



## Natural Life Consulting, LLC

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### RAW MILK VS PASTEURIZED MILK

<u>RAW MILK</u>	<u>PASTEURIZED MILK</u>
Contains Vitamins A, C, B6 and B12	Destroys over 50% Vitamins A and C, and up to 80% B6 and B12. Added synthetic vitamins D2 or D3 (1) are difficult to absorb, (2) are linked to heart disease, (3) cause softening of bones, and (4) produce calcium deposits in abnormal places such as in the kidneys, arteries and other soft tissues of the body
Contains Antibodies (proteins that fight bad bacteria, fungi and viruses in our bodies and in the milk itself). ****	Heat destroys antibodies
Contains Wurtzen factor (helpful for arthritis)	Heat destroys Wurtzen factor
Contains good bacteria for our intestines and these bacteria also produce lactic acid that kills pathogenic (bad) bacteria.	Heat destroys bacteria
Contains good quality fats that we need for our body's cell membranes	Heat oxidizes fats and proteins to produce free radicals that cause chain reactions of damage in the cells of our body organs, contributing to arteriosclerosis, heart disease, MS and Lou Gehrig's disease
Contains enzymes that help us digest the parts of milk that we have trouble digesting (casein and lactose)	Heat destroys the enzymes that help digest milk. The undigested parts "clog" intestinal villar surfaces, block absorption of nutrients and create inflammation. This allows toxic substances into the blood stream to contribute to allergies and degenerative diseases.
Contains large amounts of cysteine which is necessary to produce glutathione, an important antioxidant and detoxifier for the body.	Heat destroys cysteine
Contains whey protein which boosts glutathione production.	Heat destroys 40-77 % of whey protein
Contains iodine for the body	Heat destroys 20% of the iodine

## RAW MILK

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Contains important minerals for man – including calcium, phosphorus, magnesium and potassium in forms that are easily usable by the body

## PASTEURIZED MILK

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Heat converts most of the calcium to insoluble calcium which is not usable by the body. So pasteurized milk products do not prevent osteoporosis. Heat changes other minerals to forms that are less available to the body. Heat converts lactose to beta lactose which acts like refined sugar causing excess insulin production (causing extreme blood sugar fluctuations and excess steroid production by the adrenal glands). Vegetable oil is added to milk by some companies -- this oil is oxidized when heated, producing free radicals. Powdered milk requires higher heat temperatures which (1) creates large amounts of nitrate compounds which are potent carcinogens and (2) degrades proteins into neurotoxic products. Powdered milk is added to many of the 1% and 2% milk products.

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The USDA does not require that all milk additives be listed on the label.

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The plastic and plastic-coated paper milk cartons leach chemical contaminants into the milk, including di(2)ethylhexyl phthalate, which is a hormone disruptor and probable human carcinogen.

\*\*\*\*\* Be sure the dairy cows are pasture-raised (cleaner than confinement operations) and regularly tested for Brucellosis and Tuberculosis and that the farm is inspected for proper cleanliness procedures before and after milking and during milk handling. Bad bacteria can get into milk before or after it is pasteurized. But if the milk was contaminated after pasteurization, the antibodies and good bacteria were destroyed by the heat and are no longer there to help kill the bad bacteria. The vast majority of human Salmonella outbreaks have been from drinking pasteurized milk.

### Sources

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[www.HealthBrochures.info](http://www.HealthBrochures.info).