

## Raw Milk and the Human Immune System

Every human is different when it comes to raw milk consumption. Most people who are lactose intolerant drink raw milk with no problem at all, but there seems to be a very small number of people who either need more time to re-colonize their gut with lactase-producing bacteria, or have some other challenge and continue to struggle with lactose intolerance. This subcategory of people appears to be very small. Research is underway to discover why some people have such a hard time consuming even raw milk. Every race and people from every continent and background can drink raw milk with that very rare exception as noted. In one study conducted in Michigan it was found that about 90% of people suffering from lactose intolerance with pasteurized milk or dairy products could drink raw milk with no problem at all.

Preparing for raw milk - If you are one of the many people seeking raw milk because you have a weak immune system and want to make it stronger, you are at the right place. However, do not expect your immune system to be strong overnight. It may be a struggle for you and it could take time. If you have a leaky gut and perhaps many food allergies, you will need to repair and heal the walls of your digestive tract prior to being able to consume raw milk or other foods as a normal gut would. So be patient and perhaps as a first step try drinking raw milk kefir as it is easier to digest and consume...try making delicious smoothies. As you take baby steps to repair your gut walls, you will rebuild immunity to bacteria, increase your gut biodiversity and enhance your enzyme production.

For some very good gut rebuilding advice please read "[GAPS](#)" by Dr. Natasha Campbell McBride MD. She will guide you through the nutritional steps you will need to get your gut working again so you can digest properly.

Immunity is earned - For normal digestive tracts, raw milk is wonderful and very effective at rebuilding your immune system and overall digestive ability. But remember, this is something that takes time. Modern Americans are subjected to harsh antibiotics, sterilized foods, preservatives, GMOs, chemicals in our air, water, food, kitchens, work environments, cars, soils and everywhere else. Our natural immunity has been compromised, and it may take patience to rebuild it. A strong immune system means that your body has "earned" its own ability to do battle and protect itself. Earning means it is not for free and it is harder for some people than others, so take it easy as you take positive steps to heal your gut and reestablish the balance of your inner ecosystem.

Ideas for slower going - A baby step could be drinking very small amounts of raw milk (six ounces for an adult) every few hours to see how things go prior to going hog wild and drinking delicious full cups of raw milk. Remember that raw milk is a bio-diverse food containing many different wonderful bacteria, enzymes, and other living components. Your gut may take some time to get used to this living food. Common signs of your body saying "slow down" on your initial consumption of raw milk might be: gas cramps, a mild feeling of malaise, a low grade temp, diarrhea or other immune adjustment signs or symptoms. This is

considered normal for some new raw milk consumers; it is a message to slow down and let the process proceed slower.

Baby steps for a big reward – Home on the Range tests its products for pathogens. This does not mean that good bugs found in raw milk – which may be very strange and new to your body – may not challenge your system and make your immune system do some push-ups. So take your time if you are new to raw milk and take baby steps. Your body will do much better if given time to adjust. Welcome to immune system responsibility and strength. It is earned and highly rewarding.