

The Untold Story of Milk

Deliberately left blank, page iv

The Untold Story of Milk

Green Pastures, Contented Cows
and Raw Dairy Foods

by **Ron Schmid, ND**

Foreword by Sally Fallon

The Untold Story of Milk

Green Pastures, Contented Cows
and Raw Dairy Foods

Ron Schmid, ND

Foreword by Sally Fallon

Copyright © 2003 Ron Schmid. All Rights Reserved. No part of this book may be reproduced or transmitted in any form without the written consent of the author.

The Untold Story of Milk is intended solely for informational and educational purposes and not as personal medical advice. Please consult your health care professional if you have any questions about your health.

Cover Art: Fall Pasture by Raymond Knaub

Copyright © 2003 Raymond Knaub and Art Licensing Properties

NewTrends Publishing, Inc.

Washington, DC 20007

www.NewTrendsPublishing.com newtrends@kconline.com

US and Canadian Orders (877) 707-1776

International Orders (574) 268-2601

Available to the trade through

Biblio Distribution (a division of NBN) (800) 462-6420

First Printing: 20,000

ISBN 0-9670897-4-3

PRINTED IN THE UNITED STATES OF AMERICA

To Elly

Deliberately left blank, page viii

All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident

Arthur Schopenhauer

Deliberately left blank, page x

Acknowledgements

My deep thanks go to the members of the Weston A. Price Foundation. The work of the Foundation to restore nutrient-dense foods to the American diet through research, education and activism inspired me to write this book. Without the effort and support of the Foundation's members, this untold story of milk would remain untold.

I'm particularly indebted to Sally Fallon, founder and President of the Foundation. At her suggestion, I conceived this book and her contributions—an idea here, a word there, a sentence here, a paragraph there—have been invaluable.

Three volunteers helped me discover obscure books and journal articles, some available only at the National Library of Medicine or the Library of Congress, which were critical in my research. Thank you Diane Ducey, John DeRosa and Cory Mermer—you secured valuable material for me that would have been difficult for me to obtain without your help. Thanks also to Linda Forristal for her input on the milk industry and to Katherine Czapp and Leonard Rosenbaum for their help in getting the manuscript to final form.

My appreciation also goes to Dr. Mary Enig, who helped me sort out the science in the debate about homogenization.

I want to give special thanks to the farmers who produce raw milk and raw milk products from healthy, grassfed animals. For those of us who understand the vital nature of these wonderful foods, you are central in our lives. Your courage and dedication inspire us all.

Finally, I thank my partner in life Ellen, for being the wonderful person she is, and the person whose love makes me whole.

Ron Schmid
July, 2003, Watertown, CT

Deliberately left blank (page xii)

Contents

Introduction	1
--------------	---

Part I. Milk Yesterday

1	Milk and Civilization	11
2	Bovine Friends in Early America	23
3	Bad Milk: The Distillery Dairies	31
4	Microbes vs. Milieu: What Really Causes Disease?	43
5	The Milk Problem, Circa 1900: Certify or Pasteurize?	49
6	Good Medicine: The History of the Milk Cure	71
7	Enzymes: Essential to Organic Life	83
8	Milk in the Last Traditional Cultures	113

Part II. Food, Health and Trust

9	Betrayal	143
10	Cholesterol, Animal Fats and Heart Disease: A Modern Myth?	167

Part III. Milk Today

11	Industrial Agriculture and Dairy Farming in the 21st Century	193
12	Modern Milk: Disasters, Mishaps and Disturbing Reports	213
13	Lactose Intolerance and Modern Milk	231
14	Milk Homogenization and Heart Disease	237
15	The Safety of Raw versus Pasteurized Milk	251
16	Grassfed, Raw and Fermented Milk is Best	307
17	Raw Milk Today: Green Pastures, Contented Cows and Contentious Issues	333

Appendix 1: The Legal Status and Availability of Raw Milk Today	371
Appendix 2: A Proposal for Unregulated Farmer-to-Consumer and Regulated Retail Store Sales of Raw Milk and Raw Milk Products	385
Appendix 3: Preparation of Raw Milk Products	393
Appendix 4: A Reply to the US Food and Drug Administration's (FDA) Statement on raw milk	399
References	409
Index	443

Deliberately left blank, page xv

Deliberately left blank, page xvi

Foreword

Twenty years ago organic agriculture was a fringe movement, barely on the mainstream radar scope, a subject that commentators treated with derision and politicians with scorn. Today organics is the fastest growing sector of the agricultural economy, a movement that garnishes tremendous public support, and one that has proven a boon to many farmers.

Raw milk today is a fringe movement, a crusade of underdogs, a pesky mouse against the entrenched lions of medicine and industry. Who would be foolish enough to propose that raw milk should be reinstated as the centerpiece of the American diet? Or suggest that the agricultural model of the future will be the small farm with the dairy cow at its center?

In relating the untold story of milk, Ron Schmid takes us on a fascinating journey, one that starts with the beginning of recorded history and follows the cow as the economic unit upon which the wealth of nations was built, from Sumaria to the United States. While civilizations engaged in large-scale cultivation of grains became highly centralized, with great disparity between the ruling classes and the laborer, cultures that kept herds and drew sustenance from dairy animals fostered democratic ideals and a more equitable distribution of wealth. Dairy animals provided abundance and independence to Abraham and his descendants and the dairy cow allowed the colonists of the new land to survive and prosper as independent yeoman farmers, freethinking agriculturists whom Thomas Jefferson recognized as the backbone of his newly emerging nation.

But milk is bad for us, say modern dietary gurus. It causes allergies and asthma, heart disease and cancer. No animal except humans drinks milk after infancy. Besides, we don't need it—many societies other than our own do without milk and are healthier than we are. Thus has the status of milk declined from Nature's perfect food to dietary anathema.

In the pages to come, Dr. Schmid describes the causes of milk's decline from wholesome to noxious food; confinement dairies, inappropriate feed, horrendous processing, removal of the fat and addition of problematic compounds—all have taken their toll on milk's delicate nutritional balance. And these changes have occurred with the sanction of our highest governing agencies and the blessings of the medical establishment.

No one can read this book without realizing that the arguments against milk are specious; that raw milk and raw milk products have provided splendid nourishment for diverse peoples all over the globe; and that this once-vital food has been tarnished with the black brush of modern processing.

Yes, many cultures have prospered without milk. But these cultures obtain the nutrients concentrated in milk from edibles that rarely appeal to western palates, such as organ meats, blubber, raw sea food and insects; or that are time-consuming to prepare, such as bone broths. Non-milk-drinking peoples put a high value on guts and grease, foods that modern children often refuse to eat. But few need coaxing to drink delicious whole raw milk—which is rich in the very same critical nutrients that traditional peoples found in animal organs, animal fats and bones. Raw milk provides the welcome answer to modern parents, desperate to get quality nutrients into their finicky young eaters and mindful that children need extra protection against the junk food to which they are repeatedly exposed.

Only one force can reverse milk's decline and that is the educated consumer, the consumer who demands a quality product, a product that comes from cows on good pasture, that contains all the butterfat that nature put there and that has not been subjected to modern processing. When the consumer once again demands pure and healthy milk, and indicates a willingness to pay a fair price and even travel some distance to obtain such a product, farmers will respond by providing it—a groundswell that will eventually force regulators to abandon their unreasonable opposition. The purpose of this book is to create millions of such consumers and by so doing revitalize family farms and local communities.

Because in the economics of raw milk lies the path to true prosperity, robust returns indeed compared to the dividends of stocks and bonds. No other investment promises such handsome income to the family willing to work. The cow on pasture produces something like 100 hundredweight of

milk per year, for which the farmer selling directly to the public receives about \$50 per hundredweight. If he has 20 cows, his gross income is about \$100,000 per year. If he starts his dairy by buying the cows outright, he recoups his investment within two or three months. If he produces cream, butter and cheese, he makes about the same amount per hundredweight—he may even make more on the cheese—and is left with a bonus of skim milk and whey, the perfect food for chickens and pigs, another source of income to add to the total. The major inputs to this neat system are sunlight, which is free, and labor, which is the prerogative of the farmer.

Of course, the other side of this equation is customers willing to pay the farmer a fair price for his wonderful products. As our health crisis grows, and as the public becomes more desperate for answers, the demand for raw milk will increase. The despairing mother who gives raw milk to her autistic child and witnesses startling improvements, the laborer whose crippling arthritis clears up when he consumes raw butter and cream, the frustrated dieter who watches pounds melt away on the milk diet, parents who observe their children growing up robustly and easily on a diet bolstered by raw milk, asthmatics sufferers who finally find relief when they drink raw milk, vegetarians seeking a good source of the vital nutrients lacking in plant foods. . . all add to the growing body of consumers who refuse to be swayed by government admonitions and industry propaganda.

The day will come when no conscientious couple will dream of starting a family until they have found a source of pure and healthy raw milk for their children; when no town planners will proceed without first setting aside the most fertile land for the local dairy; when no doctor will omit raw milk as part of his treatment; and when no government official will dare to impede access in any way to raw milk and other pure foods.

Democratic ideals prospered among pastoral peoples and those democratic ideals can revive as we rediscover the value of pure, unprocessed milk. The roadblocks that have denied access to this life-giving food—government regulations and institutional prejudice—must give way to scrutiny as consumer consciousness expands. Are laws against raw milk fair and just? Are they even constitutional? Do they infringe on our right to freedom of religion and the pursuit of happiness? Or do they represent racketeering dressed up in the rhetoric of public good? The reclamation of

our right to healthy food will lead to renewed awareness of our rights in other areas, rights that have been covered over by the steady accumulation of unnecessary laws. The ship of state needs to be careened and subjected to a good barnacle cleaning, and the raw milk movement can provide the first step in this purifying process.

Pasteurization, ultra-pasteurization, sterilization, preservation with a myriad of additives—none of these measures has solved the problem of food-borne illness for the food industry. On the contrary, as food production has become more centralized, the number of food-borne illness cases has risen to 76 million per year! The industry’s solution is yet another technology—irradiation—initially proposed, as was pasteurization, as a voluntary measure that will protect the public good, then promoted vigorously with each new “incident” and with the same glib assurances that the process does nothing to compromise nutritional quality. Does mandatory irradiation sound impossible? So did mandatory pasteurization to the founders of the certified milk movement.

Mandatory pasteurization put walls between the dairy farmer and the consumer; mandatory irradiation would put walls between *all* farmers and the consumer. The raw milk movement can help bring down those walls and prevent the erection of new ones. It can pave the way to a great renewal—renewed health, renewed prosperity, renewed communities, renewed culture.

Raw milk is a movement whose time has come, one that will change our thinking and the shape of our society in a most beneficial way; and *The Untold Story of Milk* will serve as a catalyst to this movement, providing consumers with the facts and inspiration they need to embrace Nature’s perfect food.

Sally Fallon, President
The Weston A. Price Foundation
July, 2003, Washington, DC