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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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