

# STACEY SPERBECK

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To whom it may concern,

Throughout my life I have had consistent stomach problems, and have always known it was somehow nutrition related. I would have diarrhea, gas, pain and cramps, all of which would leave me totally exhausted. I considered many causes such as stress, sugar, gluten, genetics, parasites, and dairy. I could never pin it down.

This year my family and I, through a series of events, were able to purchase local raw milk and all of its many products. We read about enzymes, and making our own cultured products like yougert, keifer and crème fraîche. After only 3 months of consuming milk in its whole and natural form, and totally eliminating every pasteurized product I can, my stomach is 100% healed. I don't even think about it anymore, where as before my day would be determined by how my stomach felt as soon as I woke up.

Unless elected officials begin to educate themselves about the benefits of un pasteurized products and the organic earth friendly ways in which they are produced, they are in effect ignoring the very people they are sworn to serve. Should everything we consume be "created" in a factory? It's a cow, it's milk, it's natural, and it's my constitutional right to consume it!

Sincerely,

Stacey Sperbeck