

The Untold Story of Milk

REVISED AND UPDATED

THE HISTORY, POLITICS AND SCIENCE
OF NATURE'S PERFECT FOOD:
RAW MILK FROM PASTURE-FED COWS



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The role of raw milk in the rise of civilization, the milk problem that led to compulsory pasteurization, the politics of the dairy industry. Revised and updated with the latest scientific tests documenting the safety and health advantages of natural milk. This book will provide as a catalyst for that movement, providing customers with the reality and inspiration they need to embrace Nature's perfect meals. Natural milk is a motion whose time has come.



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More about nutrition than simply milk. Why the government plays dumb when it comes to knowing the risks of GMO usage. I understand a whole lot of biochemistry, chemistry, and natural science. This reserve brings many ideas jointly which will make sense. People do not know what real food preferences like. This publication is really as much about diet as milk. I am arriving at believe that prepared milk and un-natural ingredients in food has caused much of the disease from which we suffer (diabetes, heart disease, autism, Crone's, gluten intolerance etc. A real tree ripened peach, tomato or plum can be a world away from what's picked green and shown at extremely high costs in the retail stores. We consume sterile tasteless items that masquerade having the appearance of what is presented normally. Unpasteurized milk is a superb villain, but my father ate it direct off the cow in the 1930's without illness, so someone is lying. We choose the natural cow's milk during the weeks our goats are dry. We hope to get yourself a few cows. The inconvenience of raising a backyard, chickens, goats and cows is usually huge, but having natural, healthy, good tasting food is a large part of living an excellent life with hopefully great health. Why the misleading natural milk propaganda from the Center for Disease Control, and their insufficient concern about GMO's in the same breath; Take the time to prepare great food from good elements raised by small, local farmers or develop the meals yourself with good practices. Good meats and milk comes from happy pets elevated by caring farmers in a wholesome environment.. Everything we eat is prepared or grown without diversity in a commercial system...). Good food can be on the endangered list, completely unavailable to town people and tricky to find in even rural areas. Nice Review, by michelle: Though the author sometimes goes off on tangents or gets a little redundant at times, that is essential read book for anybody who wants to consider charge of what they eat and become truly healthy. Anyone who also reads this book won't look at one glass of milk in quite the same manner... I just finished scanning this book. I have read several books on keeping family members cows which briefly touched on some of the myths about natural milk and how unsafe it supposedly is usually; however, this book goes into depth to describe how raw milk, something that has been employed by mankind down through the centuries, found labeled by many in our federal government and commerce as unsafe and the way the regulations presently surrounding the creation and sale of milk are detrimental on so many amounts. It was a real eye opener in lots of respects, particularly when comparing the methods of town dairies a couple of hundred years ago, which resulted in the condition - and sometimes loss of life - of its customers, to the massive business dairies in operation currently. It really is clear we've come full circle with many of these practices that are not only bad for the cattle, but also diminishes the vitamins and minerals of milk and benefits that cattle when sustainably managed can provide to the environment - from assisting to build topsoil to sequestration of skin tightening and and beyond. History, in addition to my own knowledge, proves cattle are a valuable asset to the surroundings, but guy in his search for prosperity is mismanaging these pets and thus creating environmental disasters in many instances. Unpasteurized milk is a superb villain, but my father ate it straight off . I cannot rave more than enough about how delicious it is too!! both with regard to the environment and for the health of ourselves and our households. The milk obtainable in grocery stores isn't the health-enhancing natural milk our ancestors had open to them, but it ought to be. AWESome read!. The world should read this book. We've all been scammed to think that pasteurized milk is certainly healthy, it's 'burnt' and lifeless. No enzymes or good microbes. Body fat and proteins denatured from warmth and pressure. The milk which is pasteurized is usually high in blood, bacteria and puss from unhealthy cows who have been fed pesticide sprayed corn and soy crap, which is definitely why they have to pasteurize it and it still does not contain the nutrition we need like Vitamin K2. I'm so pleased I got this reserve and read it. Very surprising. Schmid, it is great with an open and honest conversation

about an individual Liberty and cost effective tool for superb health and extended life - natural milk, God Bless Very well crafted, great historical review. Many thanks to the author, RON YOU ROCK! We have to take better treatment of all of them! Our potential depends upon the soil/air/water and our cattle.. Who in their right thoughts ever thought acquiring cattle out of their natural environment, from life giving sunlight and access to green pastures, cramming hundreds or also thousands of them on a few acres of property and injecting them with hormones and antibiotics - treating them as a commodity rather than a full time income, breathing creature - would allow cattle to thrive and create a quality product for sale - whether for milk or meats? The best food originates from heirloom seeds which generate complex and unique fruit and veggies having natural DNA in their heritage. It's the usual ignore the reality and force the propaganda. I have been reading about GcMAF yogurt which can not be made in ultra-pasteurized milk, and is most beneficial made in clean milk. I cannot drink the plastic store bought milk and I seek out the farmers selling the natural, actual milk which my youngest daughter says tastes like drinking ice cream (from Jersey cows).. Great job (up to now, haven't read everything yet). it is great to have an open and honest conversation about an .Even if you don't think you'd want to have your milk raw, additionally, there are some really important political queries posed in this publication. health Short & You should read this reserve! Why health conscious Alta Dena Dairy of California, which produced superlative products was put out of business by the California Condition Health Division for doing just that. My asthma provides improved as involve some of my digestion problems. Read the book and you will understand why it is time for the American community to demand access to natural milk from pastured cattle once again. Five Stars Gotta protect the cows man A must browse for those thinking about food politics & For instance, does the government have the right to reveal what we can and will not really eat/drink? I am hoping you'll take a look! Makes an excellent companion piece to Foster Gamble's documentary film "Thrive: What On Earth DOES IT Take?" 3/4 of just how through this book I happened to view Foster and Kimberly Gamble's excellent documentary film, "Thrive: WHAT THE HECK DOES IT Take?" and instantly everything I was reading in Ron Schmid's meticulously researched book, "The Untold Story of Milk" made feeling if you ask me: Why all the attacks on little farms by the FDA; All young parents should browse this reserve. Since switching to natural milk six months ago, we have lost weight (due to more energy and workout from the milk) and experience much better than we ever possess before. I was created a dairy farmer (zero herd att). The FDA understands the truth about raw milk and its own demonstrated health insurance and environmental benefits, therefore does the Centre for Disease Control, and Monsanto, and Big Pharma, and all of the political parties in government. It's time that you know the truth about natural milk. And if you want to reclaim your meal supply, and reclaim your inherent human being rights to govern your own body and what goes into it, then you really need to read this book. 1st comes knowledge. After that comes action. Well crafted..! Many thanks Dr. Now I understand why.



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