



PO Box 3393,
Port Elizabeth,
6056
South Africa

Email: muftis@themajlis.co.za
[The Majlis](http://TheMajlis.com)

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THE HARMS & DANGERS OF PASTEURIZED, HOMOGENIZED & LONG-LIFE MILK

Among the diseases attributed to pasteurized, homogenized and longlife milk are: **diabetes, osteoporosis, heart diseases, allergies, chronic fatigue and a host of degenerative diseases.**

“Heat alters milk's amino acids lysine and tyrosine, making the whole complex of proteins less available; it promotes rancidity of unsaturated fatty acids and destruction of vitamins. Vitamin C loss in pasteurization usually exceeds 50 percent; loss of other water-soluble vitamins can run as high as 80 percent; the Wulzen or anti-stiffness factor is totally destroyed as is vitamin B12 needed for healthy blood and a properly functioning nervous system. Pasteurization reduces the availability of milk's mineral components, such as calcium, chloride, magnesium, phosphorus, potassium, sodium and sulphur, as well as many trace minerals. There is some evidence that pasteurization alters lactose, making it more readily absorbable. This, and the fact that pasteurized milk puts an unnecessary strain on the pancreas to produce digestive enzymes, may explain why milk consumption in civilized societies has been linked with diabetes.

Last but not least, pasteurization destroys all the enzymes in milk- in fact, the test for successful pasteurization is absence of enzymes. These enzymes help the body assimilate all bodybuilding factors, including calcium. That is why those who drink pasteurized milk may suffer from osteoporosis. Lipase in raw milk helps the body digest and utilize butterfat.

After pasteurization, chemicals may be added to suppress odor and restore taste. Synthetic vitamin D2 or D3 is added - the former is toxic and has been linked to heart disease while the latter is difficult to absorb. The final indignity is homogenization, which has also been linked to heart disease.

Powdered skim milk is added to the most popular varieties of commercial milk-one-percent and two-percent milk. Commercial dehydration methods oxidize cholesterol in powdered milk, rendering it harmful to the arteries. High temperature drying also creates large quantities of crosslinked proteins and nitrate compounds, which are potent carcinogens, as well as free glutamic acid, which is toxic to the nervous system.

Modern pasteurized milk, devoid of its enzyme content, puts an enormous strain on the body's digestive mechanism. In the elderly, and those with milk intolerance or inherited weaknesses of digestion, this milk passes through not fully digested and can build up around the tiny villi of the small intestine, preventing the absorption of vital nutrients and promoting the uptake of toxic substances. The result is allergies, chronic fatigue and a host of degenerative diseases.

All the healthy milk-drinking populations studied by Dr. Price consumed raw milk, raw cultured milk or raw cheese from normal healthy animals eating fresh grass or fodder. It is very difficult to find this kind of milk in America. In California, New Mexico and Connecticut, raw milk is available in health food stores, although such milk often comes from cows raised in confinement.

In many states you can buy raw milk at the farm. If you can find a farmer who will sell you raw milk from old-fashioned Jersey or Guernsey cows (or from goats), tested free of tuberculosis and brucellosis and allowed to feed on fresh pasturage, then by all means avail yourself of this source.”

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