

Testimony in Support of the Sale of Raw Milk Products

House Ag Committee,

I urge a do pass on the legalization and sale of raw milk products in our state, backed by scientific research from peer-reviewed journals. While there a risks with raw milk, just like virtually any other real, living food source, for some reason milk is singled out as “scary” or “dangerous”.

Here are several key points to consider, beyond clinical experience in lifestyle related health care, that we see many people who change to raw dairy experience a night-and-day difference in improvement in various health problems:

1. Preservation of the Microbiome:

The human microbiome and preservation of a healthy microbiome, is being more and more validated as a cornerstone to overall health. Raw milk contains a diverse array of beneficial bacteria, enzymes, and probiotics that are integral to a healthy gut microbiome. Research by Butler et al. (2020) found that intake of unpasteurized milk is associated with increased *Lactobacillus* abundance in the human gut, which is recognized for its probiotic properties. This study supports the idea that raw milk can enhance digestion by aiding in the breakdown of lactose, contributing to gut health and potentially improving immune function. The enzymes present aid in digestion, and are denatured with the pasteurization process.

2. Nutritional Integrity:

Raw milk is noted for its higher content of vitamins A, C, and B12 due to its unaltered state. A review by Lucey (2015) discusses how pasteurization can lead to nutrient loss, emphasizing that raw milk offers these nutrients in their natural, most bioavailable forms.

3. Allergenicity:

Evidence suggests that raw milk might is less allergenic than pasteurized milk for some individuals. With 10% of the population showing allergenicity, this impacts a major portion of the population. The PARSIFAL study (2006) and the GABRIELA study (2011) both concluded there is a significant inverse association between farm milk consumption and childhood asthma, highlighting that raw milk consumption is linked with lower rates of allergies and asthma in children.

4. Economic and Local Benefits:

The legal sale of raw milk would support small-scale dairy farms by allowing them to capitalize on their high-quality product. This not only bolsters local economies but promotes sustainable farming practices. Although direct research on this topic is sparse, the economic benefits of local agriculture are well-documented in agricultural economics literature.

7. Historical Context:

The long history of raw milk consumption without pasteurization underpins its natural role in human diets and has historically been seen as a tool for helping to heal the body

In conclusion, the body of research supports the health, nutritional, and economic benefits of raw milk. I urge you to consider the legalization of raw milk sales under a framework that emphasizes education, quality control, and consumer awareness. This can not only empower consumers but also enrich our agricultural sector and potentially improve public health outcomes.

Thank you for your time and consideration.

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