The Raw Milk Answer Book: What You Really Need to Know about Our Most Controversial Food

By David E Gumpert

Lauson Publishing, Incorporated, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. Finally, a serious and candid conversation about raw milk, unlike any that has ever occurred in the many years since raw milk became a subject of contentious debate. The Raw Milk Answer Book raises the most difficult questions surrounding our most controversial food—about the risk of getting seriously ill, whether it should be fed to children, the credibility of European research indicating raw milk has important healing powers—and answers them in calm, non-ideological terms, understandable to beginners and experienced drinkers alike. It is an engaging conversation, unblinking in its focus on real-world data, unafraid to take issue with wild claims on either side of the raw milk controversy. So controversial is raw milk that obtaining believable information about it has become nearly impossible. On one side, proponents often portray raw milk as a miracle food. In their view, it strengthens the immune system so as to reduce our incidence of health problems small and large—from colds and flu to cancer, diabetes, asthma and allergies—and being extremely safe to boot. On the other side, opponents portray...

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This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).
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One of the most enduring questions of the modern food age is whether it is okay to lick the beaters, eat raw cookie dough, or even swallow raw eggs whole—although these last people are thankfully a small minority. Some people are simply entirely against any kind of licking of beaters or the like, and others feel it builds up the immune system and that the overall risk is rather small. If you have ever read the comments on A Food Network or Tasty Post on Facebook, you will not be surprised by some of what you are about to hear. In general, when it comes to food, some of the most contentious arguments are about something not being properly done according to the culture. Raw milk has become the world’s most controversial food. Proponents portray it as a miracle health food. Opponents claim it is one of the most dangerous foods known to mankind—so inherently dangerous it can kill you. Obviously, both sides can’t be correct. The Raw Milk Answer Book probes more than 200 of the most tantalizing questions surrounding raw milk, in a refreshing Raw milk has become the world’s most controversial food. Proponents portray it as a miracle health food. Opponents claim it is one of the most dangerous foods known to mankind—so inherently dangerous it can kill you. As a living food, raw milk is also rich in natural food enzymes: lactase, lipase and phosphatase number among many of these natural enzymes. These enzymes help your body to better digest milk and better metabolize its vital nutrients. Enzymes like phosphatase help the body to better absorb milk’s calcium while other enzymes like amylase and lactase help you digest the sugars present in milk. It’s the presence of the enzyme lactase that help some individuals who are otherwise sensitive to lactose better digest raw milk. Raw milk is rich in natural vitamins. Many of our favourite foods are not the ticking time bomb we have been led to believe. This may be somewhat inevitable: evidence-based health advice should be constantly updated as new studies explore the nuances of what we eat and the effects the meals have on our bodies. You may be pleased to learn that many of your favourite foods are not the ticking time bomb you have been led to believe. The WHO warns against bacon, but how worried should you be? Explanations for this non-celiac gluten sensitivity are controversial: rather than the gluten in wheat specifically, it may instead be caused by a range of sugars and proteins that are also found in many other foods, including fruit and onions. If so, simply cutting wheat would not relieve the symptoms.