

Raw milk – history, health benefits and distortions

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Abstract

Cows had a pervasive influence on colonial America, literally saving the Jamestown colony and sustaining the early settlers and the movement West. But by 1900, America's cities had a "milk problem" caused by contaminated raw milk from "distillery dairies." One solution was pasteurization; the other was the certification by medical doctors of carefully produced raw milk. A large body of scientific research and clinical experience clearly established the health benefits of raw milk from grassfed animals, but a pervasive campaign of deliberate lies and innuendo about raw milk contributed to the loss of millions of small farms and led to the general unavailability of raw milk today.

Francis Pottenger's life and work serves as an example of the outstanding research that demonstrated beyond any doubt the superior nutritional value of raw milk as compared to pasteurized. Pottenger's work was viciously attacked in an article published in 1984 by the *Journal of the American Medical Association (JAMA)*; the authors used logical tricks to completely distort Pottenger's findings.

The demise of small farms and raw milk is the result of a concentration of wealth and power that began in colonial times, when an untitled aristocracy was granted control of America's land and economy. Today, a corporate and government elite has extended control to the nation's food supply (and medical system). The reversal of this situation is a political problem. Widespread availability of raw milk from grassfed animals could help solve many of the problems the nation faces, including the health care crisis.

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