



A must read, if you are consuming pasteurized or homogenised food especially MILK.

Dangers of Pasteurization and Homogenization

When certain procedures go unquestioned, we accept them as being “just the way things are.” But pasteurization and homogenization denature foods. They alter the chemical structure of food, make fats rancid, destroy nutrients and result in the formation of free radicals in the body. ***The fact is everything we know about cow's milk and dairy is probably part of a dairy industry myth.***

Pasteurization

Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B12 and B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer.

Calves fed pasteurized milk do poorly and many die before maturity. Raw milk sours naturally but pasteurized milk turns putrid; processors must remove slime and pus from pasteurized milk by a process of centrifugal clarification. Inspection of dairy herds for disease is not required for pasteurized milk. Pasteurization was instituted in the 1920s to combat TB, infant diarrhoea, undulant fever and other diseases caused by poor animal nutrition and dirty production methods. But times have changed and modern stainless-steel tanks, milking machines, refrigerated trucks and inspection methods make pasteurization absolutely unnecessary for public protection.

And pasteurization does not always kill the bacteria for Johne's disease suspected of causing Crohn's disease in humans with which most confinement cows are infected. Much commercial milk is now ultra-pasteurized to get rid of heat-resistant bacteria and give it a longer shelf life. Ultra-pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in less than two seconds.

All almonds produced in the state of California, destined for the U.S., Canada, and Mexico are required (mandatory) to be pasteurized. Even organic almonds will be required to be pasteurized, even though there has been absolutely no incident of salmonella poisoning among organic almonds.

California is the only U.S. state that commercially produces almonds. According to the Almond Board of California, California grows 80% of the world's almonds. The pasteurized almonds will not be required to be labelled as "pasteurized" and may only be labelled "raw", effectively misleading consumers!

One of the possible methods of pasteurization uses propylene oxide, a highly flammable and “highly toxic ” chemical used in thermobaric weapons. Foods treated with the chemical are banned in some countries, including Canada and Mexico, as well as the European Union. The Weston A. Price Foundation has launched a campaign called Real Milk, to educate consumers about the health benefits of raw dairy, and the dangers of pasteurization.

To be continued

*Farming Secrets says: **It is time for the real news to be heard***

Ref: Cowgrazing.club