

**Arlene S. Warmbrod  
529 Mendenhall Avenue  
Knox, PA 16232**

September 14, 2007

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

Dear Senator Brubaker:

I purchase raw milk weekly from Piney Ridge Farm near Clarion, Pennsylvania. The owner, Arnold Diller, holds a Pennsylvania raw milk permit to sell raw milk on his farm.

On Friday, June 15, 2007, I was informed that Piney Ridge milk had been tested earlier that week by the Pennsylvania Department of Agriculture and that the milk had tested positive for *listeria monocytogenes*.

I purchased milk from Piney Ridge the Friday before the milk was tested and the Friday after, and made the decision to continue drinking the milk I had just purchased. I was recovering from a recent hospitalization for pneumonia and did not want to go back to drinking pasteurized milk. I suffered from chronic sinus infections before switching from pasteurized to raw milk and I did not want those symptoms to return, especially during my recuperation from pneumonia. I was also recovering from quadruple bypass surgery I had in March, so my immune system was quite weak. I did not become ill from drinking Piney Ridge Farm milk.

I have always been a milk drinker, consuming an average of 3-4 glasses of 2% milk a day. I was diagnosed with osteoporosis in my early 40s and the condition of my bones had been deteriorating over the years. In my late-60s, I was diagnosed with compression fractures in my lower lumbar spine and was told by local doctors and doctors at Cleveland Clinic that my condition would only continue to get worse and that I would soon be confined to a wheelchair. I switched to raw full-fat milk in 2003, after having kyphoplasty surgery on my compression fractures at the Cleveland Clinic. I learned that calcium is not as easily absorbed from pasteurized milk, so I decided I had nothing to lose and bone strength to gain by trying the raw milk. Drinking raw milk is the only change that I have made to my diet since 2003.

Against the advice of the surgeon and the rheumatologist I saw at Cleveland Clinic, I do not take any of the prescription drugs for osteoporosis and I have not taken calcium supplements since that spine surgery. When I have had my calcium and Vitamin D levels checked, they are now on the high side of normal, which is a surprise to the doctors. And, I have not had a fracture anywhere in my body since the surgery in 2003.

Also, an added bonus to my switching to raw milk was no more sinus infections. My doctor visits and prescription drug expense dropped dramatically after 2003. I also avoid getting the flu shot each year, and do not get the flu. I feel that drinking raw milk has been a real benefit to my immune system.

I respectfully ask that you continue to allow raw milk to be sold in the State of Pennsylvania, as well as allow farmers the right to sell the value-added products of raw milk, such as cream, butter, buttermilk and yogurt. Raw milk made a dramatic difference in my life and at almost 72 years old, I feel stronger now than I have felt in many years.

Sincerely,

A handwritten signature in cursive script that reads "Arlene S. Warmbrod". The signature is written in dark ink and is positioned below the word "Sincerely,".

Arlene S. Warmbrod