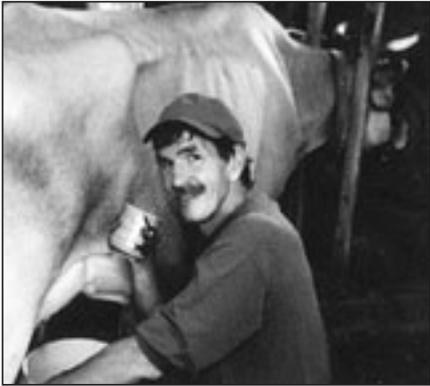


The Secret History of Milk

The Truth About Nature's Miracle Food



Ron Schmid, N.D.

*Ask a typical adult why he or she has stopped drinking milk, and you'll probably hear about a sour feeling in the stomach, the watery taste of low-fat varieties, and the gummy aftertaste that lasts for hours. If it's someone who is fond of invoking medicine and science, you might hear something about people becoming more lactose intolerant as they age, or familiar talk about allergens and cholesterol. The true reason so many people can't stand the stuff is abundantly clear from reading Ron Schmid's chapters on the modern milk industry in his terrific new book, *The Untold Story of Milk* — because it's junk. As Schmid explains in the interview that follows, the liquid sold as*

*milk in supermarkets bears only a passing resemblance to milk produced by a cow. Schmid, a naturopathic physician and author of *Traditional Foods Are Your Best Medicine*, has written something close to an epic history of milk, explaining how humans came to depend on it, and how they ultimately destroyed it. A relentless enemy of corporate mendacity and scientific chicanery, he makes an overwhelming case for the health benefits of raw milk as well as the folly that has resulted in its near-total absence from the contemporary American diet. *The Untold Story of Milk* can only contribute to widespread awareness of the savage abuse cows endure at the hands of industrial agriculture, and how this system amounts to an assault on the world outside as well as inside our bodies.*

ACRES U.S.A. For people who are new to the issue, what's the difference between a carton of store-bought milk and a carton of grass-fed raw milk?

RON SCHMID. The pasteurization process destroys all of the enzymes in the milk. The enzymes are essential for life, and the enzymes are killed by heat. That affects the digestibility of it. The processing also destroys many of the vitamins that are present in natural raw milk. In order to produce commercial milk, they've basically taken it apart and put it back together. The cream has been separated, then they put some back in depending on what percent they want. The homogenization process emulsifies the fats under very high pressure. Milk travels through hundreds of feet of metal and glass and plastic tubes in the milk plant before it gets put on the trucks. It's one of the most highly processed foods that you can imagine. It bears little resemblance to the food that nature presents in the udder of the cow.

ACRES U.S.A. People are more or less getting a nostalgia product, a cold white liquid to remind them of milk?

SCHMID. Yes, that would be accurate. It's sort of like the difference between wheat grown in the fields and a Twinkie.

“There was a nearly 150-year history of the milk cure being used to treat various diseases. The milk cure was a phenomenon that was well-known in the early part of the last century.”

ACRES U.S.A. It's not as durable as Twinkies, though. It won't last on the shelf for months and months.

SCHMID. That's right. But it'll kill you just as fast. Really, that's why you get books like *Don't Drink Your Milk* by America's leading pediatrician, Frank Oski. Because the stuff they've come up with is making people sick. He berates milk, and of course he's talking about pasteurized, homogenized, modern milk. Indeed, it's one of the factors responsible for a great deal of modern illness. Yet 70 years ago we had one of the founders of the Mayo Clinic, John Crewe, M.D., writing an article titled, “Raw Milk Cures Many Diseases.” There was a nearly 150-year history of the milk cure being used to treat various diseases. The milk cure was a phenomenon that was

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April 2004 • Vol. 34, No. 4

well-known in the early part of the last century. You certainly don't hear about anybody now claiming to cure something with modern milk. Lots and lots of even very straight doctors are telling people to stay away from it, because it is associated with so many problems.

“By 1950, the public health authorities and the medical profession had aligned themselves with the media and the drug companies and the dairy industry to condemn raw milk.”

ACRES U.S.A. When the political efforts got under way to outlaw raw milk in the 20th century, how was this medical research shunted aside?

SCHMID. It was suppressed and distorted. There was a deliberate disinformation campaign that centered on saying there was no difference between pasteurized and raw milk, that there were no benefits to raw milk. “The vitamin content is about the same, and maybe we kill a little vitamin C, but you get that in other ways, and so it really doesn't hurt anything. And of course pasteurization is wonderful because it kills all these germs that you can get, pathogenic bacteria that raw milk can carry — so it's a win-win situation. We're killing the bacteria, and we're not doing anything that harms the quality of the milk.” That's been repeated so many times, and they're ignoring evidence that's there as if it's not solid and not scientific. There is a great deal of evidence, mostly from before 1950, about the benefits of raw milk.

ACRES U.S.A. Was this the first big public relations campaign to change the way a food product was marketed under the guise of improving public health?

SCHMID. I think that's a good point. I suspect that's accurate, because it started around 1910 or so, when there were cries for compulsory pasteurization, not even

allowing people to have a choice. The modern dairy industry is built on processed milk and a lack of competition from what I would consider reasonable alternatives. So they built an industry on it, a powerful industry. And as the industry became more powerful, that's when raw milk really was denigrated. Raw milk and pasteurized milk co-existed until around 1940. After the war ended, there was a campaign of not just disinformation, but outright lies and fabrication, to malign raw milk. *Reader's Digest* articles and all that. It was public relations to promote corporations and corporate profits and screw the little guys — farmers with four, five, six, seven, eight or ten cows who had sold milk to their neighbors from time immemorial were essentially put out of business. That's why you have 100,000 dairy farmers in the United States today, and we are losing 20 every day, whereas we once had 3 million, at the close of World War II.

ACRES U.S.A. What was the most surprising thing you learned about the politics behind the big change in the nature of milk?

SCHMID. I was somewhat surprised that the people behind it, the corporate money, could actually get away with it — that the media were such willing tools for corporate interests. It's not so surprising today, but back in the '30s and '40s and '50s, it's surprising to see that they were such a willing tool. The medical profession really went along with it. The medical profession was willing to be brainwashed. You had a shift from 1900, when there were doctors all over the country crying for raw milk, saying that raw milk was wonderful, that they didn't want compulsory pasteurization, they wanted the option of buying raw milk. Then you had the medical milk commissions and the whole story of certified milk. That shift lasted from then until around 1950. By then the public health authorities and the medical profession had aligned themselves with the media and the drug companies and the dairy industry to condemn raw milk, which is the situation we have today. In other words, the most surprising thing is that we've actually reached a point where, if you see an overwhelming consensus about almost anything to do with health, you can bet that it's wrong. Look for an overwhelming

consensus and go the other way, and you'll stay healthy. The overwhelming consensus is that raw milk is bad. The overwhelming consensus is that cholesterol is a killer and you should take drugs to keep your cholesterol down. Absolutely, completely the opposite of the reality. Which is kind of phenomenal from a mass movement point of view, how the herd goes together.

ACRES U.S.A. One of the most interesting chapters in your book concerns the health profession's excessive reliance on the germ theory. What is the flaw there?

“Whether or not raw milk carries pathogens depends totally on the way the milk is produced — how the animals are fed and the care that's taken to keep the milk clean during production.”

SCHMID. Modern medicine is built on the theory that germs cause disease. They don't take into account the resistance that the individual has. If kids walk into a room coughing and sneezing, why do half the people in the room get sick the next week while the other half doesn't? Modern medicine doesn't really have any conception of the tremendous strength of the immune system, or of how the immune system becomes strong to resist disease. It's all seen in black and white: germs cause disease. The flip side of that, which I adhere to, is that you've got to have a swamp to breed a lot of mosquitos. The mosquitos can come, but they'll just leave and not breed if you don't have a swamp. The swamp is the person who is deficient to begin with. When you are strong and resistant — immune — you are not troubled by pathogens. Now, that's not to say there have to be pathogens in raw milk. Whether or not raw milk carries pathogens depends totally on the way the milk is produced — how the animals are fed and the care that's taken to keep the milk clean during production. But a primary focus is how the animals are fed. When animals are fed grass, they produce milk that will not have pathogens unless

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April 2004 • Vol. 34, No. 4

it's handled in an unsanitary way. And those pathogens picked up from unsanitary handling will not cause disease in people who are resistant, who have strong immune systems.

ACRES U.S.A. What was the logic behind the "milieu theory" of illness that appeared in 19th century France?

SCHMID. Well, is the fundamental cause of disease the germ, or is the fundamental cause of disease the milieu into which the germ is placed? Do we get sick because we have poor resistance, or do we get sick because we have poor resistance? Obviously there is some interplay there. But I think the correct assumption is that we're all exposed to pretty much the same things. As we are exposed, we won't develop illnesses if our resistance is strong, if the milieu of the body is strong.

ACRES U.S.A. So trying to keep all the bad germs away from the body is an attempt to find a technical solution where none exists?

SCHMID. Yeah. The premise is wrong. It starts from the wrong place. I think the ancient healers had more understanding of that, until we got to Louis Pasteur and the mechanistic notion of disease that we have today. Even Pasteur, according to one biography, said on his deathbed that his rival Antoine Beauchamp was right, that the milieu was everything and the germ was nothing. The irony is that it's foods such as raw milk that build the strength and the immunity we need to resist the pathogens. That's very clear from the pre-1950 research.

ACRES U.S.A. What about contemporary research?

SCHMID. There really isn't any to speak of, because who is going to pay to do research on raw milk? Food research is all paid for by food companies, and governments influenced by food companies. There's no money in raw foods. All food industry foods by definition are *processed*. They're paying for research to show that there is no difference between raw and cooked, which they can buy if they pay enough money to somebody who will come up with a study that produces the results they want. We really don't have

The Health Benefits of Raw Milk

by Ron Schmid, N.D.

Francis Pottenger was the son of the physician who founded the once-famous Pottenger Sanatorium for treatment of tuberculosis in Monrovia, California. He completed his residency at Los Angeles County Hospital in 1930 and became a full-time assistant at the sanatorium. From 1932 to 1942, he also conducted what became known as the Pottenger Cat Study.

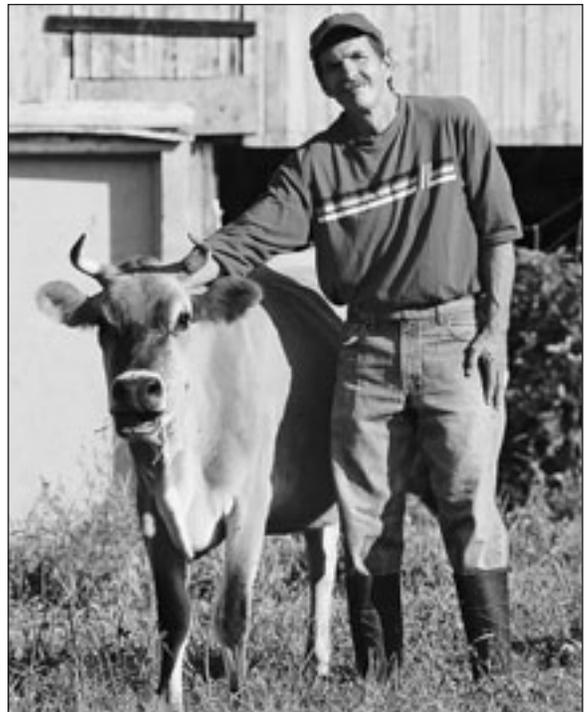
He used four groups of cats. All received for one-third of their diet raw meat. The other two-thirds was either raw milk or various heat-treated milks. The raw-milk/raw-meat diet produced many generations of healthy cats. Those fed pasteurized milk showed skeletal changes, decreased reproductive capacity, and infectious and degenerative diseases.

Pottenger's experiments met the most rigorous scientific standards. His outstanding credentials earned him the support of prominent physicians. Alvin Foord, M.D., professor of pathology at the University of Southern California and pathologist at the Huntington Memorial Hospital in Pasadena, co-supervised all pathological and chemical findings of the study. One particular question that modern science has largely ignored was addressed: What is the nutritive value of heat-labile elements — nutrients destroyed by heat and available only in raw foods?

In "Clinical Evidences of the Value of Raw Milk," Pottenger presents this answer: "Some of the factors transmitted by milk are thermo-labile (sensitive to heat). Though their destruction may not produce death, their deficiency may prevent proper development of the child. This may show in the development of an inadequate skeleton or a decrease in resistance. . . . Delay in development of osseous centers is noted more frequently in those children . . . receiving heat-treated milk. It is particularly absent from the raw-milk-fed children. . . . I am basing this discussion on analysis of 150 children whose parents have consulted me because of respiratory allergies. . . . Many other workers . . . have also shown that treating milk by heating interferes with its proper assimilation and nutritional qualities. . . . The best milk from a nutritional standpoint is raw milk. . . . Heat-treating milk interferes with calcium metabolism, causing . . . delay in bone age, and small bones. . . . The interference with calcium metabolism as shown in the bones in only a physiological index of disturbed metabolism throughout the body."

I personally have prescribed raw milk from grass-fed animals to my patients for nearly 15 years. Time and again I have seen allergies clear up and health dramatically improve. Particularly in children, middle-ear infections usually disappear and do not recur on raw milk. Both children and adults unable to drink pasteurized milk without problems have thrived on raw milk. In hundreds — perhaps thousands — of my patients using raw milk, not one has ever developed a salmonella, campylobacter, or other raw-milk-related infection.

The state epidemiologist for Connecticut has stated, "The processes of certification and/or inspection



see next page

research about raw milk after about 1950, but before 1950 there was a good bit of research.

ACRES U.S.A. It's good research, scientifically carried out?

SCHMID. Yes it is, and of particular note regarding that question is a *Journal of the American Medical Association* article that appeared in the early '80s, called "The Hazards of the Health Fetish." Two M.D.s took one of Francis Pottenger's articles from 1946 or so, about the really incredible beneficial effects of raw milk upon animals in experiments which the Pottengers did. They used logical tricks to distort his work and make it sound as though it was obvious that raw milk was dangerous, that it had no benefits, etc. They did it by deliberately distorting the findings made by Dr. Pottenger.

ACRES U.S.A. Have you seen the same kind of twisted logic popping up since then?

SCHMID. What you get is men like that who will stoop to an almost perverted use of science, and once they publish it, other people will read it, and believe it, and repeat it. It's sort of like the cholesterol articles. All articles in medical journals have a summary that appears at the head of the paper. In a lot of the cholesterol articles the summary will say, "It was very beneficial, we saved a lot of lives by lowering cholesterol with this drug." When you read the paper itself, you realize that this conclusion is a complete distortion of the facts these people found when they actually did the studies — but when they write up their studies up, the authors were deliberately twisting their results to follow the party line. Your basic doctor who works and sees patients reads the summary, or hears somebody else quote from the summary, or see the news headline based on the summary, and says, "Well, gee, I really need to give people this drug because it's saving lives!" And it's based on lies. It's the same kind of thing that they did to raw milk. It all revolves around profits: dairy industry profits, drug industry profits, hospital profits, profits earned by the corporations that make medical equipment.

Health Benefits continued . . .

do not guarantee that raw milk will not be contaminated with pathogenic organisms." He lists a host of microorganisms that are alleged to be transmitted by raw milk consumption, not mentioning that the only organisms even potentially associated with the consumption of certified raw milk are salmonella and campylobacter, although literature that he cites makes this clear. In one of these articles, "The Hazard in Consuming Raw Milk" (from *The Western Journal of Medicine*), the authors write that "Salmonella and campylobacter diseases in humans are generally not serious. But in persons with compromised health (particularly those with malignant conditions and those immunosuppressed by disease or therapy), these infections may be serious."

Thus, the gist of the state's argument against certified raw milk is that it might possibly on isolated occasions cause serious disease in some people whose immune systems have been compromised, and that those of us who might choose to drink certified raw milk for the benefits I have catalogued should be denied that right.

MILK IN HISTORY & EVOLUTION

Domesticated animals were first used for milk 8,000 to 10,000 years ago, as a genetic change effecting mostly people in Europe, the Middle East, and parts of Africa enabled them to digest milk as adults. Milk from domesticated animals then began to become important as a human food. With domestication and settlement, fewer wild animals were available; as groups of people roamed less, they hunted less, eating more grains and vegetables. In some cultures, milk replaced animal bones as the chief source of calcium and some other minerals.

In indigenous cultures where adults used milk, it was often used as cultured or clabbered milk. This is similar to homemade raw yogurt, and it is partially predigested — much of the lactose (milk sugar) has been broken down by bacterial action. When one drinks fresh milk, this process must be accomplished over a period of several hours in the stomach; yogurt or clabbered milk is much more easily digested.

Adaptations in evolution are always the effects of particular causes. Humans developing the ability to digest milk into adulthood possessed a survival advantage; such change is the basis of evolution. Put simply, many human beings evolved the ability to easily digest raw milk because raw milk from healthy, grass-fed animals gave them an adaptive advantage; it made them stronger and more able to reproduce. Such milk remains a wonderful food that provides us with fat-soluble nutrients, calcium and other minerals that are in short supply in the modern diet.

RAW MILK TODAY

I have become more convinced than ever of the value and importance of raw milk in the dietary of people of all ages. For many of the people who eat in the manner I recommend, raw milk is their chief source of enzymes. I believe enzymes are a critical component in recovering from disease and establishing and maintaining health. Hundreds of people I've seen have used raw milk as an essential part of their naturopathic treatment.

There isn't a day that goes by that I'm not thankful that I live in a state where bureaucrats and medical monopolists have not stripped us of what should be an inalienable constitutional right — I mean the right to purchase raw milk and other healthy, locally produced foods directly from the people who produce them.

I long to see the day when all Americans have the right to purchase locally produced raw milk, meat, fowl and other farm products direct from the farmers who produce them, the day when the current yoke of prohibitions and bureaucratic red tape has been thrown off, and we once again are free to produce and consume truly healthy foods. The men and women who founded this country did not intend for commercial interests to control the food supply and thus our health. These are rights of the people, and they are rights that have been stripped away. We need to work together to regain them.

ACRES U.S.A. What led to your interest in milk?

SCHMID. By the time I was 20 or so, I was very sick with gastrointestinal disease. The doctors that I went to could do nothing for it. Their solution was to suggest that I have half my colon cut out. I rejected that and resolved that I wasn't going to doctors anymore. Actually, it was serendipity. I went to live on Martha's Vineyard when I graduated from MIT in 1970, and I became friends with someone who worked at a raw milk dairy, just coincidentally. I decided I'd get my milk there, milk and eggs and vegetables. I started drinking raw milk, and my problems started clearing up. I added two and two rather quickly and came up with four, and realized I needed to do more as far as food was concerned to solve my problems. I just experimented more and more with my own diet and solved my problems over three or four years. At that point I decided to go to medical school, and then I studied naturopathic medicine. It was really enlightening seeing how my own body responded to raw milk and other natural foods.

“The doctors suggested that I have half my colon cut out. I rejected that and resolved that I wasn't going to doctors anymore.”

ACRES U.S.A. What specifically was going on in your body with the raw milk that healed your gastrointestinal disease?

SCHMID. I suffered from colitis, an inflammation of the colon. A combination of processed foods, drinks, alcohol, etc., all interplay to create problems. That was my weak area. Essentially, raw milk and other natural foods allowed the inflammation to heal, and provided me with the nutrients my body needed to effect the healing and to strengthen the immune system to prevent another inflammation. The body will heal itself when it's given the right conditions. That's an ancient principle. Nature cures. Nature has an inherent power to heal the body. If you break a bone, you need to have it set so the bones

are straight, and you need to provide the basic nutrients that the bloods need to carry to the area in order to heal, but that's really all you have to do. Miraculously, the bone knits itself together. In a few weeks or a month, your arm is as strong as ever. It's taking advantage of that inherent power to heal that we have, and that's really all that's required to heal from colitis or arthritis or diabetes or heart disease, all the things that go wrong. The trick is to understand what nature is, what is the formula, so to speak. That's where the controversy among alternative healers or even people using nutrition as healing occurs. There is a great deal of controversy, because some will say, “Oh, we're supposed to eat fruits and vegetables and all be vegans” — you've got a broad spectrum of what is possible. The answer is to go back and study anthropology and history and evolution, essentially the history of the human species. When you do that, then you discover what we really need to eat, and what constitutes a proper diet for a human being in order to heal and stay healthy. That's exactly what I did. I followed up from that initial period in 1970 and spent the next 15 or 20 years studying full-time what is was that constituted the natural human diet. Those are the principles I've used ever since to help other people heal from their medical problems.

ACRES U.S.A. How do you counter arguments from vegans who don't want to eat dairy or other animal products?

SCHMID. I suggest that they study human evolution and anthropology and the history of the human diet — which is very well detailed in both of my books. The fact is that there are no healthy vegan cultures historically. They just don't exist. Every healthy culture in the history of the world, and in prehistory, thrived on large quantities of animal foods. They'll dispute that, but if you examine the historical record, what I just said is true. It's not opinion, it's a fact. You have to be a little patient with them. There is a vegan doctor who once had me on a radio show. He gave me five minutes to explain my position, then spent the rest of the hour attacking me. We had a fine, lively, nasty discussion. But most of the time I don't talk with them because we don't have much to say to each other.

ACRES U.S.A. Let's say I knew somebody who was selling raw milk from a cow being fed organic grains. How would that milk be different from raw milk produced by a grass-fed cow?

“The authorities say, ‘Oh no, if we got raw milk again we'd have TB coming back!’ Well, nobody's gotten TB from *any* milk for 50 or 60 years.”

SCHMID. It would be very, very different. It would contain but a fraction of the nutrients contained by the grass-fed raw milk, and because the animal is over-acid when it's fed a lot of grains, you wind up with a milk that's potentially full of pathogens that are acid-resistant. The bovine intestinal tract becomes over-acid on the grain diet — that's a fact, it's written up in all the dairy journals. That makes for a prevalence of acid-resistant pathogenic bacteria. That's why people get sick drinking raw milk that comes from cows that are fed a lot of grains. I'm not saying that all milk of that kind would make people sick — 95 percent or so of America's dairy farmers drink their milk raw, even though it's often from animals that are fed a lot of grain. They develop resistance to the pathogens because they drink it all the time and they are exposed to these things all the time. But often you'll go to a farm that's producing milk for pasteurization, and the farmer is drinking the milk out of the tank raw, along with his family, and they're fine. Then the neighbors or some school kids who come for a tour get some, drink it, and get sick.

ACRES U.S.A. What kind of pathogens are we talking about?

SCHMID. Today, mostly salmonella, campylobacter, occasional listeria. It's not like the old days when people historically got tuberculosis if the milker had TB and coughed into the milk pail — then the milk could spread tuberculosis. The authorities will trot out things like that at hearings and whenever there is any discussion of raw milk. They'll say, “Oh no,

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April 2004 • Vol. 34, No. 4

if we got raw milk again, we'd have TB coming back!" Well, nobody's gotten TB from *any* milk for 50 or 60 years. Just hasn't happened, in spite of the fact of millions of American farmers are drinking their milk raw all the time. It's a totally specious argument, but typical of the kind of argument the authorities will make whenever there's any talk about legalizing raw milk.

ACRES U.S.A. Where does the situation stand in this country as far as carving out a place for raw milk in the national diet?

SCHMID. The heart of the organizational effort comes from the Weston A. Price Foundation. Sally Fallon is the president, and their website and the associated website — <www.realmilk.com> — and their chapters around the country are the encouragers of grass-based farming to start with, and raw milk in particular. They have been instrumental in helping cow-share programs get started in states where raw milk is illegal. Farmers with consumers have established cow-share programs, and I write about them extensively in my book. The cow-share programs seem to be the best hope for getting real milk out to people. For the farmers to be able to produce and sell raw milk — which is wonderful for them economically — and for people to be able to get it, the cow-share programs seem to be the way to go, because it's almost impossible to get a law through a state legislature to open up raw milk sales or broaden them in states where it is illegal. Even in the states where it's legal, the situation is often difficult for the farmer, because he's limited in the amount he can sell, he can't advertise at all, and he can only sell it on the farm. Then you have states where's it completely illegal, and you have states like Minnesota, where although it's legal on the books, the state department of agriculture essentially makes it illegal. How they get away with it, I don't know. So they do cow-share programs there as well. It's an incredibly repressive public health and agriculture department bureaucracy that people who are trying to do raw milk are up against, in every state. And it seems to be worse all the time. At the federal level the goal is to outlaw all raw milk. The state authorities are toeing the line and following the federal guidelines even in the places where it's still legal.

ACRES U.S.A. Do you believe this consensus will be reversed or at least seriously dented in time?

SCHMID. Well, Sally Fallon is very optimistic. She thinks in five years raw milk will be available everywhere. I'm not by nature an optimist, so my answer is colored as much by my own darkness as by reality. What I would say is that if people want raw milk, they'd better get a cow, a couple of acres and a fence, because that might be the only way.

“People who have children are very tuned-in to their need to get raw milk for their family.”

ACRES U.S.A. If they can't do that, though, there are growing networks or people quietly figuring out how to supply it?

SCHMID. Right. Civil disobedience has a history both here and in the rest of the world, and this is the kind of principle that inspires it. I mean, we're talking about life and death here. We're talking about survival, the ability to stay healthy and have a healthy child. That's what the corporations and the bureaucrats are attempting to take away from people. That's worth fighting for, and I think we have to be prepared to engage in civil disobedience to stand up for those principles. We have to be prepared to do whatever we have to do to get raw milk. It's getting harder and harder in a lot of places, though. When one becomes aware of the health benefits, it becomes extremely important, and I think people also feel that way toward their children. People who have children are very tuned-in to their need to get raw milk for their family.

ACRES U.S.A. Then you believe it's more than simply a good part of a healthful diet, it's actually essential?

SCHMID. I think it's absolutely essential because the nutrients that are provided in

raw milk can only be provided in other ways from animal food that is grass fed, and some of it has to be raw. In order to get raw enzymes from animal protein and fat, where else are people going to get it besides raw milk? And of course when we say raw milk, what we really mean is milk, butter, cheese, kefir, yogurt — all the things you can make from milk. Unless you have raw, quality-produced versions of those things, you can't get those nutrients anywhere else.

Ron Schid has an alternative medicine website at <www.drrons.com>. He can be contacted via e-mail at <info@drrons.com>. More information on raw milk is available from the Weston A. Price Foundation, PMB 106-380, 4200 Wisconsin Avenue NW, Washington, D.C. 20016, phone (202) 333-4325, e-mail <westonaprice@msn.com>, website <www.westonaprice.org>. The foundation's Campaign for Real Milk website at <www.realmilk.com> is one of the best sources of information on this topic.

Schmid's The Untold Story of Milk is available from the Acres U.S.A. bookstore for \$20, plus \$3 shipping in the U.S. (see back page for international rates). To order, call toll-free 1-800-355-5313, or visit the Acres U.S.A. website at <www.acresusa.com>.

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