

Nature's Healing Gift

A Collection of Raw Milk Testimonies

Compiled by
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Thank you to Sally Fallon Morell, President of the Weston A. Price Foundation and to Mark McAfee, Managing Member of Organic Pastures Dairy in California for helping to answer my questions and offering me their encouragement with this project .

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Foreword

Read these stories of raw milk healing and thrive!

This wonderful book contains the wisdom of moms, families and individuals. These true-to-life stories are targeted for oppression here in the United States. It is a tragedy that 19% of the United States gross national product is now related to sickness care. That's right, the industry of caring for sick people is now nearly one in five dollars spent in the United States.

The good thing is that families can still tell you their stories of food healing by using their right to freedom of speech. You Tube is *filled* with stories of healing. Quickly, the "alternative" community of nutritional health is becoming mainstream.

The people in this book have sought new, better ways to health and have courageously shared their stories of healing. At least in part, the help they're describing was from local, unprocessed whole-food organic nutrition. It is uncooked, unpasteurized, non-homogenized, filled with enzymes and essential, beneficial bacteria. This healing food is from grass-fed animals, and not from confined animals treated with antibiotics and fed grain.

The grass-roots based raw milk revolution is what this book is about. Moms are demanding prevention originating from whole-food nutrition. Moms are demanding that their doctors listen to them when they say their family drinks raw milk, and that's why their kids don't get sick.

I would trust a mother's "anecdotal evidence" as solid scientific proof when compared to the world of corporate science that assures corporate profits.

As you turn the pages, just remember that you vote with your purchases. Whatever you buy will increase in supply. These individuals and families are just a few of the growing masses of people who rejoice in whole-food nutrition and grass-fed, raw milk.

All The Best,

Mark McAfee
CEO and Founder
Organic Pastures Dairy Company
And Retired Paramedic

Fresno, California

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This publication presents compiled testimonials of people's experiences while using raw milk and raw dairy products. This publication presents the observations and opinions of the people presented herein. The contributors to this publication feel they and their families have benefitted from raw dairy. The publisher is not claiming that traditional, unadulterated food in its natural form cures or prevents any type of illness, disease or disorder. The individual contributors' statements within this publication have not been evaluated by the FDA nor checked by the publisher for accuracy.

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Dear Reader,

A few years ago, I discovered a food that I believe was key to improving my daughter's concentration in school, strengthening our weak muscles and ending my continuous fatigue. After finding this food, I had the energy to teach my second grade students and then come home to my daughter, giving her the attention she deserves (rather than flopping into bed after work most nights and much of the weekend, exhausted, like I had used to do).

I wonder if I had known of this superfood thirteen years ago whether I would have ever developed the toxemia of pregnancy that caused her to be delivered by emergency cesarean section 10 weeks prematurely. I was told years later that toxemia (eclampsia) may be connected to digestive problems. Several of the people who share their testimonies in this publication describe how their digestive problems diminished after using raw dairy products.

I count my blessings and am grateful that I discovered raw milk at all. It is the only food that had made me feel truly nourished and satisfied. To me, it is **the** food. The only one I feel my daughter and I should not go without.

Recently there was a battle in Wisconsin over whether raw milk would be allowed to be sold to consumers who were willing to drive to farms to purchase it. People who had previously participated in herd share programs were suddenly told they could no longer purchase what many raw milk drinkers refer to as *real milk*. We waited for months for the politics to be worked out, the red tape cut and to be allowed our important source of nourishment again.

A hearing date of March 10, 2010 was set, and an estimate of several hundred people attended the hearing in Eau Claire, Wisconsin, to show their support for raw milk (and some to show their lack of it).

When votes were taken a few weeks later, the State Senate and Assembly both approved the (temporary) sale of raw milk from farms directly to the consumer by a wide margin.

Then, all that needed to happen was for Governor Jim Doyle to sign the bill (that had passed the Wisconsin State Senate and Assembly by such a wide margin) into law.

So we waited...

And finally, Governor Jim Doyle **vetoed** the bill!

I can't speak for the hundreds of people who had attended the hearing, or those who couldn't make it that day.

But even more than the feelings of shock and bafflement at the decision, I felt despair.

What would we do now? It wasn't like being told we can never eat apples again. Or chicken. (My daughter and I both like apples and chicken, by the way. But we don't feel that we *need* to have either one of them as part of our diet.)

In my opinion, raw milk was our best source of nourishment, strength and energy.

It was then that I decided to compile this book and invite people to share their stories with you. The benefits of raw dairy are being rediscovered, and people will continue to insist on it for themselves and their families.

This is a movement that will not go away, but will grow as more and more people learn about the ways food affects our bodies, our minds and our well-being.

I will never forget the hearing in Northern Wisconsin. Our stories of health and healing were heard throughout the day and into the night.

Laura Kozicki

This book is dedicated to people who have had their access to raw dairy foods taken away from them. I hope that lawmakers everywhere will realize that people deserve the right to choose their own foods and to make informed choices on behalf of their children.

Sherwin, United States

My history with raw milk spans more than half a century. I spent the summer of 1947 working at Tarbell Farms located in Smithville Flats, New York. This dairy farm produced certified raw milk under the most extraordinary antiseptic conditions. I also had room and board at the farm and constantly had access to raw milk. There was never a time in my life when I felt stronger, more energized or experienced such a feeling of complete well-being.



During the summer of 1948, I worked for a few months at a conventional dairy farm in Massachusetts. I also boarded at this farm but did not have access to properly produced raw milk. The contrast between the two work experiences could not have been more dramatic. At the farm in Massachusetts, I was frequently sick, and at one point I had to return home to recuperate. When I was well again, I returned to the farm. After a short time I became ill again and then terminated my employment there.

My three children drank certified raw milk whenever it was available to us. Unlike most children, they were seldom sick and never had any ear infections. I also was seldom sick, and today at age 83, I am in good health and do not take any medications. I do take supplements and try my best to eat according to the wisdom of the Weston A. Price Foundation.

Kelly, United States

Holistic Nutritionist and Author

We have three small – but busy - children. We live the modern, hectic life, familiar to most everyone. I am a holistic nutritionist and strive to help people understand that what we put into our bodies is really the powerhouse behind our ability to have good health or lack thereof.

I put into practice what I preach, as well. We eat close to a completely whole and real foods Weston A. Price Foundation diet, but don't get enough broth/stock nor organ meats, truthfully. We do not eat any white sugar, nor refined flour. We belong to four farm co-ops. All in all, we do very well, but as a mom, I often think, "very well" is still short of "best".



It is on those days-tired, stressed and busy when our meals have not been all that they should/could be that I thank our lucky stars (or farmers) that we have our raw milk. At every meal, we at least have the amazingly complete and nutrient-dense profile found in our grass-fed raw milk.

The vitamin C (more is destroyed in milk pasteurization than in our entire US citrus crop, so I've heard), the immune support found in the enzyme-based pathogen killers, the B-12 that my son (who is deficient in this crucial nutrient) so desperately needs, the probiotics that help protect my kids from infections, the suite of enzymes that aid in digestion and help prevent allergies from developing, the minerals that not only build their very bones, but help their organs to function properly,... and the list goes on.

But all I need to know is that where I might fail them in their diets from time to time, raw milk never will. It is my "dietary" comfort and insurance for my growing, developing, learning, beautiful children.

Raw milk is the best, and as far as I'm concerned, my children deserve the best (as often as they can get it!).

Ginny

Quite simply, my husband is so thrilled to be able to drink milk now. He could never drink pasteurized milk because of lactose intolerance. When I brought home raw milk for the first time he was cautious but now drinks raw milk exclusively with no tummy trouble at all!



Our whole family loves the taste and would not drink the other stuff now if it were the last thing on earth.

