

Advantages of raw milk

[Nutrition](#)



Advantages of raw milk From the time of Hippocrates to until just after World War II, this "white blood" nourished and healed uncounted millions. Clean raw milk from pastured cows is a complete and properly balanced food You could live on it exclusively if you had to indeed, published accounts exist of people who have done just that What's in it that makes it so great? Let's look at the ingredients to see what makes it such a powerful food Proteins Our bodies use amino acids as building blocks for protein. Depending on who you ask, we need 20-22 of them for this task Eight of them are considered essential, in that we have to get them from our food The remaining 12-14 we can make from the first eight via complex metabolic pathways in our cells Raw cow's milk has all 8 essential amino acids in varying amounts, depending on stage of lactation About 80% of the proteins in milk are caseins- reasonably heat stable and, for most, easy to digest Lactoferrin (14), an iron-binding protein, has numerous beneficial properties including improved absorption and assimilation of iron Ice cream — we don't drink milk, we eat Milk is our first food Mammals — short time milk 50 years ago 2000 pounds of milk per year Now top producers over 50000 pounds, how is it done ? Drugs, antibiotics, hormones, specialized cow breeding... breeding cows for specialized skimmed milk. Skimmed milk cow. Its insane , and rocket fuel Cow's milk also contain blood Kills Vitamin B6 --Pyridoxine Vitamin B12-Cyanocobalamin Diabitis — no proper enzymes to digest proteins