

For Real Taste and Genuine Nutrition—Drink the Udder Milk

By Loraine R. Dégraff

“Drink your milk. It’s good for you!”

This was the cry in countless homes across the nation prior to the 1900s. Then, approximately 50 years later, the tune changed drastically for many. “Don’t drink milk. Milk and other dairy products are no good,” was the new cry throughout the land.

Okay. So, can the real story of milk please come forward?

The Story of Milk

In spite of the fact that milk, real milk, has a 150-year history of treating a variety of illness and diseases, it was condemned in the 1950s as a carrier of bacteria and pathogens that promoted sickness and the very diseases that it had hitherto treated.

Let’s back track to the early 1600s when European dairy cows were first brought to North America. These cows were healthy and strong and produced delicious whole milk that could be made into fresh cream and buttermilk, butter, soured skim milk, and nutritious curds and whey. Milk and milk products in rural America were limited to the home or local use. With the movement of the population from the farms to the cities (the turn of the 19th century), milk began to be mass produced in order to make it a commercially viable product. Mass production brought about several conditions that negatively affected the very nature of real milk:

- The move from free range grazing to factory farming created unsanitary conditions and practices due to confinement in manure-filled feed lots. The result of this move was an increase in disease and, unfortunately, sickness and death.
- The administration of antibiotics for combating diseases spread from unnatural confinement. These antibiotics often spread into the tissues of the animals as well as the milk.
- Pasteurization—another attempt to curb disease killed not only bacteria but enzymes and other nutrients in the milk and made milk difficult to digest.
- Homogenization destroyed the vitamin A and D-rich butterfat globules. These vitamins are needed for assimilation of calcium and protein in the water portion of the milk.
- The introduction of modern feeding methods, such as high-protein, soy based-feed caused allergens and carcinogens in the cows and decreased their production of vitamins A and D.

- Injections of BST (Bovine Growth Hormone) and harmful chemicals to enlarge pituitary glands and increase milk production caused stress upon the animals.
- Dangerous additives altered the taste and nutritional value of the milk

Milk produced under these conditions was and is a far cry from the creamy, nutrient-rich drink of the 1600s. Which brings us to . . .

The Udder Milk Story

The Udder Milk Co-op believes in consuming fresh foods that are locally and organically farmed for best nutrition and value. These foods are healthier than any supplement you can purchase on the market. They also believe in delivering “real milk” to their customers.

“Real milk” or raw milk is defined as milk that is not homogenized or pasteurized, has all of its fat, and comes from good old-fashioned, grass-fed cows. This is the milk that strengthens the immune system and grows healthy bones and teeth in children. Raw milk from clean, healthy cows bears no comparison—in taste or nutrition—to the watered-down version of milk sold in supermarkets today. The health benefits of this type of milk are numerous including stronger bone structure, better organ development, easier nutrient assimilation, increased fertility and even improved behavior.

Kathy at Udder Milk is a strong advocate for real nutrition provided by real milk. Kathy says the nation has been brain-washed to believe there is lactose intolerance when there is, in actuality, “pasteurization intolerance.” Consuming pasteurized milk is destructive. Consuming raw milk is strengthening. America is a strong nation built on strong principles. Wouldn't it make sense to stick with a high quality dairy product that would strengthen its people?

Udder Milk Creamery Co-op offers milk from two farmers that have mixed herds of cows, strengthening including Short Horns, Dutch Belted, Guernseys, Brown Swiss and some Jerseys, and two farmers with all-Jersey herds. They deliver to NYC, Brooklyn, Queens, Staten Island, Westchester and all of New Jersey. No delivery charge. Visit uddermilk.com to become a member.