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ACSH Morning Dispatch: It's Raining...Milk?

By Corrie Driebusch

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--New York may have been plagued by flooding this morning, but around the ACSH conference table all thoughts turned to a different liquid: milk. Raw milk, that is. [This story](#) detailed the movement to reject pasteurized milk in favor of that which comes straight from the cow. The proponents of this unpasteurized milk consumption believe the dangerous idea that "everything in its natural state must be better," Associate Director Jeff Stier said.

In the article, Nina Planck, author of *Real Food: What to Eat and Why* said she and others drink raw milk because they "trust the traditional food chain more than the industrial one." To ACSH, the idea of rejecting something that has been proven to decrease the risk probability of disease is absurd and throws all sound science principles to the wind.

And to serve raw milk to infants and children? Dr. Gilbert Ross half-jokingly asked, when is the right time to call child protective services? Joking aside, drinking unpasteurized milk is illegal in fifteen states, and [consumption can cause E. coli, listeria, and even bovine tuberculosis infections](#). The raw milk providers do manage to deal cleverly with their potential liability for the health ramifications of their unsafe product: the company Organic Pastures labels it as pet food. At least they got one thing right: it definitely shouldn't be for human consumption.

For a great, succinct summary by ACSH of the health hazards of drinking raw milk, [click here](#).

Corrie Driebusch is a research intern at the American Council on Science and Health ([ACSH.org](http://www.acsh.org), [HealthFactsAndFears.com](http://www.healthfactsandfears.com)).

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