

## Benjamin Fiskeaux

I am overjoyed at the proposal to finally legalize sale of raw milk and other dairy products in their raw superior form. Some other states have done so with success! I have been drinking raw milk via herd share agreement for the last two years and I have only had positive outcomes from it! It's an amazing food when raw because the vitamins, minerals, enzymes, and bacteria are in tact which aids digestion and bolsters amazing health. The bacteria in raw milk is healing for you and not to be feared at all. I've never felt ill symptoms from drinking it. Everyone I know who tries raw milk loves it! This change would also be a win for freedom of choice. We should all be able to choose what quality of food we put in our bodies. Thanks for reading and have a lovely day! - Benjamin

# RAW MILK vs. CONVENTIONAL MILK

Nutrient and Immune Factors	Pasteurized Milk	Raw Milk
Vitamin A	35% Reduction	100% Active
Vitamin C	25-77% Reduction	100% Active
Vitamin E	14% Reduction	100% Active
Iron	66% Reduction	100% Active
Zinc	70% Reduction	100% Active
B-Complex Vitamins	38% Reduction	100% Active
Calcium	21% Reduction	100% Active
Enzymes	100% Destroyed	100% Active
Immunoglobulins	Damaged	100% Active
Whey Protein	Denatured	100% Active

Dr. Axe

# Raw Milk Compared to Other Milks

Nutrients and Immune Factors	RAW Human Milk	RAW Cow's Milk	Pasteurized and Ultra Pasteurized Cow Milk	Pasteurized Almond Milk	Pasteurized Soy Milk
Beneficial Enzymes	ACTIVE	ACTIVE	INACTIVE	NONE	NONE
Diverse Probiotics	ACTIVE	ACTIVE	DESTROYED	NONE	NONE
Lactase-Producing Bacteria	ACTIVE	ACTIVE	DESTROYED	NONE	NONE
Healthy Fats	ACTIVE	ACTIVE	DAMAGED	DAMAGED	DAMAGED
AA, CLA, DHA, & EPA	ACTIVE	ACTIVE	DAMAGED	NONE	NONE
Proteins	ACTIVE	ACTIVE	DAMAGED	DAMAGED	DAMAGED
Bioavailable Vitamins	ACTIVE	ACTIVE	REDUCED	ALTERED	ALTERED
Bioavailable Calcium	ACTIVE	ACTIVE	INHIBITED	INHIBITED	INHIBITED
Bioavailable Phosphorus	ACTIVE	ACTIVE	INHIBITED	ALTERED	ALTERED
IgA/IgG Immunoglobins	ACTIVE	ACTIVE	DESTROYED	NONE	NONE