



Monthly Musings

FEBRUARY 2009

Healthy Milk

I recently read a publication I'd found in my doctor's office called *Women's LifeStyle* (February 2009), and I came across an article entitled "Good Bacteria? Probiotics Help Immune and Digestive Health". I expected to see the usual things listed, like yogurt and other fermented foods, and then I saw it!

"Probiotics are consumed in fermented foods such as yogurt, cheese and pickled vegetables and are also found in unpasteurized milk."

It actually said that in a free public magazine! Though unfortunately they didn't say anything else about raw milk in the article, at least they mentioned it at all.

I decided to look into this a bit more, especially since I'm currently taking antibiotics for my pneumonia and have been drinking my milk (one of the few things I can tolerate right now) and eating some of my homemade yogurt to try to combat the stuff that's killing off my good flora, too.

I found an article through the Weston A. Price Foundation website (of course!) that talks a bit about this, too:

"Real Milk--full-fat, unprocessed milk from pasture-fed cows--contains vital nutrients like fat-soluble vitamins A and D, calcium, vitamin B₆, B₁₂, and CLA (conjugated linoleic acid, a fatty acid naturally occurring in grass-fed beef and milk that reduces body fat

and protects against cancer). Real milk is a source of complete protein and is loaded with enzymes. Raw milk contains beneficial bacteria that protect against pathogens and contribute to a healthy flora in the intestines. Culturing milk greatly enhances its probiotic and enzyme content, making it a therapeutic food for our digestive system and overall health." (www.westonaprice.org/transition/dairy.html)

So for those of you who have resorted to antibiotics for whatever might be ailing you or your family during this time of many ills, don't forget your milk! It could be just the thing that helps get us through.

We don't sell milk

As much as we wish we could go to the store to get this wonderful milk, we just can't. At least not right now. At least not until the FDA realizes that they should be spending more time and money making sure that small dairies keep to certain standards of cleanliness and feeding and medicinal practices for their cows, instead of on trying to "catch the evildoers" who distribute raw milk.

In any case, I know I recently sent out an email on the subject, but we just want to remind you again that we don't sell raw milk. When passing the word along to others who might be interested in joining with us, please let them know the same. We want to be able to continue providing our services to deliver your milk to you, and we want to make sure our mission is clear. We are the go-between for you and our farmer to get your milk to you from your cows. Thanks!

Notices

- Shawn will be taking over Kristi's deliveries temporarily, until she recovers from this nasty walking pneumonia. Shawn's orders! Although Kristi will still be working online, answering questions, and helping new members, you can reach Shawn on her cell phone at **269-929-7144** for delivery information or questions.

Members Only

This is a reminder that we now have a "members only" section of our website. Members may log in with the username "xxxxxx" and the password "xxxxxxx". Please don't share this information with your friends--this is for our current members only. From this members only section, you can do the following:

- View our monthly delivery calendar (so you know who is delivering when).
- View and print current membership agreements and delivery information.
- View maps to all of our delivery locations.
- Get cell phone #'s for both Shawn and Kristi, so you can contact us directly.
- Pay for your monthly shares online via paypal (with a small fee to cover pp fees).

I  Raw Milk!