

About Raw Milk

What is Raw Milk?

raw milk n. 1. milk that has not been pasteurized or homogenized. 2. a white nutritious liquid produced by mammals and used as food by human beings. 3. an important food with many nutrients.

Raw milk from **pasture-grazed** cows has many amazing components that keep our bodies healthy and our immune system strong. When milk is pasteurized (cooked at a high temperature) and homogenized (fat globules smashed under high pressure), these healthy components are damaged or altered. Therefore, our body cannot receive the full benefits of raw milk's many components.

Probiotic

Raw milk is a fantastic source of beneficial bacteria that help keep your gut healthy. These bacteria help with milk digestion, boost your immune system, and "crowd out" bad bacteria or viruses that can cause illness.

Easily Digestible

Lactobacilli are one of the unique bacteria found in our raw milk. Lactobacilli break down and digest dairy products. This is one reason why many people who can't drink pasteurized milk can drink raw milk without discomfort.

Super Food

Raw milk is a great source for Conjugated Linoleic Acid (CLA), Omega 3 fatty acids, bio-available minerals, enzymes, antibodies, amino acids, good cholesterol, calcium, vitamins, phosphorus, and immunoglobulins – NATURALLY!!

Health Benefits of Raw Milk From Grass-Fed Cows:

DID YOU KNOW: Raw milk from grass fed cows not only tastes delicious and fresh, but there are many wonderful components found in unprocessed milk that makes raw milk a super food. Pasteurized milk is highly processed; which damages, denatures, or destroys many of the wonderful components found in raw milk. In addition, raw milk naturally contains lactobacilli bacteria that hasn't been denatured or destroyed by pasteurization. This helps digest lactose. Many people who can't drink pasteurized milk can drink raw milk.

Delicious!!!- The #1 reason that consumers prefer raw milk is for its delicious taste.

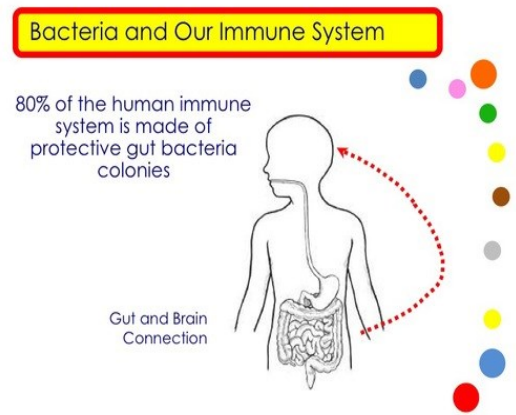
Healthy Fats - Pasture-grazed cows produce raw milk that naturally contains heart healthy omega 3 fatty acids, Conjugated Linoleic Acid (CLA) , and vitamins A & E!

Unprocessed – Fresh, complete, and unchanged — just as nature intended! Fresh from farm to table, our farmers don't cook, crush, or otherwise alter this perfect, living food!



Raw Milk Supports a Healthy Immune System:

- A healthy immune system depends on a healthy gut, which hosts plentiful beneficial bacteria.
- Approximately 80% of our immune system is built on diverse bacteria.
- Raw milk has many of these bacteria, plus the nutrients to feed the bacteria.
- This results in a strong immune system.



What's in Raw Milk that Makes it so Beneficial?

Conjugated Linoleic Acid (CLA)	A polyunsaturated Omega 3 fatty acid. Grass fed raw milk is a natural source of CLA. CLA raises your metabolic rate, boosts muscle growth, reduces resistance to insulin, and strengthens your immune system.
Omega 3 fatty acids	Considered the “good fats” because they play a vital role in every cell of the body. Grass fed cow’s milk provides a natural source of heart healthy Omega 3 fatty acids. With a diet high in Omega 3 fatty acid, it is believed that C reactive Protein (CRP) levels drop. CRP is an indication of inflammation associated with coronary artery disease.
Amino Acids	Our bodies’ building blocks for protein. We need 20-22 of them for this task. Eight of them are essential, which means we have to get them from our food. Raw cow’s milk has all 8 essential amino acids. The remaining 12-14 are made from the first 8 essential amino acids found in raw milk. This happens by a complex metabolic pathway in our cells.
Lactoferrin	An iron building protein needed to absorb iron, has anti-cancer properties, anti-microbial action, and protects against viruses.
Lacto peroxidase and Lysozyme	These team up to destroy undesirable bacteria.
Immunoglobulins and Antibodies	Provide resistance to many viruses, bacteria, and bacterial toxins. They may help reduce the severity of asthma and boost your immune system.
Bio-available Minerals and Enzymes	help your body grow, develop, and stay healthy. Enzymes are responsible for thousands of metabolic processes that sustain life.
Cholesterol	a very important protective and repair substance needed by every cell membrane in the body.
Beneficial Bacteria	boost the immune system and helps your body function.
Phosphatase	the enzyme that is responsible for transporting calcium to the bones. Pasteurization destroys phosphatase.
Lipase	an enzyme that aids in fat digestion.
Vitamins A, B-12, and D	Vitamin A helps the immune system function, improves vision, helps with reproduction, and helps all of our cells communicate. Vitamin B 12 helps our brain and central nervous system function, and the formation of blood. It is involved in the metabolism of every cell in the body. Vitamin D helps the body absorb calcium, iron, magnesium, phosphate, and zinc.
Calcium	prevents osteoporosis, strengthens bones, and helps with weight loss.
Phosphorus	is important for healthy teeth and bones.