

I have been using raw milk for over 3 years and am absolutley thrilled with the benefits of the magical liquid. I had been suffering with inflammation in my small and large intestines because of the large amount of intervenous antibiotics that were administered during my surgery and recovery from bi-lateral hip replacement in 2004. I had severe irritable bowel syndrome and very poor digestion. I started to use the raw milk and quickly added raw milk kefir and acidopholus milk to my daily food regime. I no longer have any inflammation and my digestion is much improved. I also have increased bone density from the added calcium and magnesium found in the unpasteurized milk. I am convinced that my bowell problems would not have healed from any medication (the only one available, Zelnorm, was recently recalled for causing heart problems.). and am confident that I am healthy because of the essential enzymes and other heat disturbed ingredients in raw milk. Please consider the needs and desires of the community and stay out of our kitchens. Leave the choice to the educated consumers.

Sincerely,  
Karen Schlachter

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