



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Safe Raw Milk

Mother Nature plans quite well. She provides absorbable calcium in numerous tasty food sources. The first category people generally think of when it comes to calcium is dairy. It is important to remember to choose dairy products with no added hormones, especially the synthetic growth hormones used for cattle.

Read more about calcium and plant-based sources on pages 66-73 **Your AGING Body Can Talk**.

When selecting dairy products, opt for pasture-raised and organic versions, and for whole milk rather than low-fat or processed varieties. Raw milk, provided by conscientious dairies, is most preferable. Pasture-raised cattle produce richer milk. This milk is particularly rich in vitamin K, which helps our calcium utilization. Properly handled raw milk has a higher amount of vitamins (C, B₆, B₁₂), probiotics, intact enzymes and proteins than pasteurized milk.

Sources for Safe Raw Milk and Organic Pasture-Fed Dairy Items

- Farmer's Markets
- Local organic farms, dairies, and farm stands
- Buy a share of a cow or goat
- Consult Farm to Consumer Legal Defense Fund (www.FarmToConsumer.org/), and Campaign for Real Milk (www.RealMilk.com)
- Dreaming Cow (<http://dreamingcow.com>)
- KerryGold® grass-fed butter and cheese (<https://www.kerrygoldusa.com/>)
- Straus Family Creamery™ <http://strausfamilycreamery.com/products/item/organic-plain-yogurt>

Bovine Hormones

Recombinant Bovine Somatotropin (rBST) and Recombinant Bovine Growth Hormone (rbGH) are growth hormones commonly used in dairy farming. These do not provide benefits to humans and may interfere with your hormone balance.

GMOs

Another important criterion is to seek out GMO-free dairy products, meaning that the cows or goats were not fed genetically modified feed. Genetically altered food items and those not certified GMO-free are closely correlated with various disease processes, leaky gut syndrome, gastrointestinal disturbances, and even a variety of cancers.

*Taken from Pages 69-70 of **Your AGING Body Can Talk**.*