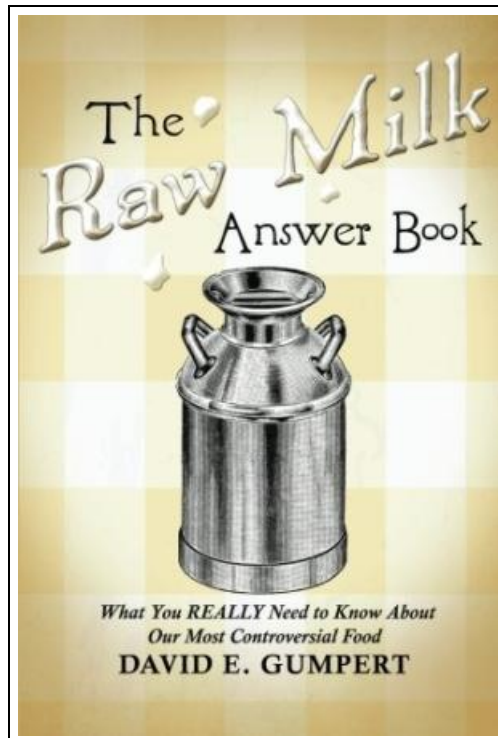


The Raw Milk Answer Book: What You Really Need to Know about Our Most Controversial Food



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.
(Kade Ankunding)

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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 raw milk as having no more health or nutritional value than the pasteurized variety that can be bought in any supermarket. They also view it as one of the most dangerous foods known to mankind--so inherently dangerous it can kill you. Obviously, both sides can't be correct. What is the real story? The Raw Milk Answer Book provides the real story by answering more than 200 of the most common questions that come up about raw milk. It is objective and fair. I took the question-and-answer approach because, whenever I tell people that I write and report about raw...



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