The 15 Things that Pasteurization Kills

By Mark McAfee, Founder OPDC

There are two raw milks in America, one for “people” and one for the “pasteurizer”.

Raw milk for people is clean, pure comes from cows on green pastures and is regulated on a state by state basis.

Raw milk for the pasteurizer is regulated by the FDA under the Pasteurized Milk Ordinance (PMO) and can be filled with pathogenic bacteria. Raw milk intended for pasteurization is commingled from many CAFO dairies and is never tested for pathogens.

The War Against All Bacteria is No Longer in Your Best Interest

The FDA sits at the very top of the PMO food chain system and reigns as the military dictator over the rules and regulations of the PMO. Yes….they wear military uniforms and yes…they are the absolute last word at the NCIMS (National Conference on Interstate Milk Shipments, the organization that runs the PMO). So I do not exaggerate when I say military dictatorship. No one moves or breathes and or thinks a thought with out FDA approval when it comes to pasteurized milk or its rules.

Pasteurization has passed its useful time. It may once have been seen as a scientific breakthrough to stop the deadly “Milk Problem” scourge from filthy distillery dairy raw milk in the mid 1800’s, but dirty milk is no longer a misunderstood challenge.

Yet…the FDA can not change with the science or times or the will of the people. Instead the FDA stays steadfast in a war against all bacteria. Their battle plan, as issued and envisioned 80 years ago, stays the same today. Our government is unmoved, even though our best scientists from Yale, Princeton and the NIH now have proven that the human immune system is at least 80% made up of the protective biodiversity of bacteria living in the human gut.

This taxpayer funded war on bacteria continues even though these primitive government policies are now the origin of tens of thousands of American deaths per year from devastated immune systems.

Sterile foods, food preservatives and antibiotic abuse have robbed us of our health.
It would seem that the FDA has no concern what-so-ever for the American Immune system and has but one solution. See your doctor and take an FDA approved pill.

Raw milk is fast becoming the number one hot food topic and has emerged as a high priority health food in America. This defiant grassroots movement is fueled by the truth and the internet. People need and want clean raw milk that is produced in organic, grass fed conditions.

Raw milk retains its enzymes, good grass fed fats and wonderful bio-diverse immune system rebuilding beneficial bacteria and works wonders for the depressed immune system of the common American.

Raw Milk changes and saves lives…yet the FDA hates raw milk like no other thing on earth.

**The Top 15 Thing That Pasteurization Kills**

Tragically, pasteurization has killed much more than TB and Typhoid in the 1800’s and covers up much more than the filth of the distillery dairy in downtown Boston in 1875. Pasteurization has had massive and tragic side effects. These side effects have been ignored by the FDA and down played by industry. To accept the facts would be a surrender to a 100 Years' War indiscriminately waged against all bacteria. A 100 year war that has now turned to attack the immune system of the American that it was thought to protect.

The FDA, instead of fighting germs, is now killing Americans.

And pasteurization has killed much more than a few bad bugs…it is killing the foundation of America.

Here are the top 15 things that Pasteurization has killed that the FDA and Big Dairy industry refuses to acknowledge or discuss.

To do so would be to surrender and to invite a marketing disaster. These are the origins of why the FDA and Big Dairy Ag processors fight desperately to suppress the American raw milk uprising and the truth that it speaks.

1. **Pasteurization has killed the family farm, jobs and the American Dream** by replacing responsibly produced clean raw milk with “filth excusing pasteurization” which allows dirty milk to be sold as clean milk.

   The prices now paid for raw milk that is sent to be pasteurized is so low that it does not cover the cost of production. There is nothing that a farmer can do to increase the milk price in this system. His work is for nothing and he is desperate. For every load of raw milk that he sends off he sends
more and more of his farm equity and his blood sweat and tears.

Pasteurization does not create clean milk it just kills filthy milk.

2. **Pasteurization has killed the dairy markets.**

Twenty to 50% of the American population do not drink pasteurized milk because of either mal-digestion or lactose intolerance, but yet those same Americans can drink raw milk because it is whole with all of the enzymes and beneficial bacteria present.

America has become pasteurization intolerant. Only 14% of CAFO fluid milk produced in California is actually ever bottled for fluid use….most gets made into dried powdered milk or processed cheeses.

Today truck loads of milk intended to be pasteurized is dumped down the drain and is never processed. This is the absolute proof of the disconnect between consumer and farmer. The farmer does not even know what becomes of his food and or how much to produce.

3. **Pasteurization killed “the connection between the farmer and the consumer”**.

Some farmers that produce pasteurized milk have no-trespassing signs at the edges of their property that say….“Trespassers will be shot and survivors will be shot again”.

They have no reason to visit with a consumer about selling their dairy products. They get paid by a processor, not a consumer. All of their fluid milk is sold off to a common processing plant to be commingled with all other dairy milk in a commodity market system.

The farmer now has no idea that he is “over producing” and making the wrong products. The farmer has no idea that people do not drink pasteurized milk because of lactose intolerance. If the farmer could ever talk with a consumer….they would not do what they are over-doing.

4. **Pasteurization kills farmers.**

In January, dairy farmer Dean Pierson of Copake New York entered his barn with his rifle and plenty of ammunition, killed all 51 of his precious milk cows, then tragically took his own life.

There have been many suicides of dairymen in the last two years with two in California last year. The incidence of dairymen suicides follows the prices paid for pasteurized milk in the heartless disconnected pasteurized
When prices fall, suicides rise. This is because there is absolutely nothing that a dairyman can do to change the market price by working harder to sell better tasting or higher quality milk.

The pasteurizer has covered-up and masked all of these possible value added possibilities. He gets what he gets and that more often than not... is an economic roller coaster ride from FDA CAFO hell.

The universities tell the next generation to “get big or get out” and provide no classes on value added ideas to break away from the “Milk Pool” and the PMO. There is no hope.

The far better message is “get green, get clean, get local, and get consumer connected”.

A university professor speaking these words would be like... “entering a Catholic Church and screaming There Is No God in the middle of Sunday morning mass.” Grants are given to Universities to study and support claims from Monsanto and antibiotic manufacturers for Big Dairy. The fastest way for a professor to be removed is to object to Big Dairy projects. The result, all of the dairymen’s sons and daughters are taught to “get big or get out.” The next well-educated generation has no hope either.

5. **Pasteurization killed Antibiotic effectiveness for all of us.**

By creating a commodity dairy market system that relies heavily on antibiotics, fed in feed at CAFO Mega dairies to support massive milk production, the antibiotics now used in American hospitals for humans no longer work.

Tens of thousands of Americans now die each year because of superbugs created by CAFO antibiotic abuse.

MRSA and VRA drug resistance is now a major cause of death and there are fewer and sometimes no antibiotics left to kill the bad bugs and save real human lives. The FDA refuses to ban or limit use of antibiotics in CAFO’s feed and instead testifies for the CAFO industry (Senator Dean Florez SB 362 Sac CA in 2009).

6. **Pasteurization killed the digestibility of milk and its delicious milky reputation.**

Now milk is no longer a food with a good reputation and the dairymen do not even know it. It causes or triggers gas cramps, allergies, diarrhea,
asthma attacks, mucus production, constipation, gastric cramping and so called “Lactose Intolerance”.

This has caused the dairy industry to lose many consumers to SoyMilk, RiceMilk, AlmondMilk and even HempMilk. None of these fake milks come from mammalian animals with teats.

The dairy industry did this to themselves because the processing industry runs the dairy industry. A processor loves a dairyman in desperation. It allows for dirt cheap pricing….and so what if the processor does not bottle milk. The dairy processor can bottle water, soy milk, rice milk, almond milk or hemp milk. All the processor cares about is processing “throughput”.

Last year, the processors spoke about the new emerging dairy product category called… “branded bottled water”. Dairymen have not spent enough time in the market and have delegated to the “processors” the most important thing that they can do….connect to consumers and tell the consumer their story and listen to feedback. Now the fat Fox has eaten their chickens.

7. Pasteurization has ruined our water supplies.

Wherever a mega dairy CAFO is located there are huge lagoons. These manure and chemical filled lagoons often leach into underground aquifers. It is nearly impossible to keep these lagoons from leaching into the underground water supplies. The best new technologies do protect from leaching but their plastic or rubber lined lagoons are extremely costly and older dairies are not required to install them.

8. Pasteurization has damaged our air quality.

Cows that are kept in CAFO system confinement and fed huge amounts of grain produce massive amounts of methane gas. These gasses are not good for air quality, earth health, cow health or human health or the dairy industry reputation for stinking downwind.

Some dairies now capture this methane gas as a resource to be sold for energy. 99.9% of dairies do not. There are 1.9 million cows in CA that live on 1800 dairies. Few of these dairies use pastures to feed their cows (nearly none), aside from a few organic dairies.

When cows are fed pasture, their production of methane gas is a minute fraction of what is produced in CAFO systems. Pastures also allow the sequestration of carbon and recycling of manure directly back to living plant-life. Really good for the cows and the earth.
9. **Pasteurization has killed individual responsibility for milk quality and even how the dairy looks.**

When no one cares about how the dairy looks because no one ever comes to visit…the dairy can start to look pretty darn horrible. Calves in dirty hutches, cows deep in manure, nothing painted, nothing clean and nothing green.

The milk quality will not matter either. It is customary that a dairyman with poor quality milk just adds some chlorine bleach to the bulk tank to kill the bacteria and pass the inspectors test sample.

This is something that the “consumer connected” raw milk dairymen would never ever do.

Some pasteurized milk producers would never do this either. However, that does not matter….his good milk gets commingled with all the other milks and his individual quality is now irrelevant.

10. **Pasteurized milk kills jobs and is economically, nutritionally and socially killing America.**

In Economics 1A….the first thing the professor says is that all new money in our American economy is created at the start of the food chain with mining, fishing and farming.

America has outsourced much of its food chain to China and other unwatched places and with that, all the beginnings of new money to excite, stimulate, locally feed and fund America is gone.

Whenever raw milk is produced and consumed for human consumption, life springs forth, there are jobs and there are healthy happy cows and people.

Raw milk brings new immune strength, new economic life in the economy and new hope for a better world. Consumers give farmers feedback about flavor and animal treatment. Pastures are green and farmers are well paid and loved.

11. **Pasteurized milk kills asthma sufferers and as a result doctors prescribe a diet without pasteurized dairy products.**

Milk triggers asthma by destabilizing MAST cells that release histamines that cause inflammation, mucus production and bronchial spasm. Pasteurized milk is a partial food product that is missing digestive enzymes and nearly all of its beneficial bacteria.
Pasteurized milk (with rare exceptions) comes from cows fed a ration based on corn not pastures and forage. This changes the fatty acid profiles. These corn based fatty acids have low omega 3 and high 6 and no CLA.

These are the bad cholesterols found in the American diets today.

Raw milk is the opposite and heals and prevents asthma by stabilizing MAST cells and reducing inflammation as shown by dramatic lowering of “C reactive protein levels”.

Raw milk rebuilds immunity by allowing the safe consumption of biodiversity in our diets. These bacteria then re-colonize the gut and become our immune protective and digestive ecosystem armies.

12. **Pasteurized milk kills bone density.**

It has long been known by doctors that low fat pasteurized milk is a real problem when considering bone density and osteoporosis.

The test for pasteurization is called the negative Alpha Phosphatase test. When milk has been heated to 165 degrees and pasteurization is complete the enzyme phosphatase is 100% destroyed.

Guess what….this is the enzyme that is critical to the absorption of minerals and calcium!!

Raw milk contains as its third highest level of enzyme the phosphatase enzyme and those people that drink raw milk enjoy increases in bone density.

13. **Pasteurization killed scientific integrity in America.**

The FDA and the dairy industry have begun to lose all credibility for integrity in science and telling the truth to Americans as a direct result of protecting industrialization and its market sectors.

Now it is a matter of fact that the FDA refuses to be quoted and interviewed in Raw Milk and food documentaries that expose the lies and deception.

The FDA refuses to acknowledge their own NIH websites that make reference to the missing beneficial bacteria in our diets that historically have come from Kefirs and “Ancient” milk.

‘Ancient milk’ is politically correct FDA lingo for ‘raw milk prior to
pasteurization’. Instead, the FDA makes war on all bacteria through their sterilized, anti-life, pro-drug concept of health. Universities will not study raw milk because of the pasteurization protective grant systems put into place by corporate America and Monsanto.

14. **Pasteurization kills cows and green pastures.**

Seventy-five years ago, there were friendly cows on green pastures all over America. Pasteurization has effectively paved the pastures and now forces the cows to be fed soy protein concentrates and 40 pounds of grain per day along with antibiotics and hormones.

These CAFO dairy feeds increase milk production to numbers never seen before in the history of earth. It is not uncommon for some CAFO dairy cows to produce 150 pounds of milk per day (20 gallons) and be crowded into pens deep in manure with thousands of other cows.

The stress of being milked up to four times per day and laying in artificial rubber beds shortens their lives to just 40 months.

A cow on pastures will produce much less milk (4-5 gallons per day) and live ten years or more, easily, in true happiness and health.

Raw milk from pasture-raised cows is rich in beneficial fatty acids, beneficial bacteria, rare and essential enzymes and CLA something that CAFO cows cannot brag about.

None of the CAFO raw milk can be used for human raw milk consumption. It contains the wrong kinds of bacteria and **must** be pasteurized.

Pastures, natural feed and sunlight are critical to the safety of raw milk. There is no fooling or tricking mother nature. Raw milk producers make a pact with nature not war against her.

15. **Pasteurization is racist.**

The dairy industry time and time again claims that if you are black or if you are Asian that you have a deficiency. You have something wrong with you.

The fact of the matter is that the Maasai in Africa and the Chinese outer Mongolians have drunk raw milk for thousands of years….without Lactose intolerance. There are virtually no human babies on earth that reject their own mother’s breast milk. That breast milk is raw milk. The same goes for nearly all grown or growing humans.

All people can drink raw milk if given a chance because the enzymes and
lactase producing bacteria that re-colonize the gut are found in raw milk.

Raw milk is food for all people. It is color blind unlike pasteurized milk produced by corporations seeking answers to the deficiencies found in their processed dead partial milk.

What people are is “Pasteurization Intolerant”.

**But, there’s Still Hope**

Pasteurized milk did not, however, kill the will of a small group of pioneering farmers and their consumers to fight and expose the truth.

This brings great news….Raw Milk for humans is the solution and has exactly the opposite effect on farmers, the cows, the earth, the consumer.

Raw Milk is now rapidly emerging as a farmer to consumer connected market. Things had to get really shockingly bad for the people and the farmers to see what really bad was.

Now new life comes forth and there is new hope and health and it is local and it is grass roots. It will not be easy….the FDA and Big Dairy will fight to protect what they took from us, the earth and the cows for the last 100 years.

Keep your cameras ready and blog the truth of your raw milk experiences.

Nothing like a little truth therapy to bring some light into the darkness of the last 100 years of lies and false promise. Not to mention serious gas cramps and diarrhea.

Good riddance to dead milk and the FDA 100 Years' War against all bacteria.

We must stop thinking that killing everything will make us well. Our immune systems depend on biodiversity and the wholeness of our foods and so does our social conscience and everything else good on God’s green earth.

**About the Author**

*Mark McAfee is the founder of Organic Pastures Dairy Company* [www.organicpastures.com](http://www.organicpastures.com), the first organic dairy in Fresno County, California. *His dairy is a pasture based, integrated organic farm with closed nitrogen loop, no lagoons and no concrete, just “clean and green pastures.”*

*He now employs 40 people and provides retail ready raw organic dairy products to more than 400 California natural food stores Sales are growing at 20% or more per year and now exceed $5 million.*
The State of California has tested OPDC raw milk for the last eight years and has never found one human pathogen in more than 110 million servings.