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Agriculture & Rural Affairs Committee
Senator Mike Brubaker, Chairman
Room 457 Main Capitol Building - Senate Box 203036
Harrisburg, PA 17120-3036

To Senator Mike Brubaker, and the Agriculture & Rural Affairs Committee

I am writing this letter to you to convey my concerns on the raw milk permit issue. I believe that all farmers in Pennsylvania have constitutionally secured, protected and guaranteed rights to produce natural, wholesome raw milk, raw milk foods and other foods for direct sale to consumers and that consumers, me being one of them, have constitutionally secured, protected and guaranteed rights to acquire and consume these natural, wholesome raw foods.

After spending half my life fighting weight issues, watching my mother die of cancer and my father suffering from heart disease and COPD (Coronary Obstructive Pulmonary Disease), I decided to do something about my future health. This began with educating myself on nutritional misinformation issues. I have said for years that processed foods can not be good for us with all the chemicals, approved by our FDA, put into the foods. Through my research I have learned that all processed food, is dead food. This includes pasteurized milk. Pasteurization of milk causes milk to contain cholesterol oxides and epoxides which cause atherosclerosis and cancer. Raw milk has non of these. After learning this and many other facts about pasteurized milk I made a radical diet change. I went on "The Makers Diet", a diet consisting of raw dairy foods, organic vegetables and fruits, free range beef, chicken, eggs and wild caught fish, eating according to Gods plan. Everyone in our home eats what I do. I have lost 40 pounds and have kept it off for close to 2 years. Something I have never been able to do. I no longer suffer from the shakes and a drop in blood sugar if I go too long without eating. I feel much better and have more energy. I have not been sick in over 2 years nor have I been to the Dr. My husband has lost weight and has no sickness from raw milk as he did when he drank pasteurized milk. I did not want to wait till we developed heart disease, cancer, or any of the other prominent diseases to change our eating habits.

I am so grateful for the farmers that give me the option to purchase raw dairy foods. I love raw milk, real butter, real cheese, real yogurt, and the best sour cream, Creme Fraiche I have ever had. I will never go back to pasteurized milk products. I don't expect everyone to agree with me on the raw milk issue, but I do expect you, the elected public servants for we, the people who elected you to office in Pennsylvania, to uphold my and the farmers constitutional right to buy and produce this real whole raw milk food that has been to given us from God, creator of all, without a permit to do so. This is a right not a privilege we all have according to the Constitution of Pennsylvania. This food has been consumed for centuries by millions, if it were so dangerous, do you really believe our ancestors would have continued to eat and drink it?

Please research this issue and educate yourself on all the facts about raw dairy. Read "The Untold Story of Milk" written by Ron Schmid, ND. Go to Weston A Price on the web: www.westonaprice.org. Google Raw Milk. Do this with an open mind and seek the truth.

I welcome the opportunity to sit down with any of you and discuss my concerns.

Thank you for your time.

Sincerely

Kathy Cook