

THE TRUMPET SOUND

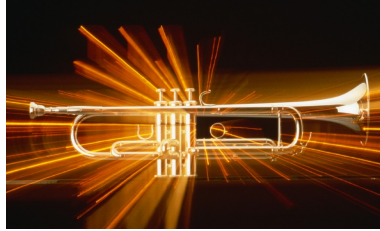
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Wisdom Corner

A wise man will restrain his words until he can speak intelligently

Grass Fed Raw Milk

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GRASS FED RAW MILK...THE NUTRITIONAL GOLDMINE OUR FAMILIES NEED!

Quote

Many who call themselves lactose intolerant are actually pasteurized milk intolerant



FLAG FACT:

On September 12, 1814, the British attacked Baltimore, Maryland. The following day they began bombarding Fort McHenry, located in Baltimore Harbor. The battle continued through the night.

When Francis Scott Key, an American held prisoner aboard a British ship, saw our country's flag still flying at dawn amidst the smoke and fire, he was so moved in heart and spirit that he wrote, "Defense of Fort McHenry." The song is known today as our country's national anthem, "The Star Spangled Banner." The original flag of that battle may be viewed at the National Museum of American History, at the Smithsonian Institution, Washington, D.C.

Grass fed Jersey, Guernsey, and Brown Swiss cows produce the best tasting, most nutritional milk and are classified as A2, with a magnificent cream ratio. The bigger the cream line the better the milk. The nutrition is in the cream. There is a myth that says watery skim milk will keep you slim, but pig farmers use skim milk because it makes the pigs fatter. For more information see the [video](#) in this article: [The A1/A2 Factor in Raw Milk](#). Brown Swiss are also considered A2, more information: [A2 Milk](#)

Holstein cows, the black and white cows, are classified as A1, and produce a large amount of milk, but it is watery and there is no discernible cream line in the milk. Holsteins are the type of cows that large

dairy industries use. Milk produced from large commercial dairies should *never* be consumed raw. Large commercial dairies use these cows because of

the amount of milk each cow produces, not the *quality* of the milk. For quality raw milk from goats and grass fed Jersey, Guernsey, and Brown Swiss cows in the DFW and surrounding areas go to: [Texas Raw Milk](#).

Many health professionals believe that pasteurized milk, even organic pasteurized milk is the number one cause of food allergies in



this country and is associated with a broad range of other symptoms...destroys vitamin B12 and B6, kills beneficial bacteria, and promotes pathogens. Pasteurized milk, including pasteurized organic milk is not a nutritional resource. Raw milk provides the purest form of probiotics...see video on raw, [Real Milk on Breezy Hill Farm website](#)

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MAKING YOUR OWN RAW FRESH KEFIR

What you will need:

1. Jar or crock (preferred stoneware crock)
2. Real Kefir grains
3. Raw milk (preferably from Certified Organic Jerseys!)
4. Cloth or towel
5. Colander or strainer (holes

- should be about 16th in. diameter)
- 6. Bowl (one size smaller than the colander)
- 7. Wooden spoon or spatula

To start the process:

Place the entire contents of "Kefir Starter Grains" into the crock or jar. Pour 1 quart of milk

over grains. (Keep down 1" or so from rim as milk will expand.) Cover with a cloth or towel to keep flies/dirt out, but still let oxygen in.

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Fact is, once milk is heated (to approximately 163° and pasteurized), nutritional breakdown and chemical modification begins which actually damages the milk. Pasteurizing destroys enzymes, weakens vitamins, denatures or



damages fragile milk proteins, Raw milk or a better word, *real* milk is packed with a wealth of nutritional resources. "Raw milk is a living whole food full of nutrient-absorbing living enzymes, unadulterated, unprocessed, cell-nourishing, cell-repairing raw fats and proteins. These nutrients are exactly what your body desper-

ately needs to function, yet they are also exactly what is missing in the SAD diet (Standard American Diet). When you give your body the complete nutrition each of your cells are screaming for, your cravings stop, your body smiles and you feel fully satisfied and energetic". (quote from Edwin Shank, [Your Family Cow farms](#))

Raw milk was once used as a cure by the Mayo Clinic. Now they just use drugs; however, back in the day they did a complete research on how raw/real milk delivers the healing properties that not only protects the human digestive system, but enhances with enzymes and nutrition, producing optimal health and restoration. For the article go to: [The Raw Milk Cure](#).

Family owned grass fed raw milk farms are an asset to America's health and well being; moreover it plays a vital role in restoring the health of our children, but raw milk is under increasing measures of attack by our government. In most states farmers

have to sell their raw milk labeled for *animal consumption only* and most cannot even sell it anymore at their local cooperative farmers market. This is ridiculous. You cannot find raw or real milk in a grocery store or a farmers market because the big industries are not the ones selling it and the reason big industries cannot sell it to you is because the production of raw milk takes a certain quality resource like grass, commitment, expense, and hard work that they are not willing to abide by. Large commercial dairies want you to only purchase their watered down, cheap, void of nutrition, pasteurized milk.

So let's go the extra mile, support your local grass-fed raw milk farmers by buying their milk and let your elected officials know your disgust with big government and big dairy industries' unjust tactics to squash and destroy the small farmers.

- Susie Stone

Kefir Delight

Try freezing cool pops with Kefir instead of Kool-aid.

Your children will love them!

Or freeze a pan/container of your Kefir and then process the frozen Kefir with frozen fruit (of your choice), add a little honey & vanilla. It tastes like a sherbet!

~

Safety First

National Vaccine Information Center
Phone: 1-703-938-0342
www.nvic.org

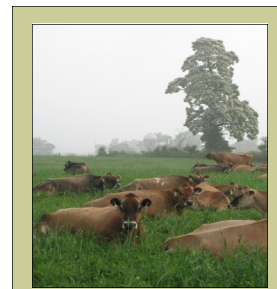
MAKING YOUR OWN FRESH RAW KEFIR

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Stir the cultured Kefir to break up the thickness, which makes it easier to strain. *Do not be alarmed at the curdled look of the Kefir. Curds are a perfectly normal part of cheese, yogurt or Kefir making.* Set the colander on top of the bowl and pour the Kefir into it. Use the spoon to help the Kefir through. Do not rinse the grains after you strain them. In fact, it would be better to leave a few curds with them. Return the grains to the fermentation

crock or jar to be ready for the next batch. *After several batches, you'll notice that you have more grains than you started with. When you have 1 cup or more, you may start culturing 1/2 gallon at a time... or, find a friend who wants some Kefir Grains!* Place

the freshly strained Kefir in the refrigerator to chill. Then puree your choice of fruit (frozen is best) in a food processor or blender. Then add the chilled Kefir along with a little honey or maple syrup to suit your taste. *To start the next batch:* Place the grains in the fermentation crock or jar, refill it with milk and repeat the whole process. Enjoy!



Courtesy of Your Family Cow Farms