped me. Prior to drinking raw milk, I would experience abdominal crampings, bloating and constipation when I would drink pasteurized milk. Since I have been drinking raw milk, I don't experience any discomfort what so ever and it has regulated my intestinal system as well. I also have fibrocystic breast tissues and since I have been drinking raw milk, the fibrous tissues have also disappeared. The raw milk taste better than the pasteurized milk sold in the store. We are very thankful for Richard and Annette for making raw milk available to us to buy. This is a free country and therefore it is wrong to prohibit selling raw milk to those who want to buy them. It is the healthiest & delicious form of milk we have ever tasted. We support small local farms who care about peoples well being and we appreciate their dedication. Sincerely, Vangie Rivera 847 298-8725

73	FF 13 C 2	<p>----- Forwarded Message ----- 1/28/07, 9:14 Fw: Testimonial <i>[reformatted to fit page]</i></p> <p>The healing powers of raw milk for me Suzanne Smucker</p> <p>I have been drinking raw milk for over three years now. I noticed over time that the general stiffness, especially in my lower back, began to disappear. I was amazed and so grateful. Organic, pasture raised, raw are the words that describe the foods I eat. It's the small local farms that make these foods available to me. Thank God for these farmers for we will not survive without them.</p>
74	FF 13 C 4	<p>----- Forwarded Message ----- 1/28/07, 9:03 Fw: testimonial</p> <p>I would like to express support for Family Farms Cooperative and the fresh, pure food our family obtains through the coop.</p> <p>My children, ages 10, 7 and 4, are the healthiest they've ever been since our family switched to raw milk three years ago. The youngest one, who has drunk more raw milk relative to her lifespan, has had far fewer ear infections than her elder two siblings did during their early years. All three children are robust and rarely go to the doctor beyond their annual checkups.</p> <p>I've noticed that I experience fewer yeast infections than I did while drinking pasteurized milk.</p> <p>Beyond the health benefits, which are numerous, our family enjoys other benefits as well. We have a personal relationship with "our" farmer and know that we are helping to directly support a local family farm. We know that our food has been produced by people who care deeply about the land and the animals with which they work. We are proud to support a local food system rather than a distant agribusiness corporation which sees us only as "consumers," not fellow human beings.</p> <p>As a citizen of the United States of America, I take my right to choose what I put in my body seriously. I hope that the state and national departments of agriculture also respect that freedom.</p> <p>Shana Milkie e-mail: smilkie@mich.com phone: (734) 332-1106 1270 Kuehnle Ct. Ann Arbor, MI 48103</p>

75	FF 13 C 6	<p>----- Forwarded Message ----- 1/28/07, 9:04 Fw: Testimonial</p> <p>To whom it may concern,</p> <p>We have been customers of the Family Farms Coop for several years. We truly appreciate the opportunity to purchase their high quality natural farm products. The products we purchase (milk, eggs, sausage) are pure, great tasting and most importantly do not have added hormones, preservatives or additives which means better health for us. We no longer have milk allergies because all the enzymes in the milk are still there which greatly aids in its digestion and assimilation in the body.</p> <p>We believe in supporting local farmers because of the positive effect it has on our local economy, and for the fair competition it provides to larger retailers to maintain high quality products.</p> <p>In our dealings with the Family Farm Coop, their products and services have always been excellent. It was very disturbing to hear of the way in which the MDA confiscated their products and equipment. We believe they should have been treated with more respect, not like criminals.</p> <p>If the MDA's true purpose is to secure a healthy food supply for the people of Michigan, then their concern regarding the Family Farms Coop could have easily been alleviated by testing the products in question.</p> <p>The Family Farms Coop offers the people of Michigan some of the healthiest farm products available. Do not defeat your own true purpose by taking these products away.</p> <p>Sincerely,</p> <p>Duane and Mary Stirnemann</p>
76	FF 14 C 3	<p>----- Forwarded Message ----- 1/29/07 Fw: order and testimonial</p> <p>Thank you for providing my family with the opportunity to have access to raw milk products.</p> <p>There are many reasons why I believe that raw dairy is the best choice for my family. I believe it to be the healthiest choice. I believe that it is a better choice for our environment. I believe in supporting the hard working farmers who fight the fight to provide us with these products. I believe in respecting animals. I could go on and on... Recently our entire family of six had some allergy testing done. The results clearly showed that five of the six members of our family have serious sensitivities to conventional dairy, the exception being RAW DAIRY. For me, it became even more clear how necessary it is for my family to consume these products</p> <p>I simply do not know what we would do if we were denied access to this vital part of our diet. I have had the opportunity to drink raw milk from many different places and I believe that family farms offers the highest quality of milk that I have ever had. Beyond all of the other reasons we also think that it tastes great!</p> <p>Thank you, Kelly Henry</p> <p style="text-align: right;"><i>[retyped from copy of forwarded email to correct formatting]</i></p>

FF 14
C 4*** * * * * File: e012807, 2007 Raw milk Letter.doc * * * * ***

Mr. And Mrs. Francisco D. S. Gavrilides
1019 Stamford Rd.
Ypsilanti, MI. 48198

January 24, 2007

To Whom It May Concern:

We are writing to express the serious intent our family has to continue to obtain fresh raw milk from our cow(s) through the Cow Share Program of Family Farms Cooperative.

One of our daughters experienced what appeared to be a chronic vaginal yeast infection and continued irritability from the time she was weaned at 9 months of age. She was our most peaceful baby, but from the time of weaning from breast feeding her personality seemed to change almost immediately and soon after she began to have frequent yeast infections. We had put her on a casein based formula and it never occurred to us nor our physician that she was lactose intolerant. Her constant irritability was a challenge to us all. At two years old we tried options to milk, like soy and rice milk, (all of which she did not like). After that we gave her store bought milk and just assumed our very happy, peaceful little girl was just a difficult child who needed lots of special attention, which we lovingly gave her.

By the age of five she began to tell us throughout the day, especially after meals that she had a stomach ache. It finally occurred to us she had an allergy to some particular food and I began testing her out with milk. We took her off of all dairy products and within 24 hrs. she was no longer complaining about stomach aches. She began to smile more and "lightened up" -to our delight!

That same week, a friend told us about raw milk, the importance of consuming the enzymes whole and unbroken, and it's wonderful affects on the body, especially the gut. She told us about Family Farms Coop and the next week we signed up to obtain our milk through the Cow Share Program. Upon introducing raw milk to her diet we noticed only good things happening with her. She consumed 3-4 cups daily with no stomach aches. Within two weeks we noticed constant rose in her cheeks and 18 months later she has not had a yeast infection (with the exception of one incident after having ice cream at Dairy Queen). She is healthy and we are amazed at what a happy and content child she has become. Honestly, we noticed what appeared to be a major personality change after putting her on the raw milk. Obviously, we know now that it wasn't a personality change, but the fact she was no longer in constant discomfort.

You can see that for this reason alone we want to continue to have access to raw milk. However, our entire family consumes raw milk now as part of our diet and are very pleased with its nutritional effects on us all. In the last year and a half we have also discovered in Richard Hebron and Family Farms Cooperative farmers with tremendous integrity to whom we are deeply grateful. Not only their milk, but their meat and eggs are of the highest quality, the likes of which we have not found in any grocery store.

It would be most unfortunate, if through an unjust law, we would lose our right to obtain raw dairy products of such excellent quality. Furthermore, we consider this an infringement on our rights to choose to do business with such upright and professional farmers. Would that all persons in commerce operated with such integrity.

Respectfully Yours,

Francisco D.S Gavrilides
Susan A. I. Gavrilides

78	FF 14 C 2	<p>----- Forwarded Message ----- 1/28/07 Fw: We Miss You!</p> <p>Dear Richard & Annette,</p> <p>When will we have access to your products? We have been purchasing your products for a number of years and then in October 2006 everything ended. The reason we need you is because we have made a decision as a family to eat as healthy as we possibly can, especially our grandchildren. After we weren't able to get the Family Farm Coop milk for our two year old grandson, we were forced to buy Pasteurized, Organic Whole Milk at the local grocery store. After the first gallon he developed an allergy to the milk (throwing up five minutes after drinking it).</p> <p>We are looking forward to a time when we can get these products back into our diets! We want to eat free range eggs that we can trust have not been infused with all kinds of pesticides and antibiotics. We want our meat to be the same and we need access to unpasteurized milk. We can't understand why a governmental agency stepped in to interdict what we feel is our right to buy the best food we possibly can for our family.</p> <p>We miss you, please let us know if there is anything we can do to help you through this very difficult period.</p> <p>Joe Romanowski</p> <p>2151 Charter Point Drive</p> <p>Arlington Heights, IL 60004</p> <p>847.259.0771</p>
79	FF 20 C 7	<p>Several years ago I was diagnosed with post polio syndrome. I was always fatigued & achey and with info I was getting from my doctor this was to continue. All I did from that time to now was to educate myself on natural ways to make my life as healthy as possible. Along with organic fruits & veg. the biggest change has been to drink raw milk & milk products. From my understanding having raw milk – with its still live enzymes for digestion & assimilation. This has been delicious & health giving to me. I feel better – I'm more energetic and feel this is just the natural way milk is meant to be! Please, this statement of support is to support a person's right to choose this raw milk & to support the farmers who care for the cows in the healthiest way possible. Hopefully, this will impress other farmers and make a change for all those who want healthy milk! Thank you.</p> <p>Barbara Boeheim [signed] Barbara Boeheim Ann Arbor, MI 48105 12-29-06</p> <p><i>[transcribed from photocopy of original handwritten form; errors unchanged]</i></p>

----- Forwarded Message ----- 1/30/07, 12:19 Fw: Testimonial

From: maryseguin@comcast.net
To: www.familyfarmscoop.com/testimonials.html
Subject: Testimonial
Date: Tue, 30 Jan 2007 12:32:41 +0000

To whom it may concern:

I was horrified when I heard that search warrants had been obtained by the MDA to seize dairy products and business related articles from a farmer, Richard Hebron, who is an American dedicated to run a business of providing wholesome foods to his customers.

I became interested in the ill effects of pasteurization when my infants had difficulty digesting milk based formula's and again when my older son developed skin rashes that the Dr. told me was a result of a milk allergy. Pasteurization destroys valuable enzymes, diminishes vitamin content, denatures fragile milk proteins, virtually destroys B6 and B12 and kills beneficial bacteria. Pasteurization is associated with allergies, tooth decay, colic in infants, growth problems, ear infections in children, osteoporosis, arthritis etc....

My first two children that have been raised on hormone laden, pasteurized milk had problems with recurrent ear infections, milk allergies, skin rashes, and colic. Since we have disregarded much of the FDA and media instructions as to what is healthy for our families, our family's health has improved tremendously. We haven't had to go to the Dr. for illness in 3-4 years. In fact I can't even remember taking my now 4 year old, 3 year old, and 18 month old in for any MD visits other than yearly check ups which bring reports of good health. My 18 month old who has been raised completely on raw milk has been the most healthy and contented baby I have had.

It is a wonderful feeling to know, that as a mother, I am providing the best food for my family in raw milk, organic meats, and organic fruits and vegetables.

We visited a dairy in Indiana for a family field trip a few months ago. This dairy farm provided milk for Deans and boasted some 40,000+ cows for milking. I saw these cows live in no more than a 20 foot stall with little exercise, no direct sunshine, and fed some brown mixture of food that contained soy and various other "health foods." The dairy farm claimed that their cows were not given growth hormones but that their milk was mixed with milk from farms who do inject their cows with hormones. What a relief I felt knowing that my family drinks milk from cows that walk in the sunshine, graze in green pastures, and eat the greens of the earth, the way God intended our food to be...natural and pure with the greatest health benefits for mankind.

Sincerely,

Mary Seguin
Des Plaines, Illinois
1-30-07

[reformatted to fit to one page]

81	FF 17 C 9	<p>Our family has been enjoying the benefits of farm-fresh raw milk and other dairy products from Family Coop. We are happy to support them and we believe that we are getting best and highest quality nutrition from raw milk and milk products we buy from them. We grew up in Poland and we consumed raw milk and raw dairy products daily. We have never been sick or know of anyone who had any kind of illness which could in anyway be connected to their consumption of raw dairy.</p> <p>We would like to continue serving healthy food to our family, just like our parents did.</p> <p>Rejmer family G. Rejmer Elgin, IL 01-16-07 <i>[transcribed from photocopy of original handwritten form]</i></p>
82	FF 19 C 5	<p>***** File: e020207, raw milk testimonial.doc *****</p> <p>My family supports Richard Hebron and all those who make Family Farms Coop work. I switched my family over to raw milk 2 years ago as a process I was going through to look for a healthier way to eat. I was becoming increasingly concerned about the chemicals that were finding their way into processed foods. I worked as an Environmental Chemist for 10 years and know first hand how very trace amounts of chemicals can spread and contaminate everything. I also understand the importance of enzymes in digestion and how sensitive to temperature they are. So not only does my family drink raw milk, but we eat as much unprocessed foods as possible. I try to get as much of our food from local small farmers because I am concerned about how large scale farming pollutes our earth.</p> <p>I love the creamy taste of raw milk and I feel healthier drinking it. My family, including my two young boys, is healthier, almost never catching the multiple colds and flus that go through their school each year. They have never needed to be on antibiotics!</p> <p>Instead of persecuting Richard Hebron and Family Farms Coop, the government should be harassing the food companies who continue to add more and more chemicals to their products and then try to influence the public that their food is healthy! As an educated person who has spent a great deal of time researching raw milk and my health, I feel that I am the one most qualified to decide what my family should eat. And I certainly chose raw milk as part of our diet.</p> <p>I trust the milk, cheese and meat that Richard delivers and feel that it would be a terrible travesty if he were prevented from continuing to provide a valuable food to our family. I'm appalled at the way Richard and his family was treated in the raid on 10/13/06.</p> <p>Julie Taylor Crystal Lake, IL</p>

83	FF 17 C 3	<p>Prior to 2001, my husband and two children were not getting enough calcium. We are not able to drink conventional milk due to allergies.</p> <p>We would get severe stomach aches from conventional milk. One of the problems we had with conventional milk was digesting it since it lacked the enzymes from raw milk.</p> <p>Since we have been drinking raw milk we are in much better health. Raw milk is in its natural state, so our bodies were able to digest and assimilate it properly with no allergy problems. Another benefit I attribute to raw milk is the great condition of my children's teeth.</p> <p>We cherish the ability to have the choice of getting raw milk from the Family Farm Cooperative.</p> <p>Sandra Echevarria DeKalb, IL 1/12/07</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form]</i></p>
84	FF 20 C 6	<p>When my son's school therapists and some other family and friends suggested that my son was displaying symptoms of Asperger's syndrome and ADHD. I began to research information on the internet. I came across a study that maintained that Asperger's/ADHD are helped by consuming raw milk. I decided to purchase a cow share and try this with my son. Within two weeks, his therapists both asked me what changes we had made at home because he was a completely different person. He was more focused in his therapy sessions, he now made eye contact for the first time and he was not flapping his arms while he walked. He was actually able to sit still. They continued to see improvement in him until one month I had been unable to pick up my raw milk. He went without it for close to three weeks. Again, his therapists came to talk to me and mentioned that he was again very unfocused and more difficult to deal with. Once he was back on the milk, everything was fine again.</p> <p>The son of a friend of mine had a severe allergy to milk. I mentioned to her that the research I found indicated that, in fact, people are not actually allergic to milk but to pasteurized milk. She asked me if I would let her have some of my milk so she could test it on her son. He had absolutely <u>NO</u> reaction to the raw milk.</p> <p>It should be our human right to determine what we want to eat for ourselves and our family's health especially when we are talking about food that is in the natural state that God intended it to be. Many foods have been altered from their natural states in the name of health, but, in fact, we are paying a high price in terms of health in this country because of it. Processed foods and pesticide laden foods are killing us and we should have the right to unprocessed, whole, natural foods to restore ourselves to health. And we should certainly have the right to drink our own milk from a cow that we have purchased legally. It would be a terrible travesty to allow people to suffer ill health in the name of government control/"protection".</p> <p>Michelle Peters North Aurora, IL 2/5/07</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form]</i></p>

85	FF 16 C 6	<p>Since I've been consuming raw dairy, my health has improved dramatically. I have osteoporosis and am allergic to the medication the doctor prescribed. I feel so much better physically since I've been enjoying raw dairy. I no longer have muscle and joint pain. I have read where raw dairy has reversed osteoporosis; that's what I'm aiming for.</p> <p>Susan Musyynsky Winfield, IL 1-3-07 <i>[transcribed from photocopy of original handwritten form]</i></p>
86	FF 70 C	<p>----- Forwarded Message ----- 01/12/07 Fw: Support Letter</p> <p>Seven years ago, my wife and I began discovering the value of making food choices based on the quality of the food and the resultant quality of our health. Throughout the subsequent years, we have done extensive reading and purposeful research into diet and have made a number of discoveries. Of these discoveries, the consumption of clean, naturally raised and grown foods is paramount.</p> <p>We consider being part of Family Farms Cooperative cow share program vitally important toward improving the quality of food consumed in our family. Now, after almost two years of consuming raw dairy products we find it unacceptable to consume lower quality foods. The quality of the products from Family Farms is high for obvious reasons. They come from a farmer who understands not only how to milk the cows and process the milk but more importantly, how to raise healthy cows for the ultimate purpose of obtaining food with high nutritional value: clean and as nature intended it to be. Bio-dynamic farming is in agreement with the laws of nature, the needs of the land, the needs of the animals and the needs of people. When we serve these products to my family, we are assured that they get true, real food, the same food that has nourished the vitality and the physical and mental strengths of people for thousands of years. We cannot settle for anything less.</p> <p>Why does everything need to be so set against what is normal and natural? Why can we not have the right of making an informed decision about our health and consume untouched and untainted milk? We don't know the answers to these questions. We are deeply troubled by the events perpetrated upon Family Farms Cooperative which seem to threaten the supply of first quality foods we have come to enjoy.</p> <p>The belief that raw milk is unsafe is not scientifically based. I and my wife have improved health since we began using raw dairy products. Our now six year old daughter was commonly ill prior to us using raw dairy and would sometimes take weeks to recover from a cold. Now she rarely gets ill and recovers in days. Our four year old son has been sick two days in the last two years.</p> <p>Love Pete and Patty Prov. 16:9 The mind of man plans his way but the Lord directs his steps.</p>

87	FF 21 C 6	<p>To Whom It May Concern:</p> <p>12-29-06</p> <p>I have been consuming raw dairy products for two years. I have noticed a significant decrease in seasonal allergies, asthma, and inflammation since I have replaced commercially available pasteurized milk with raw milk and cream from pasture fed cows (raw dairy from Family Farms Coop). Family Farms Coop has consistently provided premium quality raw dairy products that have always tasted delicious. I have never had any negative health effects from consuming raw dairy from the coop, only positive health results.</p> <p>I believe that FFC is doing a great health service to their coop members by providing the opportunity to consume fresh raw dairy. The many positive health benefits associated with consuming probiotic and nutrient rich raw dairy from grass fed cows greatly outweighs any minute negative claims of raw dairy</p> <p>[signed] Jamie Sutton, M.S.R.D. (Jamie Sutton) Flat Rock, MI 48134 12-29-06</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form]</i></p>
88	FF 22 C 8	<p>My Mennonite grandmother shared her love of the land, the rhythm of the seasons and the simple complexities of rural farm life with me as I grew up.</p> <p>By my late 20's I had shunned some of her traditional ways in favor of convenience and the conventional wisdom of health magazines.</p> <p>By my late 30's I had some serious health challenges, but had yet to connect these with what I was eating. I was a vegetarian on a lowfat, high carb, soy laden diet. I was eating organic, but a lot of it came from cans, boxes and prepackaged foods.</p> <p>By my late 40's my list of physical complaints had grown and I was seeking second and third medical opinions. I was introduced to the work of Dr. Weston A. Price and here, made the connection between my health and what I was eating. I saw my past rise up to meet me as I returned to the ways of my grandmother, her teachings and my own essential values.</p> <p>In 2004 I became a cow share member of Family Farms and met Richard Hebron. I was exercising my right to choose fresh from the farm dairy and meat. As I shifted my diet to whole, raw, unprocessed foods I saw changes in my health, vitality and energy. I value foods grown on small family farms dedicated to organically enriched soil and abundant sunshine. I value direct access to the farmer so that I know where my food is coming from. I value the Family Farms Cooperative of which I am a proud member.</p> <p>René Garrity Ann Arbor, MI December 29, 2006</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form]</i></p>

89	FF 22 C 0	<p>I have been drinking raw milk and consuming raw milk products (cream, butter, yogurt & cheese) for 8 years. I am trained as a Naturopathic Family Physician and regularly recommend raw milk and raw milk products to my patients. Raw milk is a much better choice for most of my patients, when compared to conventional dairy products. Richard Hebron is providing a much needed service to our cow share program, and supplying us with raw milk products which we cannot obtain elsewhere. I know my family and many others will suffer in health if we are prohibited from obtaining our raw milk. The MDA has a responsibility to us as Family Practice Physicians, and as patients & citizens, to allow us access to this most nutritious food. The raw milk products which our cow share program provides us are <u>essential</u> to our health. Thank you for your careful consideration of our case.</p> <p>Lisa Canar, ND Ann Arbor, MI 12-29-06</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form]</i></p>
90	FF 21 C 3	<p>I strongly believe in my right to choose raw dairy products. Since I've been using raw dairy, I have noticed a marked improvement in my health. I have more energy and feel more satisfied after eating which prevents past dinner trips to the fridge.</p> <p>I am very happy that I can legally choose raw dairy in the state of Michigan via the cow share program I participate in. I believe access to raw dairy should be available to everyone in Michigan in the grocery stores as it is in California. I would like the state to let me choose what is healthy for me. I am allowed to choose sugary, processed, trans fat products that have been shown to make us obese and cause premature death. I would rather choose raw, healthy products, the foods my ancestors.</p> <p>I would be sad to live in the state of Michigan if you took away my right to choose.</p> <p>CHRISTINA BIBERSTEIN CANTON, MI 12/29/06</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form]</i></p>
91	FF 21 C 7	<p>I have been getting milk from Family Farms for over 3 years now. My husband, my 10 year old daughter and myself have been drinking the milk. Prior to drinking raw milk, my daughter had many cavities. Since drinking raw milk, her cavities have been greatly reduced & last checkup she had none. She is growing tall. We have many allergies, but can drink & digest the raw milk easily. I know that Family Farms' milk tested as very clean. I like using unprocessed, healthy products & like the raw milk for that reason. Also, the taste of the milk is wonderful.</p> <p>Jean and Andrew Balent Saline, MI 12-29-6</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form]</i></p>

92	FF 22 C 7	<p>My name is Randy Melauson, age 47, and along with my wife, Angela, 42, and our children, have been drinking raw milk and consuming raw dairy products for about 2 years. We are all healthy and thriving, and have spent considerable time researching and educating ourselves on the scientific evidence supporting raw, whole food nutrition vs. cooked & processed foods. As a result, we are fully convinced of the many health benefits of the former, and we will continue to seek to provide the healthiest food & lifestyle choices for our family. That is why we support Richard Hebron, but we would support anyone willing to provide healthy food choices for people. In this way, Richard and others like him are providing significant value to people's lives.</p> <p>We believe we should have the right to choose healthy, raw food alternatives, and encourage state and federal authorities to <u>objectively</u> research this issue.</p> <p>Randy Melauson Pinkney, MI 12-29-06 <i>[transcribed from photocopy of original handwritten form]</i></p>
93	FF 22 C 2	<p>Makenzie Age 9 Parker Age 6</p> <p>I think raw milk is the best. We should be able to drink raw milk. My mom drank raw milk almost half her life. Raw milk is way more creamier than that organic milk. They said on the back of that organic milk that it was creamy and smooth. That wasn't true at all. My cousin drank the store milk and got sick but when he drank raw milk he was just fine. We should have the right to drink raw milk.</p> <p style="text-align: center;">Makenzie Age 9</p> <p>I LOVE raW Milk. PARKER AGE 6</p> <p>12/29/06 <i>[transcribed from photocopy of original handwritten form]</i></p>
94	FF 23 C 0	<p>To whom it may concern:</p> <p>Our family has been consuming raw milk on a daily basis since 1996. We have owned shares of a cow or shares in a herd with six different farmers over the course of those ten years, for several years driving 1½ hours each way in order to obtain this wonderful source of nutrition. We've raised three healthy young men (currently ages 18, 15, and 9) with not a single negative experience of any kind with the milk.</p> <p>We have been members of Family Farms co-operative since they began in Ann Arbor. I believe that the right of consumers to choose what goes into their bodies is a very basic right, and that farmers must be allowed to reach their markets in such a way as to keep family farms alive. I myself and many of my friends will go to many lengths to make this relationship with farmers work. Please work with us instead of against a perfectly legitimate form of commerce. And a superior form of nutrition!</p> <p>[signed] Carolyn A Hejkal Carolyn and Steve Hejkal Ann Arbor, MI December 30, 2006 <i>[transcribed from photocopy of original handwritten form]</i></p>

95	FF 22 C 1	<p>I support Richard Hebron & the right to drink raw milk for many reasons. I want a real product, not reconstituted powder. I want the enzymes that help make this milk digestible. My 16 yr. old son drinks this milk & it's one of the few healthy things he eats. I want to support small farmers who provide safe food and don't pollute the environment like many factory farms. But I also have a immediate, striking, personal reason.</p> <p>In 2000, I was diagnosed with breast cancer. In Aug of 2006, the tumor was found in my bones. It looked widespread – pelvis, femur, scapula, spine, skull, humerus. But when the surgeon biopsied the sites, she found very few live cells – although they are there. 4 biopsies later, there were still not enough live cells to get more specific information. What doctors have said is that my bones were keeping up with the destruction of the tumor cells.</p> <p>I don't take calcium supplements. The main source of bone building material in my diet is the raw milk I've been drinking since 2003. A source of Raw milk is essential for my health.</p> <p>Richard Hebron & Family Farms are honest & caring farmers. They are caring, honest farmers and have my total support.</p> <p>Lisa Gayle Ann Arbor, MI 12/29/06</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form; errors unchanged]</i></p>
96	FF 22 C 3	<p>For many years, whenever I drank pasteurized milk and milk products, I would have a negative physical reaction. This included diaherra, sluggishness and excess mucous in my throat and nasal passages. Since I love milk, butter, cream and cheeses, this was a huge problem. Do I forego the foods I love in order to feel well, or do I eat the foods I love and feel lousy? For over ten years this was my dilemma. Until this past summer when I found out that I could have raw, actually "Real" milk, supplied by an Amish dairy farmer. I purchased a "cowshare" in the Family Farms Coop and began to drink raw milk. Not only were there none of the negative symptoms I experienced with commercial, industrial milk, this Real Milk actually gave me more energy. And despite the fact this was Whole Real Milk, I started to lose some excess poundage! And I was drinking a gallon a week, plus real milk butter, cream and yogurt. Not once have I had any bad effects from drinking Real Milk! Were it not for Mr. & Mrs. Hebron's efforts, I and many others would not have access to the Real Milk that he delivers to us every week. Real Milk is a wholesome, healthy real food, and it is a crime against humanity to forbid its distribution.</p> <p>Michael J. Richard P.O. Box 980390 Ypsilanti, MI 48198-0390 December 29, 2006 jcswayzee@comcast.net</p> <p style="text-align: right;"><i>[transcribed from photocopy of original handwritten form; errors unchanged]</i></p>

Family Farms Co-op helps people be healthy!

[healthyfromraw](#)

1 post
Jan 30, 2007
5:15 AM

My family and I have been enjoying the healthful, clean, fresh farm products from the Hebrons and the other member farmers of Family Farms Co-op for over a year. We are all in robust good health. My kids NEVER get sick. My husband and I have energy and feel healthy too.

This is all due in part to the food we choose to nourish ourselves with. We don't eat junk. But, beyond that, we eat the foods that the Family Farms Co-op offers. We eat almost daily: raw milk, homemade yogurt I make from the milk, pastured eggs, raw honey, excellent grass-fed beef, pastured chickens, chicken feet...(to make chicken stock--sounds gross but is in fact excellent).

It's such a cliché to say you are what you eat, but that saying really is true. You eat junk and you will have junky health. You eat animal products raised in humane and clean ways and you will have good health. The thousands of years of humans eating this way proves that.

I'm going to repeat that because I think some common sense and simple wisdom gets too easily lost in all of our modern, scientific thinking. People from all over the world have been eating this way for THOUSANDS of years. Thousands. The assumed health problems associated with the consumption of raw milk just isn't there.

Distillery dairies during the last part of the 19th century and early 20th century created disease infested milk, from diseased cows, handled by diseased people. Yes, people got sick from this milk. Children were hurt by this milk. It was bad.

Clean, registered raw dairies, on the other hand, provided good healthy milk to people and there were no problems.

Instead of ensuring that all dairies would follow strict guidelines of cleanliness and safe handling practices, the government push went towards pasteurization. So now instead of having clean raw milk easily available for everyone, we have a de-natured milk supply.

<continued next page>

<continued from previous page: FFC 152>

Is everyone aware of how much Vitamin C is killed during the pasteurization of milk? I've read that it's equivalent to the whole citrus crop in the U.S. Isn't that remarkable? I didn't even know that milk contains Vitamin C. Raw milk still does. Raw milk also has enzymes that helps it be easily digestible--that too is destroyed through pasteurization.

----- Forwarded Message ----- 1/15/07 Fw: Testimonial/Statement of Support

January 14, 2007

Testimonial for Family Farms Coop

My husband and I have been drinking raw milk for over four years. We have **never** received a bad batch of milk or experienced any ill effects from the raw milk purchased from Family Farms Coop. To the contrary, we have **only** experienced improved health benefits from consuming raw milk.

Both my husband and I have European ancestry that for centuries has consumed raw milk products as a major source of their diet. My parents both grew up on a farm and consumed clabbered milk, which is more nutritional and easier to digest than whole milk, on a daily basis until they moved to the United States. Although you can make certain cheeses and yogurt from pasteurized and homogenized milk, it is **impossible** to make clabbered milk from commercial milk sources. Since I've been purchasing raw milk from Family Farms Coop, my mother has passed down recipes for homemade cheese, yogurt and clabbered milk. And since I've been consuming these products, my health has improved dramatically.

Another thing I learned from my parents was the beauty of small farming and working in harmony with nature. Animals were treated humanely and received plenty of fresh air and sunshine. Absolutely, nothing was wasted. The humane treatment of animals is what attracted me to the products offered by Family Farms. My husband I have a strong desire to support independent farmers who work so hard to keep up the traditional farming practices that ensure the quality of life for their customers.

To deprive citizens the right to purchase these products that have sustained life for our civilization for centuries and have helped countless people with health issues is criminal and a violation of our human rights to choose our own food sources. I would suggest to our government officials to stop harassing raw dairy farmers and put their energy into studying the health implications of consuming genetically modified organisms before allowing America citizens to unknowingly or unwillingly participate in this unethical and dangerous experiment with nature which has irreversible consequences solely for the benefit of big business.

Sincerely,
Janet Carissimi
Woodstock, IL

Why I feed my family raw milk

By Heather McDougall

No, I don't have a strong back ground in Chemistry. But, I do know that my kids have never been healthier. I just pulled my kids medical records. My son is 7 and my daughter is 5. They have been drinking "raw" milk for almost 2 years now. Before real milk, my children suffered from seasonal allergies. After introducing raw milk into our diets: no allergy symptoms. More importantly to me, they have only had antibiotics once each in the last 25 months. They averaged antibiotic 3 times per year EACH before we discovered raw milk. Once, my son was on antibiotics six times in a single year.

I don't like the term raw because it insinuates that it needs to be cooked. Which is what pasteurization is, and pasteurization is not necessary these days. Many people in Michigan drink real milk.

Several lawyers have told me that we are well within the law to own a herd of cows and drink the milk from the cows that we own. It's called a herd share. If I own a cow, but I don't own 20 acres or have the time to care for it, I do the same thing that many horse owners do. I board my cow. The farmer feeds, milks and cares for my cows, and I share the expense of owning a herd of cows with several dozen other families. Even understanding that what we are doing is perfectly legal, it's unnerving to think that our family home could be raided next. It's enough to make you lock your doors at night, even in a free country.

In several states, it's not only legal to sell raw milk; it's available in the grocery stores. Most allow us to drink real milk if we own a share in a herd of cows: Arizona, Arkansas, Colorado, Connecticut, California, Florida, Georgia, Idaho, Illinois, Indiana, Kansas, Kentucky, Michigan...etc.(realmilk.com) All over Europe, they sell real milk and think that the pasteurized stuff in America is disgusting. If real milk were dangerous then there would be undeniable evidence from its frequent use in these areas. There has not been one single death related to raw milk, and the incidence of illness caused by real milk is far under that of other foods including pasteurized milk.(Center for Disease Control)

Remember the recent E-coli breakout from spinach? Or the green onions at Taco Bell in Pennsylvania? These outbreaks of illness were far beyond any raw milk outbreak, yet does that mean the government will prohibit us from ever eating spinach or green onions again? No. They simply deal with the deviation that caused the problem and move on. Raw milk has gotten bad press.

Organic Pastures in California was shut down for two weeks a few months ago because four children were hospitalized in serious to critical condition after drinking raw milk. However, Organic Pastures milk was tested and cleared of any possibility of causing the childrens illness. Oh, and after the press checked their facts, there were only two children and they ate either spinach or sushi during the same time frame as the e-coli outbreak.

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The stuff they sell in the grocery store is not real milk. It is milk that has been boiled at "Ultra High" temperatures (which kills off the protective as well as the destructive

Amanda Villacreses

Batavia, Illinois

January 28, 2007

As a family, our experience with raw dairy began in 2002. We lived in Los Angeles, and I worked at the Los Angeles Zoo as an animal keeper. My husband and I were vegetarians, and we both felt very strongly about supporting small farms, especially those that were organic and practiced sustainable agricultural techniques. My husband was a vegan and consumed no animal products at all, while I was a typical lacto-ovo vegetarian. Our choices stemmed from our love and respect for animals. My experience working with animals of all kinds (California condors, vultures, maned wolves, tapirs, parrots and more) led me to realize that I had a responsibility. I needed to make an effort to consume products that came from people who had a similar respect for animals, plants and the natural world.

My Story

In 2002, I began feeling inexplicably exhausted. My job was very physical, so I attributed it to the hard work. Then I began to have arthritis in my hands, legs and feet. My doctor suggested I begin testing to rule out many illnesses: fibromyalgia, rheumatoid arthritis (which my mother has), chronic fatigue, MS, etc. Well, I didn't like the sound of this at all. I knew a coworker who was into "natural medicine" and a member of the Weston-Price Foundation. She immediately suggested I start eating meat again, and to eliminate the many soy and gluten products I was eating. She also suggested I switch to raw dairy. I refused to eat meat, but I did almost eliminate the soy. I began to eat sprouted baked goods, too. But the biggest change I made was to buy raw dairy, which was sold legally in L.A. at Whole Foods! It was very easy for me to get. My mother's family includes several dairy farmers, and they all speak fondly of the "old days" when they just drank milk straight from the cow.

In several weeks, I saw a huge improvement in my energy levels. I was definitely feeling much better. The arthritis improved by about 25%, but I could easily get through a day at work now. I felt so good that we even traveled to Ecuador in 2003, and spent a few weeks in a remote part of the Amazonian rainforest. Later, in July, we moved to Batavia, Illinois. I contacted Weston-Price to find a source for raw milk, as I knew it was not legally for sale here. They told me about Family Farms Cooperative, and I signed on as a cow-share member. I began seeing a doctor at Dr. Mercola's natural medicine practice, who also recommended that dairy should be consumed raw, or not at all. They also recommended that I start eating natural meats, and eliminate all gluten from my diet. We soon discovered that my arthritis was due to gluten sensitivity! Now, through a combination of eating raw dairy and avoiding certain foods, I feel as good as I did when I was 25! Which is amazing since I felt like an 80 year old when I was 28! (I'm now 33). Since then, I have had a beautiful, strong, highly intelligent, sensitive daughter. She is now 2, and I credit her extraordinary health (and mine!) in part due to the high quality products we buy from FFC.

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Walter's Story

FF 14
C 6**----- Forwarded Message ----- 1/28/07 Fw: testimonial, glad you are still . . .**

TO: Michigan Department of Agriculture

FROM: Donna C. French

DATE: January 25, 2007

RE: Richard and Annette Heron/Raw Milk

To Whom It May Concern:

About 3 years ago, my 11 year old daughter started having health issues. It took a whole year of degrading health to find a diagnosis of ulcerative colitis. After following the advice of traditional doctors and some very potent prescription drugs for another year and seeing no improvement and even further degrading health even after dosage increases, and culminating the year with a blood transfusion for her, my husband and I decided to pursue another path. She only weighed 75 lbs now. She looked like someone out of the Holocaust. I started searching for a natural way to heal ulcerate colitis. My searches lead me to the Weston Price Foundation, Doctor Merola, and various other organizations for natural food sources. One food kept coming up repeatedly, raw milk. I was intrigued. I researched the milk industry, starting with the removal of hormones and antibiotics, as the Oberweise Dairy is famous for, I then learned of the damage the whole pasteurizing and homogenizing process does for the once healthy milk product. Could processed milk be causing my daughters illness causing her to be lactose intolerant? Causing her intestine to not function or absorb food properly? Processing milk turns it into an allergen. We have been drinking raw milk for nearly 2 years now. To this day, her health issues immediately reverse to a flare-up (bloody diarrhea) when she has store bought milk. This raw milk has done wonders in providing a start in the healing process of her intestines. I read that doctors in the olden days (before Louis Pasteur ruined milk) fed patients with this trouble a diet of a gallon of milk a day and total healing occurred. She is 14 now, she has been prescription drug free for over a year. We are still in the process of restoring her health. She only weighs 80 lbs. and needs to gain about 20 more. I feel raw milk, raw cream, grass-fed beef and pastured poultry and free range eggs (all hormone and antibiotic free) have been some of the most important real foods I can give my daughter to restore her health. I feel good about feeding my family these foods. My family of 7 has been healthier since we have started drinking the raw milk. Less colds and flu and faster recoveries when a germ does get through.

I am concerned that my rights are being challenged. My right to feed my family as I see fit.

I pulled up the Declaration of Independence on the Internet today. Wow, it is more powerful than I remember when I studied it in school. I feel I need to paste an excerpt into this letter. With all the special interest groups, ethnic groups, drug companies, food companies and government influences in the United States,

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---- Forwarded Message ---- 2/5/07, 9:34 Fw: Re Family Farms Coop

Dear Katherine Fedder,

By way of introduction, my name is Tony Boggess, a third year medical resident at the University of Michigan. On behalf of my family and select colleagues, I would like to encourage you to take steps to protect our right to consume raw milk, cheese, and unadulterated organic foods.

Milk in particular is a wonderfully nutritious food that does not hold up to the destruction of pasteurization. In fact, pasteurized milk is quite allergenic according to many health professionals, and as we discovered with my own daughter, raw milk is the solution... We simply switched her to raw milk from grass fed animals and her allergies disappeared.

Please be aware that the need for pasteurizing comes only with the unhealthy corralling and crowding of animals being fed God only knows what, rather than free range animals eating grass and basking in the sunshine the way God intended. The RFID movement will make it difficult for small farmers to economically survive, and the technology companies and consolidated farm corporations just can't wait for government to mandate this fatal blow to small competing farmers catering to people like us.

While the big manufacture dairies and meat producers are quite powerful and adept at pulling legal and political strings to ruin the whole food, organic movement, those of us who have figured ways around the system are getting increasingly anxious about the future of our food.

You can't imagine how many people were utterly disgusted by what happened to Richard Hebron's Family Farms Cooperative and have been organizing themselves to protect what is perceived as the greatest infringement on our constitutional right as consenting adults to eat the natural foods we desire.

Please act responsibly in this regard. We are truly praying that our government stop caterings to the whims and fancies of large corporations who have the money to do what ever to they please, and start caring about the people and protecting our future.

Sincerely,

The Boggess family, numerous friends, and select colleagues.

[transcribed and reformatted from original forwarded email]

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Various resources for information on raw milk and the health benefits thereof as well as general information on health, nutrition and the raw milk movement can be found on the internet at the following websites:

www.RealMilk.com

www.Mercola.com

www.WestonAPrice.org

www.TheCompletePatient.com