

"We need never be hopeless because we can never be irreparably broken."

- John Green

This is a perfect quote for me this month because it's a great reminder that no matter how broken we think we are, it's a temporary state. The feeling will eventually subside over time and time eventually does heal all wounds. It doesn't mean that we ever totally get over what we think has broken us, but we learn how to live with it. People say that God never gives us more than we can handle and I have to believe that. So in this New Year, whatever heartbreak you may be facing, know that time will help heal you and the people who love and support you will help you on that journey.

In this New Year, resolve to be hopeful, happy and healthy. If you need some guidance, call me.

Yours in health,



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The Benefits of Raw Milk

"Got Milk?" Once upon a time, that was a very popular, but now retired ad that appeared in many magazines. In it, the latest hot celebrity or athlete was pictured with a milk mustache. It was the dairy industry's way of encouraging milk consumption. Over 300 celebrities/athletes were featured in those ads over the years. But despite them, milk consumption fell. Between 1978 and 2008, the number of children who didn't drink milk rose from 12% to 24%. Thirty years ago, 21% of adults reported drinking milk for dinner. By 2008, that number dropped to just 9%. What made it worse was that milk consumption was replaced by soda and sports drinks, not the healthiest choices.

But milk was never as healthy as those "Got Milk?" ads claimed. Here's why. Most milk is full of antibiotics and growth hormones, which is why you should buy organic milk. Sure it costs a little more, but look how expensive a latte from Starbucks is. It makes the cost of organic milk seem reasonable. But there's something even better out there. Unfortunately, it can be difficult to find, especially in states where the government has deemed it "unsafe" and made its sale illegal. But here's the real story and why the only milk we drink in our house is raw.

Raw milk is natural and comes from cows, goats or sheep, but in some places, camel or buffalo. It's not heated above the animals' highest body temperature of about 101-105 degrees. It's not pasteurized, homogenized or frozen and hasn't been changed with additives, chemicals or light. Raw Milk is unprocessed and nutrient rich. You see, while milk has many nutrients, most of them are lost in the government-required homogenization and pasteurization processes. What you haven't been told is that there are many health problems that may be caused by processed milk. Here are just a few of them:

- Allergies and asthma
- Tooth decay
- Colic
- Growth problems and ear infections in children
- Osteoporosis and arthritis

Back when we drank raw milk routinely, these health problems were much rarer. Think about it: babies who drink breast milk, which is raw, tend to have far fewer health problems later in life than babies who drink formula.

Pasteurization is the process of heating milk to at least 130 degrees for at least 45 seconds, or 160 degrees for at least 15 seconds. This process ultimately destroys and adversely changes many nutrients and immune-enhancing benefits of milk by exposing them to this high heat. Vitamin A is degraded, Vitamins B6, B12 and beneficial bacteria are ultimately destroyed. Many other vitamins are also diminished. Raw milk sours naturally. Pasteurized milk basically rots. The pasteurization process doesn't actually sterilize the milk, so any remaining bacteria is easily contaminated and can cause health issues. Those in favor of pasteurization have lied to us and used fear tactics to get us to accept what they say. The truth is that pasteurization can cover up contamination and ultimately encourage the production of what's known as "dirty milk." The law requiring pasteurization favors large dairy operations that have lots of lobbyists. Raw milk has been shown to have a high safety record.

The homogenization process forces milk through a screen or tiny tubes under pressure. This tears apart the fat in milk, which then reduces its size and damages the membranes around it. This allows it to absorb casein, which is milk protein. This is most likely why many people have milk allergies. Homogenization also keeps the cream from separating from the milk so it appears consistent and keeps it from turning sour. The much better choice for health is raw milk.

Here are some of the benefits of raw milk:

- It's a living whole food that contains microorganisms and nutrients helpful to our immune system. Pasteurization destroys these beneficial microorganisms.
- It's much easier to digest raw milk's protein, lactose and fat, which allows easier absorption of its vitamins and minerals.
- It promotes digestive and dental health.
- In a study of 14,893 children aged 5-13, it was the strongest factor in reducing asthma and allergy risk. Children drinking raw milk had 41% less asthma and 50% less hay fever.
- It contains nutrient-rich butterfat, which is high in both short-chain and medium-chain fatty acids. These help protect against disease and can help stimulate the immune system.
- Like grass-fed organic beef, it contains CLA (conjugated linoleic acid), which has powerful anticancer properties.
- It tastes really good.

Unfortunately, for some reason, raw milk is a big political issue. My guess is because the milk lobby is so large and powerful. Raw milk is legal to buy from farms in 26 states. Some retail sales are allowed in 10 states. My home state of Virginia isn't one of them, though I have a source from which I am able to buy it. In my opinion, there is NO REASON why the sale of raw milk should be illegal. It's just another example of our government keeping us from healthy choices. The key to wellness is finding the CAUSE of what's making us sick and addressing that. Most of our doctors treat SYMPTOMS, which often makes us sicker. Raw milk is just one more tool we should have in our healthcare shed to keep us from the dangers of the antibiotics, growth hormones, pasteurization and homogenization from store-bought milk. Remember, organic milk is typically still pasteurized and homogenized.

For more information on raw milk, check out www.rawmilk.org, www.ppnf.org, www.raw-milk-facts.com and www.realmilk.com. If you live in Northern Virginia and need a source for raw milk, please contact me.

So the question I have for you now is, "Got Raw Milk?" Have a very healthy month.