



Respondents comments on the question:

Drinking raw (unpasteurised) milk is becoming more popular. To help us understand why this is happening any additional comments you would like to make would be useful (1848 responses, 73292 words written)

The following are the verbatim comments made by respondents the raw drinking milk consumer survey conducted by Food Solutions between 3 and 31 May 2018

1. The think the taste is much better than pasteurised milk..and, I believe, it's healthier for gut health. I don't live near enough to my source to be able to get some every week but I buy it whenever I can.
2. Kept under the right conditions cows producing raw milk for human consumption provide milk with health boosting and immune boosting properties. Some people allergic to pasteurized milk can often drink it raw due to enzymes present to help digest the constituents. It also ensures the welfare of cattle because the farmer must take better care of his animals if he wishes to sell raw milk. Older breeds like ayreshires shorthorns guernseys and especially jerseys are best for raw milk and thrive on a natural grass based diet as originally intended. They also produce higher quality and creamier milk. Modern breeds like holstein fresians are the worse for this use. They have watered down milk and produce in high volumes. They are more prone to issues because they produce more than feeding naturally can accomodate for and are more prone to other illnesses because of their heavy domestication for modern milking standards. Modern breeds also produce an a1 protein which is thought to create alot of modern allergies to milk.
3. People want choice. I for one am fed up with how my food is messed about with.
4. The taste has bears no comparison to pasteurised milk. Buying local and being informed about calves being born and health and welfare of 5e herd is a massive bonus
5. There is an almost hysterical fear of raw milk and its products among the public, largely born out of ignorance fostered deliberately or not by misinformation from the government and NHS.
6. The flavour of the milk is better and it is far easier for the body to digest than pasteurised milk. People don't realise this until they have a child that is milk intolerant. My daughter was on baby milk formula (pasteurised milk powder), she was sick after every bottle which left her hungry. When I weaned her off powdered milk to raw milk there was a significant change. Within a week no more crying sicky baby but a happy and contented baby. I have never looked back and neither has she she loves raw milk.
7. The current regulations seem unduly restrictive and illogical. It is much easier to buy raw cream than raw milk.
8. The milk tastes how milk should taste.
9. It's local and tastes good
10. Solely for the health benefits of raw dairy.
11. We prefer more natural and less processed food and drink. I don't want my milk treated in any way
12. Health benefits of raw. Nutritional value.
13. I'm interested in improving my gut microbiome.
14. I believe it is healthier in its natural state, it also tastes nicer.
15. People don't shop at supermarkets or by processed food because it is good quality or good for you, they go because it is convenient. Perhaps more people are becoming educated as such?? Social media may be providing the route for this? I found this survey on Twitter....
16. I think that having a full exposure to a complex family of bacteria is very important for general health. I feel better, feel my digestion is much improved when I am drinking raw



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- milk, and have noticed that it seems to ease the eczema I get on my hands. Seems ridiculous to me that a product we've been enjoying for thousands of years is so hard to get hold of. I also believe that the care necessary to produce top quality raw milk means the animals are much healthier and better cared for than most dairy cattle.
17. Have been drinking raw milk since a child and only once had antibiotics in my life
 18. I grown up on raw milk, then my mum stop working on a farm... i stoped drink/ using milk for nearly 15 years. Now I'm buying raw milk my family has gone from buying 1/2 a pint a week to 3/4 liters of milk a week! I could never get my 2 1/2 year old to drink until we had raw milk now I can't stop her! Also it nice to be able to support a local farmers in a dying trade!!
 19. I would buy raw milk more often if it was available in my area. (Oxfordshire)
 20. I cannot eat cream or full fat milk for reasons I don't really understand. I tried raw milk from the farm and this also made me ill however the farmer suggested I tried raw milk with just A2 protein in and I was fine with this. I also give my Daughter raw milk as it tastes completely different pasteurised and I feel it's more natural.
 21. Raw milk has more flavour and the nutritional content is higher than that of pasteurised. Additionally the energy consumption of heating and pasteurising milk is significant. As part of my household energy reduction I look to reduced energy consumption in my buying choices also. Also with raw milk I am able to make my own cheese as it contains the necessary bacteria.
 22. I prefer to eat and drink products which are as natural as possible. I prefer to buy direct from the producer. Long supply chains, to my mind, lead to abuse of the animals and the original producers in the search for profits amongst the chain of supply, as well as lack of understanding of the chain and the processes therein. Until I found the source of raw milk which I am now using, I had stopped drinking dairy or eating cows cheese, only occasionally consuming goats milk and cheese from a farmers market, as I had lost faith in the industry practices and processes.
 23. Tbh, a big part of the reason is that I know I'm supporting a local dairy farm and farming family. Thanks to supermarkets and their 25p/pint milk, British farmers are a dying breed =(
 24. It tastes better, it's creamy. My children 8 & 10 say it's much nicer than shop milk,
 25. I believe raw milk should be more widely available than it already is. The system for testing milk for retail sales should be cheaper to the farmer to enable more farmers to start small local supply networks of direct sales to people who really want to access this product. The reputation of an individual farm who takes this approach rests on their ability to produce milk to a high standard and with no contamination. If you are producing for the pasteurized market the same standards are probably less of a worry as pasteurization kills the harmful bacteria from any blood, shit or pus that may come from the cows.
 26. Science is beginning to scratch the surface on the benefits of having good bacteria in the gut. I believe this to be true and that eating raw dairy products - milk and cheese - keeps me healthy. I also believe that the increased awareness of the gut biome is leading to the increase in demand. In addition, with the increase in mega dairies, shooting or exporting of dairy bull calves etc, more of us want a connection with a farm that is more concerned with the welfare of their animals than industrial farms are. We have this relationship when we are buying directly from a farmer - even remotely.



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27. I would love to buy raw milk more often but can't always get to the great farm that sells it. I would buy it daily if it was available in the supermarket. It is so good for you and would much rather drink it
28. I feel better and less lathargic when drinking.x
29. It is how milk is supposed to be! Pasteurization was invented for wine...it happens to extend the shelf life of milk & is therefore convenient for supermarkets, but pasteurization kills off all the healthy probiotics that are good for you. Raw milk is best in the same way that breast milk is best for a baby.
30. Raw milk has so much more taste to it. Its a natural product therefore I feel it is more beneficial that milk that has been pasteurized.
31. Simply - it tastes great.
32. Builds up a healthy and strong immune system.
33. It's full of natural goodness! It tastes better, feels better, I know that the animals it comes from live a happy life, they eat organically/ biodynamically. Live/milked/produced right there at the farm shop, not shipped hundreds of miles to a warehouse before ending up in a supermarket! The producers care for their animals, the soil and the community.
34. Raw milk benefits far outweighs the warnings. Its criminal that a packet of cigarettes have the same warnings as raw milk. The fsa have a role to play in risk assessing correctly the potential risk with effective research that no body will commit to as it is not economically viable. The facts can be conveyed in a positive way especially as we have so much more effective science than when the milk industry last sold raw milk. Common sence and plain English are needed on packaging that allows the market to grow and lesson the processors grip on a the fresh milk market. If vaccination programs and comprehensive testing plans are in place, we do not see it any different to the egg industry.
35. If there was raw cream butter or cheese sold at the farm I would buy it.
36. Apart from all the reasons listed above , we want to support a farming system where the emphasis is on producing everything from milk to meat and eggs , vegetables and fruits - relying solely on animal feed produced on the farm itself . It is more costly to produce foods in this way than the cut price and competitive commercial system the supermarkets operate in , but this is far more sustainable all things considered - and something we need to cherish and value above anything else ! There is zero waste , everything works in harmony , and we as consumers are the lucky ones who have the choice - still - to buy and enjoy the bounty and richness of the farm's products . The raw milk is crucial in this whole picture ! Once tasted there is no going back - it is the only milk I and thousands of others want .
37. Grew up in Europe visiting farms and understanding the hygiene requirements for producing raw milk. Re-discovered raw milk 3 years ago. Buying it only from select farmers. Drinking it within 2 days of purchase. Feeling great all the time. Thank you.
38. People are fed up of being nannied by the state.
39. Local produce is what I like best
40. I have been very ill due to a diet of mass produced food products. I am now highly intolerant to many food stuffs leading directly to severe brain fog and fibromyalgic muscle fatigues. I am unable to carry out normal living when in this condition. It is vital that I continue to have access to untampered with food stuffs... for simply living !
41. Just because a food is occasionally tainted, or causes an outbreak of food poisoning, it should not be banned outright forever more. If this was the case, there would be NO food



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- available - especially chicken / eggs. Why is dairy treated in such a draconian fashion? If you're worried about children becoming sick, make a rule that children under the age of 16 can't drink it, as you do for alcohol, and let adults make their own choices.
42. The milk is delicious and makes the best rice puddings also Fen farm is only down the road from me so very convenient. It is a local business that I can support.
 43. Because of the health benefits
 44. I believe pasturising milk changes it and kills off a lot of the goodness, makes it harder to digest and also spoils the taste.
 45. It keeps all the nutrients found in milk, rather than destroying them by pasteurising and homogenising the milk.
 46. I think people are becoming more aware of the impact of mass farming and use of medication on the quality of animal products. We think there is a good argument for eating products in their natural form & the nutrients etc that this provides as long as it is produced to a high standard of safety
 47. It is a natural, unmodified food with nothing added or taken away. So much food these days is altered or imported and heaven knows what happens with GM foods.
 48. People should be given the choice of whether they buy raw milk in the shops or not. Here in Scotland we are not allowed it at all and that is why I buy from England via courier. This is something I am about to take up with my Scottish Government.
 49. The milk & cream actually taste of something. They will keep well past their stated best before date Raw versions of cheese taste better than pasteurised versions. I feel I'm supporting small independent producers & paying a realistic price for the products
 50. Raw milk tastes better and is also nice and good for you as sour milk. I wish raw milk was wider available.
 51. It's closer to nature and not destroying the amazing properties of milk like all the antibodies
 52. Whole family Love the taste
 53. I understand the FDA has an obligation to consumers but there should also be an option for those wishing to improve their health via raw milk filled with good bacteria. The research is becoming very solid on this now and the gut being a significant contributor to ill health, since the gut houses 90% of the immune system, and looking at the huge increase in chronic illness across our country and indeed the world, we need all of the good bacteria we can get and I like the option of raw milk. Our environment is much too sterile and we are not being exposed to microbes in our natural environment the same as we would many years ago, this is having a detrimental effect on our health. Of course it has had a profoundly positive effect too, but we need to strike balance in the world we live in now and those that understand this should continue to be given the opportunity to use raw milk and raw milk products as they see fit for themselves and their family.
 54. People becoming aware of benefits and want to give money directly to farmers
 55. Unfortunately unable to buy raw milk in Scotland so order it on line from a producer in England. Health wise I have found it much better than pasturised milk and will continue to do this .
 56. Raw milk contains the enzymes and bacteria which help it be digested once consumed so it is much better for us. We have eczema and rhinitis and other autoimmune issues so look for getting additional beneficial bacteria in our foods. I also love the taste.



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57. Tastes better. Organic. Less processed. Higher concentrate of vitamins and other beneficial components (that I have read anyway!). It's good to support local farming directly.
58. Much better taste and more nutritious than standard milk.
59. As a diabetic I am drawn to natural products and find raw milk is better for me. A glass at bedtime helps prevents spikes and lows in my blood sugars.
60. I believe in the power of good bacteria for my health. I like the ethics of the farmers who sell directly and trust their scale and outlook as being good for animal welfare and a tasty nourishing product. I think we should have choice.
61. Proven to be healthy choice. Simple as.
62. It's important that the public have a free choice I prefer raw milk and like to support my local farmers too.
63. Its healthier!!! Its natural. People are realising that what they put into their bodies has a direct affect on their physical emotional and mental health. Supermarkets profit from peoples ineducation, vulnerability, poverty and they take full advantage of that. This cannot carry on anymore.
64. It tastes very good.
65. See 6.
66. The human race as been consuming raw milk and by products since god's know when,the individual should be given the choice and take responsibility for their own actions.
67. We follow Weston A Price food movement
68. The health benefits and taste is what does it for me. Since I started using raw milk I have cured myself of IBS. Nothing else worked until I started using raw milk.
69. Don't increase the paperwork\bureaucracy. Let the farmers get on doing what they do best looking after the animals and producing a wonderful product. I would like to see more support for farmers selling products direct from farm. Farmers get a better price and people can see where the milk comes from and the care/time farmers put into the animals. Support British farmers.
70. Look at the actual health benefits!! People weren't dying by the thousands before pasteurisation!! My family were all bought up on raw milk going back generations....I know my local producer is award winning for cleanliness too!!
71. My children and I much prefer the taste of raw milk and it is also a bonus to be able to support a local farmer in this business diversification.
72. The health benefits The amazing taste and quality The fact it hasn't been processed Lots of cheese is maxe with raw milk and tastes delicious People don't want processed food and want milk as natural as possible
73. I like the rich, creamy taste of raw milk that I heat treat at home. I also hope that, since it's free of chemicals and antibiotics, is better for my family.
74. Natural products are good for us - our bodies have adapted to them through evolution. Pasteurisation and homogenisation can alter properties of milk and make it less beneficial/harder for bodies to process.
75. It tastes much better, & is better for you.
76. I believe that the human body has evolved over thousands of years to recognise natural food elements that are consumed. Therefore the fact the most food and drink that is available to us has been over processed (this has happened in a short period of time) is causing confusion within the body regarding absorption.leading to health issues. I believe



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- that the natural enzymes and nutritional elements in raw milk are more easily recognised and processed by our bodies, giving us the full and healthier benefit of the milk.
77. The only reason i don't buy raw milk more frequently is that there is none selling it near me- if there was i would be buying daily
 78. Raw milk is less heavily processed and supports local farming industry as opposed to large corporations. It's also delicious!
 79. I worry about what is fed to farm animals in general. Most producers of raw milk feed their animals on grass, silage, and hay, with minimum additives.
 80. finding a raw milk producer was really hard. when i found a supplier near me it was a great find. and when i made contact they were waiting for the inspection and license. so i was at the start of Dora's Dairy.
 81. Heating Dairy has detrimental effects to the product and it loses many benefits. I find I am more tolerant to raw dairy than pasteurised, and feel it is beneficial to my health.
 82. Taste and health benefits
 83. Would like to see wider availability of raw milk and especially buffalo milk
 84. Health warnings are in place regarding raw dairy products and for those at most risk of consuming such. These products are much more expensive than those made from pasteurised milk and therefore consumed by individuals whose choice has been weighted with regard to all the facts available. They are normally people who are looking to maintain a healthy lifestyle and probably those who avoid the sugar, fat and salt processed products that should be the focus of the Food Standard Agency.
 85. It should be more widely available
 86. Because the less processing of any food the better. It's obvious isn't it?
 87. Stop messing with our food and preventing us from eating natural food.
 88. Tastes good, easily digested.
 89. It tastes better, and it is healthier.
 90. raw milk is a living food. Several of milk's natural components including beneficial bacteria, food enzymes, natural vitamins and immunoglobulins are heat-sensitive. Heat-sensitive components of raw milk are destroyed through pasteurization, but they are very important for our body.
 91. Pasteurised milk products causing allergic reaction to my son. However he can drink as much raw milk as he wants without complications
 92. Health benefits of raw milk. Go to the Weston Price Foundation website and read some of their articles. Pasteurisation and homogenisation damage the milk removing its health benefits. I also believe milk should be organic and from pastured (grassfed) cows. Animal welfare is high importance and mass produced milk treats cows as a machine. Small scale local pasture based dairy farms are the future. Thank you.
 93. Please let it be sold in cafes and shops... it would benefit our local communities and our country...
 94. Big Dairy boycott here. I believe in happy, healthy, grass-fed cows when choosing milk and beef or veal. The quality difference is substantial. Raw milk simply makes me feel better and I don't get mucus response as I did with horrible commercial milk. I also believe in supporting local farmers. If I could get sheep's milk cheese raw I would. If I could get pasture-fed eggs that would be great too. Some of us spend more money on products and eat less. Affordability will not be the problem, it's the fact that we have to travel due to laws and



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restrictions. The simple farmer has no lobbying power in politics and therefore the Big Dairy suppliers will hold territory until policies change.

95. Benefits

96. Raw milk contains very good bacteria, which is killed when pasteurised. It's easier to digest and one is less likely to become lactose intolerant. I do buy pasteurised organic milk also. Never homogenised. The less food is processed, manufactured etc. the better.

97. My reasons for buying raw milk from Dora's dairy is because I know exactly where it's come from and can see the cows that produced it. It tastes better and you don't need to add sugar to cereal as the milk gives its own sweetness. Since going back to raw milk I have felt much healthier in myself as I now get all the goodness and no chemicals

98. I believe it is better for gut health and therefore mental and physical health too.

99. Pasteurised and homogenised milk is so far removed from its natural raw state it's not worth considering as part of a healthy natural diet, it becomes a non product and not worth consuming. It is only processed in that way to benefit big business and not the consumer.

100. Our son and myself both have Asperger's syndrome and it helps with our concentration And also my sons ADHD

101. The dairy processing industry is spending a fortune reintegrating the benefits back into milk after processing like Lactase enzyme. Why not just use it in its naturally digestible form, in general there are more benefits in unprocessed foods. Raw milk also lasts much longer than supermarket milk. The live enzymes allow it to sour naturally at a much reduced rate, and introduces immune boosting friendly bacteria into the digestive system (again something the processing industry generatesillions trying to sell to people seperately). Pasteurised milk has nothing like the same quality or taste (even when the raw milk is steamed for coffee and used in a pseudo-pasteurised state). I prefer to buy product direct from source and cut out the profits of middlemen, processors and supermarkets.

102. The information is clearly displayed and verbally explained at the farm when you go there for the first time The hygiene and audits are also displayed and I was able to visit the farm

103. I like the product and its my chioce to buy.

104. I believe that people are starting to wake up to the fact that the amount of processing done to our food, not only milk, is destroying the nutrients those foods contain which is having a knock on and detrimental affect on our health.

105. Grew up on a farming estate with dairy cows where my father was employed. Always drank raw milk. Tastes so much better. Never had any skin problems growing up. Never had any health issues drinking raw milk. Now 62 and drive 35 miles each way to purchase raw milk. Before I retired my profession was as a Ruminant Nutritionist.

106. I have drunk and given my family raw milk for 30 years with only positive health benefits. I am not an idiot as I run a major company and have a MBA. I believe the nanny state should respect my choice to continue to want raw milk. Frankly the government's track record on all sorts of health issues like Diesel engines, BSE, bank regulation, animal data etc is appalling. I think they need to learn from this track record of disaster and not make supplying raw milk to those that chose it.

107. I believe that processed, homogenised and pasteurised milk is dead and devoid of vitality and key nutrients required for complete digestion. For example enzymes are



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- destroyed at high temperatures. That it is harmful to health and implicated in allergy and disease. Studies have shown good health in children drinking raw milk.
108. The health benefits of raw milk far out weigh any negatives for me and our young family. I would be more concerned to drink regular milk that has been so messed around with, from unhappy and over stressed cows pumped with antibiotics.
109. The health benefits!!!
110. It has huge health benefits. It helps my bad stomach massively.
111. It also gives us an opportunity to support local farmers. And it creates local community.
112. It's not messed with and more pure
113. Can't stand the pasteurised and homogenised milk that's sold in shops, too processed and too much of the cost goes to the dairies that produce it, and not to the farmers. Buy raw milk direct and support your local dairy farmer, as they're a dying breed nowadays. Which is making way for milk imports from the EU and possibly further afield.
114. It tastes fantastic
115. I know that there are no chemicals in it, it is from a farm that treat its animals well and it is delicious
116. 1. Nothing compares with the taste of raw milk. 2. Raw milk contains an enzyme called lactase which digests lactose thereby resolving lactose intolerance and reducing glucose levels in diabetics. Pasteurised milk only contains lactose as a sugar and therefore exacerbates lactose intolerance and diabetes. 3. Raw milk contains more vitamins and enzymes as they are not 'killed off' by heat treatment. Pasteurised and homogenised milk is known to be difficult to digest and floods the bloodstream with minute fat particles rather than the stomach digesting them as happens with raw milk. 4. Raw milk contains lots of good bacteria which consume the bad bacteria and result in the milk turning sour. Most people don't consume raw milk at that point. Pasteurised milk is sterilised. Therefore any bacteria after opening will be bad bacteria. It is pasteurised milk that is hazardous. I never keep opened pasteurised milk longer than 1 day.
117. Raw milk usually comes from organic and welfare friendly producers, not factory farmers, so there are additional health benefits. The value of feeding the human microbial biome is also becoming more recognised.
118. As stated above !!! People are tired of the way manufacturers play with natural produce and the way they feel the need to make what mother nature provides better for humans(in their minds)
119. For good health.
120. Tastes far nicer than pasteurised.
121. Raw milk contains many good enzymes and organisms that I believe are beneficial. I am comfortable buying from a farm that practices good animal husbandry, with regular monitoring and testing of their herd and milk, including TB testing. In addition to it being raw, it is also not homogenised, which we also prefer and I believe is healthier. In the end, we have a right to make our own informed decisions
122. raw milk contains all of its natural enzymes, fatty acids, vitamins and minerals — making it what many refer to as a “complete food.” It tastes miles better than the store bought milk which is missing the good stuff and is unhealthy due to pasteurization.
123. Research has shown many health benefits of raw milk. I wish it were easier to get.



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124. By buying direct to the farms vending machine gives me a chance to support a local business changes the food miles to food Metres by using glass bottles we can reduce the impact of single use plastic bottles and of course the main reason it tastes delicious
125. Because it is so much better for you than shop-bought pasteurised milk, and also much easier to find out exactly where the raw milk came from (even down to the right cow!) and what processes it has been through.
126. It's unadulterated, I buy it for ibs
127. Industrial pasteurization and homogenization process is reducing the microbiome in milk. Life is becoming over sanitized.
128. Skimmed milk is nothing more than white water. I want the whole milk with all its nutrients. (I only recently learnt that for semi skimmed they put the fat back in!) I want the very least processing that I can get. I want the highest animal care. I want to support our UK farmers and dairy farmers are having a tough time. I live in the country and the change from dairy to sheep has affected the local wildlife in a negative way. People should have the choice. It is far more dangerous to do the drive to the vending machine than to drink the milk.
129. Fen Farm raw milk is our local farm. It makes the most amazing tasting Brie cheese . The cows are visible from the milk dispensing shed . They are healthy happy cows who make incredible rich tasting milk . Jonny and Dulcie who own Fen Farm are truly responsible farmers who value their animals and it shows in their products and the cleanliness of their buildings .
130. I like to buy raw milk from the farm less than a mile from my house, because I can see that the herd is well cared, for and also because the farmer gets a fair price for his milk and other dairy products. I have been appalled by the way dairy farmers have been treated in this country, and the rise of "mega dairies" and imported milk. I appreciate the freshness and flavour of the raw milk. It is far superior in quality to the usual supermarket offering.
131. I believe raw. Milk is important to sustaining a strong gut microbiome.
132. I believe that all food is better for you when it is less processed. Pasteurising milk also removes some of the goodness and people drank milk for years without pasteurisation.
133. raw milk tragedies are one of the few types of atrocity you hardly ever see in the headlines. Personally I'm more concerned about encouraging people to drink chemically laden alcohol, and brightly coloured sugar-porn dangled in front of kids, than raw milk.
134. Pasteurisation only lowers the standards of animal welfare. Raw milk producers, on the other hand, cannot hide bad practice from the consumer.
135. Better flavour. Very minimal risk involved.
136. To promote a healthy gut. To support a healthy immune system. It contributes to a healthy diet. It tastes better than pasteurised milk.
137. A far more natural and delicious product. There is a great deal of evidence showing the benefits of raw milk for the gut microbes Another important feature is that raw milk we buy is also organic
138. There are many reported health benefits.
139. Consumers are fed up with controlling supermarkets, low quality products, poor farm conditions. Micro dairies produce good quality, ethical and safe products (because they are small and therefore more able to control standards).



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140. It didn't do my ancestors any harm and I would rather drink milk that has not been messed about with
141. I love the creaminess of raw milk and I know the good bacteria in this unpasteurised milk is very good for my body.
142. Raw milk has all the enzymes required for proper digestion.
143. I have read many articles about it being healthier and better for you in different ways. I also prefer the taste. It's also from a local farm that is more often than not treating their animals higher than the standard, so they have a better quality of life.
144. People are coming round to the idea that processed + packaged food can contain many additives/processing agents that don't have to be declared and can have negative effects on health. By buying raw milk/butter/cheese you can (hopefully) be confident that you're buying what it says on the pack. The idea of 'friendly bacteria' to promote but health is a big selling point. I buy raw milk as a way to avoid supermarkets and support local economies.
145. WE like to know exactly where our milk has come from, we also like to support local farmers and make sure they get a good price for the milk they produce.
146. I believe that we should try and eat our food as close as possible to the way nature make it available.
147. Because it has a natural taste of milk which no products from stores have it and also has more nutritional benefits.
148. I like eating all food left as close to how nature provides it as possible. I believe that raw milk and products made from raw milk are much more nutritious.
149. I don't like food being messed about with. I grow my own veg, have raw goats and cows milk, so I know what I'm getting.
150. I understand that it has benefits to health. I feel that a farm that produces raw milk has more of an interest in an ethically sound product and is therefore more likely to practise better animal husbandry. I prefer foods that are local and as basically produced as possible with little manufacturing processes.
151. Unadulterated, natural product, straight from the cow as nature intended....
152. Natural products are appealing from a health point of view - they have not been 'treated', 'processed' or 'tampered' with unnecessarily.
153. I love raw milk, as it has a lire of nutritional benefits.
154. I eat raw cheese, raw butter and make my own raw yoghurt using raw milk. This is to maintain healthy gut bacteria.
155. I drank raw milk all my growing years up to 12 and it was fabulous. I have never been hospitalised and I take no meds at 60! My brothers had the same life growing up and same results.
156. I'm interested in health benefits of live food
157. Enjoy the taste and like to support local farmers. Had raw milk as a growing child from our house cow.
158. Better consumer education is needed combined with a commitment by producers for gold standards of production. We need diversity in our food supply, not monotonous low quality. We don't need a paranoid FSA which does not understand food and seeks only to stifle local initiatives in favour of failed industrial substances.



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159. The taste is so much better. Not homogenised so better for you as the body doesn't absorb all fat. Less messed with food is better for everyone We but our in reusable glass bottles too
160. It isn't homogenised, it tastes far better.
161. I am in favour of foods which contain more of the original bacteria etc. and as a plus they taste great.
162. Raw milk is an alive product with many known health benefits. Many lactose intolerant children can digest raw milk from horned cows (biodynamic). Why should we kill all the good bacteria in raw milk? I understand that contamination is a risk but if we deaden all the food we eat out of fear of contamination we will soon be very sick. Reasonable regulations and trusted small producers can keep us safe
163. Got nothing added nothing taken away surely that is good for you. Been drunk for centuries as a pure product.
164. The taste is so much better than pasturised and changes depending upon the season
165. It tastes better; I prefer less processed food; it's 'alive' and has a character that's turned into dull uniformity by pasteurisation
166. I like the flavour of raw milk and that it is much more creamy than standard milk.
167. raw milk is more beneficial to health as it retains nutrients destroyed by processing, however it must be produced by farmers who follow due process in it's production and submit to regular testing. Raw milk also tastes like no other. It tasted like milk should taste and produces wonderful cheeses. If I lived nearer somewhere that produced it I would buy it every day and have no hesitation in giving it to my family, in the same way I drank it as a child.
168. Health benefits Probiotics Our family don't react to it adversely The taste is amazing
169. awareness of micro-life in the environment and in ourselves may be increasing as systems of provision become more stressed. where we have the option of sustaining such life, in the soil or in our own gut, it seems wise to choose it.
170. Raw milk is better for you so advertise it and stop the paperwork hoops to jump over for producers
171. I believe it has great health benefits for us and raw milk producers tend to be better welfare providers for their livestock. I also buy to support my local dairy farm in my community
172. My grandparents grew up drinking this as did their parents and grandparents. Buying straight from the farmer provides the money goes to them so it goes straight to the cows rather than to supermarkets. I've visited farms that sell raw milk and their standards are so high. Both with cattle and with the vending of the milk. We also use reusable glass bottles rather than plastic.
173. It tastes so much better
174. Because we chose to avoid drinking milk from cows that have had excessive antibiotic and hormonal treatment. We believe that the pasteurisation process kills off vital nutrients. It tastes great and it's local - we know the cows!
175. It contains goodness that is otherwise lost in heat treatment processes.
176. Because it is Raw and in tampered with as nature intended and the health benefits far out way the supposed risks ...



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177. Because it is Raw and in tampered with as nature intended and the health benefits far out way the supposed risks ...
178. It taste so much better ! A bit of bacteria is good for the gut!!!
179. Besides the benefits of raw milk. I choose to drink it because it helps support local farmers. I can see which cows the milk is coming from and know that they are cared for. I know that because the land upon which they graze is certified organic and chemical free, raw milk is as 'clean' as it possibly can be. Supermarket milk (even organic) is not a guarantee of care towards the animals its taken from. The sheer mass production of milk is enough to question my morality to make this choice even if its considerably more costly.
180. We buy bio dynamic milk for its health and purity properties.
181. Beneficial properties are destroyed by pasteurising.
182. Much better taste, natural and full of good nutrients and much needed natural probiotics which help our gut health to boost our immune systems, compromised by years of processed. Sterilised foods and lifestyle.
183. I always buy organic milk, and get raw when it is available, but it is not often accessible.
184. Raw milk has greatly contributed to making my life healthier. Just wish it was more widely available so that I didn't have to go without when I'm away from home. Q13 I actually buy my milk 3 times a week, 2 litres at a time but no option given for that.
185. My son is lactose intolerant and can only drink raw milk. It has helped my daughter's eczema. It is better for you than pasteurized milk as it still has all its vitamins and enzymes.
186. There is a whole movement towards clean natural eating, foods that have not been altered, processed, manufactured or modified and this is part of that.
187. I believe over-processed food, pasteurisation and over-use of antibiotics and anti-bac sprays (to name but a few) has led to a growing increase in auto-immune conditions, food intolerances, asthma and eczema. Scientific research shows we need a certain amount of good bacteria in the gut in order to have a strong and healthy immune system. I believe raw milk is beneficial to health, helping us to increase the good bacteria in our guts. We need to stop worrying about bugs and bacteria and re-educate people to help them eat a healthy diet that is more natural and doesn't rely on over-processed foods.
188. Perhaps people are finally waking up the fact that real food is and always was the way forward. Shame the big food got so powerful along the way...
189. This milk is great 😊👍
190. I find raw milk more digestible, and it doesn't aggravate my dairy intolerance like pasteurized milk does.
191. We buy raw milk because every thing is in perfect balance and it has very clear health benefits to me and my family! I suffered with reflux but now have no symptoms. My wife suffered with eczema on her hands. As well as drinking it both ends of the day she applied to skin that was effected. She now has no symptoms. Youngest son has ADHD. Low on the spectrum but we have seen concentration levels vastly improve whilst on Milk. He also sleeps if he has raw milk shortly before bed. This is so apparent if we are on holiday. His behavioural problems show themselves very quickly after withdrawal of raw milk. As a family it has made our lives measurably better. We'll never go back to shop bought milk!



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192. I like the thought of going back to basics. We are not able to fight illnesses as easily because our immune systems are not being subjected to the bacteria needed to develop antibodies.
193. Raw milk had much more flavour
194. Too many of our foods stuff is tampered with. Let's go back to basics... education and choice please.
195. We prefer our food and drink to be as natural as possible so in it's original form.
196. We think it's a good product, & like buying direct from the farmer, we buy ours from Fen Dairy Farm & if I went past there every day I would buy it all the time, lovely milk
197. Because good quality raw milk from grass fed animals has enormous health benefits.
198. It's far healthier!
199. Raw milk is important for health. It improves our gut biome & improves our immunity. Pasteurised milk, is milk with all that which helps our health removed. We need some bacteria to build up resistance & fight other bacteria. The kill all bacteria on work surfaces , in food, on hands is creating superbugs, poor immune systems & weight gain & digestive system disorders. Raw milk should be far more widely available to everyone. Everyone should have that choice.
200. Raw milk is rich in healthy bacteria that can benefit our digestive system and it contains various enzymes that can help improve the digestion of nutrients from other foods. These natural components of raw milk (as well as natural vitamins and immunoglobulins) are heat-sensitive and are destroyed through pasteurization. We would buy more raw milk more often if it were more readily available.
201. We have had no problems drinking raw milk. Have never been unwell and it makes us all feel much more healthy
202. A natural product which, independent studies, have shown to be acceptable to people with dairy intolerance. I enjoy the flavour and benefits of raw milk..
203. We love it's natural goodness and good bacteria. It helps with my daughters skin and my asthma.
204. Love the creamyness of the product Reminds me of milk as a child Can say hello to the cows who have produced the milk Support local producers and lowers food miles as raw milk sold just down the road from me. Fresh product straight from the producer not collected stored for days on end and shipped back to the supermarket Just seems to taste so much nicer
205. Unpasteurised milk contains higher levels of vitamins. Research suggests that milk that is unpasteurised is easier to digest. Homogenized milk may contain particles of proteins that may cause inflammation in the gut. I avoid homogenized milk. My son had tooth decay due to a lip tie and making his diet nutrient dense and including raw milk has halted the decay, his teeth are now hard although decay is still visable. His second teeth will be stronger due to his current diet. There is mounting evidence that processed food is damaging to health, the less processed food is the better it is. I believe that being able to purchase unprocessed milk is important to health. I have not taken the decision to buy raw milk lightly. I have read many research papers about the health benefits and read about what to look out for at the farm where you purchase raw milk. I talk to my farmer weekly and am very confident in his products. He has about 19 cows.



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206. I work in the industry and like to support my local producer. I also find I have a better digestive system drinking raw milk, no bloating etc.
207. There's no need to kill all the goodness in the milk by cooking it.
208. Although there are risks I feel the benefits of raw milk outweigh the risks and it tastes better, lasts longer and other things can be done with sour milk.
209. The pasteurising process kills off beneficial enzymes as well as potentially harmful bacteria. I want as little processed food as possible. I know the cows are treated extremely well on the farm where I buy organic raw milk. The milk comes in glass rather than plastic which is healthier for our bodies and the environment.
210. Tastes better
211. So many foods are overly processed. My grandad was a farmer and my mother grew up drinking fresh milk from the cow and never did her any harm.
212. I think it's better for my health and I think that the farms I buy from have better welfare standards for the cows. It's fairer to the farmer, too, rather than supermarket milk which doesn't pay the producers a fair price.
213. I like the fact I know where it's come from so much more creamier and tastier. I'm supporting a local farm.
214. It tastes fabulous and is how nature intended.
215. Natural, and safe if from local compliant farm.
216. Milk that has not been heat treated contains the enzymes and beneficial lactobacteria that help us digest it.
217. It is important to me to get real food with real nutrients still bio available. I find raw milk is a wonderful addition to my family's diet and for their health.
218. People are reading the science and realising the benefits of eating/drinking products, which are good for digestion and our microbiome. Raw milk has more taste and texture. It's nearly always bought from a local farm. That has environment benefits and possibly health benefits too. Recent reports suggest local honey has health benefits perhaps locality applies to other foods too.
219. Supporting local farms with on-farm purchases that eliminate the greedy supermarkets can only be a big positive.
220. Great health benefits, easily digested and good source of probiotics essential for good gut health.
221. The best food is local and unprocessed. Supermarket milk has been over processed for the benefit of them not us. I would never use homogenised milk by choice.
222. I understand that it being raw makes healthier as its natural enzymes that help its absorption are destroyed by pasteurisation. It also tastes MUCH better.
223. you didn't put goat - i buy raw goats milk a lot as the herd is very near where i live and therefore its cheaper than delivery by post from the cow milk producers - ah, just seen the goat box, its right over the other end of the screen!! i love it, and i've never ever been sick from it. nor my kids nor the dogs.
224. I would love to buy raw milk from sheep or goats but the fsa regulations make the business prospects far too hard for small producers to think about this. In Italy doctors tell pregnant women to eat Parmesan cheese, made from raw milk, as it is high in calcium and its age renders it safe to eat.



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225. People are fed up of eating and drinking food that is no longer as natural as it should be. We don't want added chemicals and processes that change the components of the food. Milk should have a cream layer and should go off after a few days, bread should go stale, fruit should rot etc. I once left an apple on the side as an experiment and it was still edible after a month. Windfall apples would be mush in that time. Things need to change. Chemical use needs to lessen. Go back to how things were before stupid rules and regulations turned this countries food production into a joke.
226. It is evident that the cows from which we drink raw milk are treated much better, live their natural lifestyle, are in better health, and the farms are sanitary, and a lot of the time organic too. Better nutritional value has been reported when compared to conventional milk that is inorganic, pasteurised and homogenised. No doubt that raw milk also tastes better, as I'm sure anyone who tries it will agree, as well as the reported health benefits such as better tolerance.
227. Raw milk is an unprocessed product and contains all the goodness of the milk and delivers the character of the milk and environment in which it is produced.
228. I do not believe that raw milk produced at good farms is harmful to your health at all. Based on the research that I have done, I believe that raw milk is very beneficial to your health in comparison than pasteurized milk. Regardless, I would be more than prepared to take the minute suggested risk in exchange for the proven health benefits.
229. Because it hasn't been tampered with. The main reason it was stopped was because of disease in cattle which has been eradicated.
230. Bought up on dairy farm as a child drank raw milk until I left home, it is as it is raw and far better than milkman's and supermarket milk
231. I buy raw milk as I feel vitamins, good bacteria, and enzymes are preserved which would have otherwise been destroyed by pasteurisation.
232. My husband swears by it for his gut health. In the time the parlour was closed his gut health deteriorated
233. Because the process is pure
234. Health issues are becoming the norm these days. By changing our ways in which we eat can only be a good shift in our habits and therefore impact on health. We shouldn't see ALL bacteria as being evil and harmful....it's destroying what our bodies know!! Our genetic make-up is SUPPOSE to correct natural occurring issues but because "we" as humans think we know best, we change how foods should be!!!! I also drink goat kefir which has done far more for me in a short amount of time than medication over years!!! I seldom have ibs symptoms and feel "better" in myself!!!
235. Other raw milk from additional animal types are not available. We would buy them if they were
236. Not homogenised less processed more wholesome.
237. I am only interested in raw milk produced biodynamically or organically with high animal welfare standards. Raw milk tastes much better, is beneficial to health (whereas pasteurised milk is 'dead' and homogenised milk is harmful to health). My priorities are food that is organic (ideally biodynamic), not messed about with, fresh, local, seasonal and to know the provenance - I want to decide what is good for me to eat and have a choice, I don't want to be dictated to. Good diet is the key to good health.



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238. If we want a healthy and sustainable future, we need to return to small-scale, traditional agriculture and eat our food as un-processed and natural as possible. Raw milk is how nature intended it and this is the only animal milk that I would allow myself and my family to consume, because protecting our health is of critical importance.
239. I suspect that people are realising how badly damaged and compromised our "food" system has become, especially where intensive farming is concerned. The huge increase in various food intolerances is a symptom of this and more people, like myself are looking apback at the way we used Farm, produce food and returning to those better, healthier ways of finding better quality food. Like growing our own fruit & veg, foraging and being cruektybfree, kinder products. Better for us, better for Farm animals and better for wildlife and the wider environment.
240. I think it's part of a wider awareness of what we are putting into our bodies.
241. The naturally occurring healthy bacteria, enzymes and flavour enhancing compounds in raw milk are destroyed by pasteurisation, leaving a crippled, flavourless product that I do not enjoy.
242. I want my food to be as natural as possible
243. I actually don't know anywhere local that I can buy raw milk. This really bothers me. As after living abroad for a period when I was drinking it every day I noticed my health improve as a result. The current laws in the uk are therefore affecting my health as I would be drinking it here everyday too if it was possible. Instead I am having to use pasteurised milk which I know is not good for me.
244. Pasteurisation was introduced to kill TB, Brucella and other pathogens due to poor hygiene practices in 19th century. With better dairy practices and Public Health monitoring the standards in milk production are very high, so let us start using raw milk again and still pasteurise for those that want it.
245. Trying to support local farmers who can offer their cattle a happier, healthier life is important to me and my main reason for buying raw milk.
246. I want as least interference with what I choos to consume as possible!!
247. It's as nature intended not prodded to within an inch of its life. We can learn a lot from nature as humans we do not always know best
248. I know exactly where it comes from and I know the animals are looked after properly. I also like to know that the farmers get the best price for their produce.
249. Because we want less processed foods and drink - returning to what is natural and better for us. Our bodies are build to hand and cope with all thats natural - interference with our food is the cause of the bodies disfunction and enept management of handling the processed/chemical/sugar/additive state of our food now. I personally would like a choice - People are kept away frm their rite to take resonsibility for their actions, choices, feelings and emotions - this is having a detrimental affect on us all and the 'controls' on us are more and more
250. I'd rather give my money to a family business than a multi national company.
251. Support local farmers and friends.
252. I walk past the cows in the field and then collect the milk they have produced.
253. The main reason I buy raw is its a better tasting product of better quality produced by the farmer who cares deeply about his livestock. I know exactly where it's come from and the welfare standards matter a great deal to me. The farmer works 365 days a year at totally



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- unsociable hours and deserves to receive the entire profit for his produce rather than the poxy 30p a litre or whatever it is they get from larger corporate dairies.
254. It s being promoted as a health product
255. Raw milk contains more nutrients that would be destroyed by pasteurisation. And I believe in freedom of choice for consumers.
256. Messed about food is wrong
257. It has a clearly superior taste to pasteurised milk - especially that bought in most supermarkets. I was brought up drinking raw milk, and with sensible precautions around refrigeration particularly, I believe it contains organisms that do you much more good than harm.
258. I would like to consume produce that has had very little alteration. Fresh fruit, vegetables, meat, fish and milk. I think this is the healthiest way to be. I am 41, have 4 children and I would like to bring them up the way I was brought up.
259. I would by raw milk every week if it was more readily available.
260. Eating and drinking natural products is good for the gut as well as being delicious
261. Some people seem to have grasped the fact that we are a sick generation, fed on highly processed full of toxins food. We strive to eat natural, unprocessed, not messed about with producrs, as is our right. We also support farmers that also grasp this concept. We avoid the companies that do not care what goes into their foods. We are conscientious consumers.
262. I eat raw cheese so see no reason not to buy the raw milk too . The flavour is so much better but i struggle to find a regular raw milk producer.The cheese is easily bought online but sadly not the milk.
263. If it were easier for me to access it I would use raw milk every day rather than just when I can get to the farm. It's a 50 minute round trip from home but we have gone specifically to buy milk a number of times.
264. Unpasteurised milk is taste better and better taste give to yogurt's, butter and other products made out of milk. After drinking raw milk I stopped having stomach problems which I had after drinking milk from the shops.
265. It's better for you, contains beneficial bacteria & the enzymes required to digest it
266. With so many food intolerances the benefits of drinking raw milk will outweigh any potential side effects. I can drink raw milk but pasteurised milk affects my gut. I think it is the healthiest type of milk and should be available to everyone who wants it.
267. Be able to drink raw milk in another way it mean the farm that produce milk have to keep the very high standard of milk production start from keep the healthy cow to keep the clean and healthy milking and milk product preparation
268. I do not believe in heat treating milk to kill bacteria is good for you. It kills good bacteria too. If cows are well looked after and clean then raw milk is a good safe choice.
269. We need to have better mainstream access to such a healthy product, we also need to promote the benefit of such a good natural product. Lastly, we need to do everything we can to promote the British dairy industry.
270. It just tastes like milk should!
271. It tastes better. Not messed around with. It is also the best unhomogenised milk.
272. Love the flavour and the cream on top of the bottle.



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273. because we know that nothing has been added or taken away or destroyed in the milk.
274. The milk I buy comes from an organic dairy farm. The cows are grass fed and antibiotics are minimal.
275. It's the way milk should be drunk. It also requires care and high standards in production, where as mass produced pasteurised milk hides a multitude of sins.
276. Darwin got it right. The gene pool will eventually be stronger
277. would value list of suppliers
278. It contains beneficial microorganisms that can help better manage conditions which are influenced by good gut health, e.g. eczema. It also tastes much much nicer than homogenised pasteurised milk obtained from a supermarket.
279. Raw milk is easily digestible as it has all the relevant enzymes to help digestion. Its the way it was created to be consumed. I grew up on a smallholding with all our own milk and know the importance of hygiene and correct storage. It provides nutrition for my son and expands his diet dramatically - Can't consume any products that contain "regular" dairy as he reacts with severe eczema.
280. Homogenised milk is no longer milk and may contain antibiotic residues. Raw milk is much easier to digest and is full of probiotics.
281. See above
282. It tastes better and I'm interested in gut microbiology I think it has health benefits and I like to support my local farmers directly
283. freedom of informed choice is a right
284. It keeps coughs and colds at bay. It helps my skin and asthma it helps with symptoms of menopause. it energises me. It's good for conjunctivitis and thrush. It nutritionally replaces a meal and satisfies my hunger when i don't have time to prepare or cook, it gives me the energy to carry on with my difficult job.
285. I drink it because it is a natural product with natural bacteria. I rely on the FSA testing to ensure I do not contract TB and that the farm standards are appropriate. I also prefer the taste to that of pasteurised milk.
286. It has properties that have been removed when pasteurised. I.e. The natural "good" bacteria. It is not available where I live so I only drink it when staying with a friend.
287. See above. Also, clearly Brexit benefits to farming is a con, the EU were blamed for all sorts of ridiculous food regulation, raw milk included but the UK government are taking delight in upholding a ridiculous piece of regulation.. thanks for surveying this
288. I like to know where my milk comes from and support my local farmers particularly as small dairy farms are a rare thing. I know that the welfare of the livestock is to a high standard. Raw milk is regulated so to prevent health problems and do have health benefits.
289. I am lucky to live near a farm that sells raw milk, I can see the cows and I believe that pasteurizing despite making drinking milk super safe may not have the same nutritional value.
290. The taste is so much better. It is also the way nature intended.
291. See comment above about milk intolerance and benefit from raw milk
292. it's available once more...just need it more widespread availability or delivered...as I live in Rossendale & I get my milk from Sabden then it's quite a journey...



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293. So pleased to be able to buy it locally, I was brought up on milk straight from our cows
294. I feel ill after drinking pasteurised milk but can readily tolerate raw milk. I like supporting small farmers and used to buy it local to me.
295. Supporting farmers direct You know what you are getting Natural, pure product
296. Benefits to health and the environment
297. Raw milk is better for you. Dairies that produce it to sell directly to the public have much better welfare standards and many keep the calf with its mother. They also feed a more natural diet, grass. Animal welfare issues are a high priority for me and I believe it is reflected in the quality of the milk.
298. It tastes better. I can drink it with no allergy issues unlike supermarket milk. I believe it is the way milk was meant to be consumed.
299. In my consideration it's the best milk on the market none of the artificial rubbish is allowed into it and it's purely as nature intended it
300. Without being fanatical about it, I try to buy food that has had the least practicable degree of processing - therefore raw vegetables, meat and dairy products. I believe this provides the healthiest diet. Although there is a slightly increased risk from micro-organisms, I prefer this to processed foods and believe it is better for me than sterile, factory-produced foods. As a child I was brought up on raw milk. I look forward to the time when science discovers that pasteurisation, homogenisation etc. actually reduce some of the nutritional benefits available from raw milk.
301. It also tastes soooo much better. I understand that pasturising the milk removes a lot of the goodness, it also removes a lot of the flavour. Grass fed organic milk is the best wholesome and tasty milk to use, compared to flavourless milk stripped of any benefits it originally had.
302. I have been drinking raw milk since I was 5 till today (32 yrs old) and it has only benefitted me. I wish raw milk was more readily available.
303. 5% butter fat was a minimum standard when milk was a healthy part of diet. The current white water product is a joke, green label even less funny. High temperature pasteurisation is a killer of natural food. Allergies galore and nutrition is poor. When did the calorie, a controversial unit, become ideological policy with no scientific basis. The Agency should concentrate its vast resources on prosecution of poor hygiene in the communities with thousands of retail food outlets.
304. Health benefits. More people are aware of the importance of maintaining gut health.
305. I think it's essential that there are outlets for raw milk
306. Would like to be able to buy raw goat's milk but haven't found any locally yet.
307. Raw milk is a bio live product . There are no dead proteins . It is much more nutritious. It is easy to digest and it has beneficial digestive qualities . It tastes delicious . It is collected from small farms so it has total traceability.
308. It has many highly beneficial properties that are lost in the heat treating process of normal milk.
309. As a lifelong supposedly dairy intolerant i found out raw jersey milk was not only not causing me any of the digestive and skin problems i previously had but was improving on the opposite improving it. it is also a statement to buy from local responsible and caring producers.



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310. It tastes lovely, it keeps well, it's full of enzymes, it's fresh and local and we re-use the jugs so no plastic waste. Sarah and John are our local friendly farmers and going to the farm is a good community builder.
311. Because used to do this as a child, there are benefits of drinking it, it has not been messed with, and money goes direct to the farmer.
312. The food standards are there for raw and processed alike. If a product passes its standards but has been less processed and not transported around the country in a diesel tanker it's a no brainer that it will have a lower carbon footprint and has had less opportunity to get contaminated when being handled or transported.
313. I like the milk we get not only because it is unpasteurised but it is un homogenised, which I much prefer.
314. There are scientifically proven health benefits of milk that is not denatured proteins due to pasteurisation. Our previous generations drank this and were strong and healthy. The cows are looked after better and we appreciate the quality of care required to produce it.
315. The reasons I've stated above are accurate. I buy raw milk because I want my children to be healthy. I love the taste of it. I love how it is produced in a farm where I can take my kids and show them what it's like to look after animals properly with kindness and care.
316. test
317. Great product
318. Want to buy ethical dairy products, organic, better welfare for the animals, better agricultural practices for the land. I like knowing I am supporting local farmers with higher welfare standards, thus producing a better quality product.
319. I believe it is better for you and I would like to encourage smaller dairy farms who look after their animals better
320. No unpleasant additives.
321. Tastes better, and you can take the cream off the top unlike factory milk.
322. Raw milk never dies!!! Fresh for drinking, tea and coffee. Sour for breadmaking , scones etc Whey from yoghurt and cheesemaking used for fermenting veg etc.
323. People are becoming more aware of the unethical way animals are farmed and want to remove themselves from the process and demand. The same is true with regard to what goes into processed foods. The chemicals etc are causing more illness and obesity than raw milk.
324. Keep up the good work - many thanks!
325. Personally, I believe that raw milk producers - or certainly those I know - have a rigorous and ethical approach to animal husbandry, environmental management, food production and a good working relationship with and responsibility to their customers who consume their products. I believe that pasteurisation and homogenisation are practices of convenience rather than 'safety' and can disguise/compensate for all sorts of bad practice that raw milk producers can't 'get away with' - there is ultimate traceability. Also, raw milk is delicious AND it's the only dairy i seem able to fully tolerate!
326. It is as nature intended.
327. Making kefir from raw milk gives you much more beneficial nutrients than pasteurised milk.



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328. I want to buy raw milk and especially butter by mail order. I can buy French unpasteurised butter in Waitrose but I'd much rather buy British. Milk is reasonably easy to buy (if I travel 60 miles round-trip). PLEASE make it possible to buy from local supermarkets if they wish to stock it.
329. When milk is pasteurised ok it kills bugs etc also some of the goodness, so all the so called dead bugs remain in the milk you drink ok 🍷
330. It has to be the customer's personal preference. It's lovely knowing where my milk comes from.
331. The most wonderful taste!
332. because pasteurising kills so much good stuff in the milk, so then I rather prefer plant milk
333. Just think it is getting back to what we like and avoiding processed foods
334. I think that food in its most natural state is probably best
335. Raw milk tastes amazing compared to standard milk. Kids find it more filling and it does seem to boost their health, especially raw milk kefir. The risks of raw milk are outweighed by the benefits I believe. With careful production I see no reason to be wary of raw milk. As it's entirely acceptable to purchase very smelly blue cheeses in a supermarket I can't see that fresh local milk products are any more dangerous. It's down to personal choice, however I do believe there should always be a choice.
336. Tastes better. Not homogenised
337. I love raw milk, and it helps my digestion. I hope more people learn how useful and nutritious it is.
338. Because too much of our food contains too many chemicals, pesticides, additives & the like. Over-processing food also reduces the nutritional content, quality, taste, etc.
339. I want to prioritise natural unprocessed foods in my diet. It also so happens that the raw milk farms that I have visited have a greater respect for their product and their animals and animal welfare is a very important priority for me. I also value my choice as a consumer and want to be able to continue to have that choice to eat and drink unprocessed foods.
340. Because it's the way forward and the most healthiest thing you can drink
341. Yes checks need to be made and rules kept to but the milk is fine
342. Mainly for ethical reasons I can see the cows and their calves are not separated from each other and have high welfare conditions. I feel much healthier and seem to have fewer colds or other ailments than my friends. I have worked on large and small dairy farms raw milk tastes better in my opinion. Supporting high welfare small farmers as opposed to large faceless industrial type farms. I agree the size of farm doesn't always relate to welfare standards. Smaller ones seem more welcoming and open to their customers visiting though.
343. My primary concern is animal welfare closely followed by a feeling that less processed food is the best for health. I feel the raw milk producers I buy from supply products that score high in both these areas. I would buy more raw products if they were available nearer to me or by mail order and more choice was available. I have not been able to find raw butter or raw buffalo or sheep products for example.
344. I started drinking it because the farm I go to has very high standards of animal welfare compared to the majority of dairy farms. I like to support an ethical local business that's run small scale and it coincided with my attempts to cut out processed food and drink for health reasons.



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345. Milk prices in supermarkets are ridiculous for the amount of work and effort the farmers put in! I'd rather pay good money for my milk to support my local farmer. It also tastes so much nicer than pasteurised milk in shops!
346. Because simply..a cow would NOT recognise the stuff that has been soooo adulterated in a supermarket!!! I want REAL food and that includes real milk. My eczema disappeared after starting to use raw milk..and if I stop, the eczema re-appears, so I know it's the raw milk that benefits me. Stuff in the supermarket, like much supermarket food, has been SO treated, so chemical treated.
347. I grew up in a rural community where raw milk was the only milk used and all dairy produce was made from raw milk. Our communities hadn't experienced the obesity or other 1st world related issues due to their diet not involving processed food. Dairy was one of the main components our diet.
348. It is a natural product with nothing done to it, it tastes good, I like supporting local farmers directly
349. Pasteurised cow's milk products cause me health problems - eczema and possibly IBS. Raw milk does not give me problems, and beneficial bacteria are known to be good for the gut and overall health.
350. Everything we eat or drink is over processed, I think people just want a natural product that's not interfered with!
351. it tastes much better, it has not been through chemical processes. we like to support our local farmer
352. It's nice knowing where the milk has come from, that it is very fresh and not traveled all around the country being tampered with by machinery and boiling etc by the time it hits the supermarket shelves it's very OLD milk!
353. I would not drink milk if I couldn't buy raw products, from a clean farm. The farm I use is very clean, very well run, very willing to answer any questions. I've toured the farm, observed their procedures, and have much more confidence in them than in the large milk producers.
354. Raw milk is very tasteful and creamy and contains a lot more goodness than treated milk!
355. Animals Not routinely given antibiotics. I support a local producer; I am not a vegetarian but I think that animals should be raised and farmed in small scale farms, not mega farms and treated with respect; raw milk tastes different through the seasons, which I like. I don't have any evidence for health benefits of raw milk - I think it's difficult to conduct any accurate research on people's diets to establish health benefits.
356. Raw milk tastes better. I drank it as a child and am pleased to be able to buy it. The risks of drinking raw milk are managed and acceptable to me Buying it from the farm reduces food miles, plastic waste (reusable glass bottles), benefits the farmer, removes unnecessary processing
357. I want the whole milk, not milk that has had many of its components deconstructed, often removed and then reconstructed. I feel the risk from raw milk is much lower than in many years past and I like the flavour the texture and believe it to be much more healthy for me than homogenised.



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358. I try and avoid processed food. Pasteurised and homogenised milk is processed, we do not yet know the effect of smaller fat particles caused by homogenisation. I like to support local farmers where I can, they get a 'raw' deal from the bulk buyers.
359. It would be great if there was somewhere local to buy raw milk I would buy it more often.
360. The population is pursuing health in all its forms. You only have to look at the marketplace in general to see the shift. We could trust our food sources in previous generations. We cannot so readily trust now. Food preservatives, food colourings, unrecognisable chemical additives, heat treatments, GMO products, pesticides and their residues, people are rightly concerned for their health. The food and health industries are inextricably linked. The rise of global knowledge through the internet has given people the ability to acquire knowledge and understanding for informed choice. The market is shifting toward health, physical yes, but also emotional and spiritual. The food industry, the dairy industry must respond or be left behind in its current state because the consumer will buy elsewhere.
361. because more people are returning to natural, unadulterated products.
362. I just think all round the product is better. Buying direct from the farm means we have a relationship with the farmer. We know how the animals are kept. The farms are all small and well managed with good consideration for animal welfare. The animals are all pasture fed and therefore we have seasonal variation on the milk flavour, it also just tastes better than the bland blended milk of the big dairies. On top of all of that it's definitely better and more nutritious than pasteurised and mass produced.
363. It is a fantastic, flavoursome, creamy product and we love the fact it hasn't had other preservatives added and that it is a natural product.
364. Raw milk is easier to digest as it contains digestive enzymes that are destroyed in the pasteurisation process.
365. I drank raw milk growing up some, switched to raw milk several years ago in addition to other dietary changes. My health, weight have improved dramatically, raw milk is one of the factors.
366. pasturised cows milk has unevenly distributed fat globules and has had the beneficial microbes removed through ultra heat and other treatments. In my view this makes it much less easily digestible. Excema sufferers have long been advised to try goats milk for instance which has fat globules very similar to human milk. I think dairy products should be consumed in moderation (much as I love them!) because its not a natural human activity to drink milk except for infants. The huge production systems currently practised are unsustainable and unhealthy, both for the poor animals and humans. The volume of waste products from the animals needs drastic action to process usefully eg for generating energy. The number of additives required to keep animals in large herds indoors in entirely unnatural conditions adds hugely to the current problem of the rise in intolerances and allergies and general health problems - hormones, anti biotics and all types of unnecessary substances have to be added to the cows and pigs diets to make it possible to keep them indoors in overcrowded conditions. A ghastly mess. RDM is produced by smallscale farmers usually of organic or biodynamic origin and is much healthier because the animals are kept in more natural conditions and are happier. Happy animals produce healthy products. This is increasingly recognised with scientific studies demonstrating the benefits.



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367. Raw milk tastes so much better than pasteurised milk and with Brucellosis now in the past, the very stringent rules on cell counts etc I see no reason why it should not be more widely promoted. I love having the cream head on the milk once more!
368. I love raw milk, its the best ting !
369. Raw milk comes from the producer not after dairy processing
370. Taste and health benefits. If it was available closer we would buy more. Should be available in shops as well as direct from the producer.
371. We would drink more raw milk if it was more readily available in our area. Why would you not?
372. Because it is much more healthy than the pasturised that has all the goodness taken out! It is how milk used to be years ago!
373. For me it's a good which has great flavour and represents the flavours of our land. Milk and cheese with character. I value the time and care taken to produce the milk and cheese. This time and care means quality and safety and this means tasty food with character and healthy microbes.
374. Worth trying for my husbands allergies. Believe we should have some bacteria. Support local farmers. Can use own bottles so less plastic waste.
375. I feel that any milk that is in-homogenised is has a true taste of milk , raw milk is the best for true taste.
376. The crap you buy in the shops is nothing more than white water, with everything good (and bad) pulled out of it. Yes raw millk my have some or the odd nasty but this is why we have an immune system. Peoples immune systems are so weak due to all the processing that happens in the food industry and the over use of antibiotics. Yes I agree that raw millk should be tested for the major bugs and infections.And yes many years ago we did need to nuke the milk. But were no longer in a the dark ages where (good) farms are no longer dirty and millk is kept cool, and kept in sanitised condition, with cows that are kept in good health. Its the huge automated farms that dont care about the cows helth and condition of the milk as they know it will be nuked and everthing killed off, so why do they need to care? I have and always will drink Raw milk, I believe more people would drink it l'd it wasn't call Raw, we have been conditioned to belibe raw is bad.... In truth it actuly comes down to money.
377. It tastes delicious. Helps local farmers diversify and profit from their efforts. There are many misconceptions about the benefits of processed milk. I avoid processed foods of all kinds where I can. Improves my microbiome.
378. Raw milk is also unhomegenized. Homigenization alters the structure of the milk fats. Raw milk produced in a well run farm is a natural minimally processed food which contains beneficial bacteria and is a whole minimally processed "ancestral" food. Like any food product, potential risks from raw milk can be mitigated by high quality production methods
379. Its very good for you not been messed about with. My children wont drink milk from a shop
380. The flavour is amazing and seeing the top full of cream is a hit with our family. It's the best decision we have made for our family.
381. My husband loves it he don't get many illness with it the children drink it when poorly



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382. With the maltreatment of milk, the good things extracted to make excessive profits for the likes of "the little pot makers" the muck sold as "milk" in the supermarkets is not fit for human consumption. We prefer to take the minimal risk of pure fresh milk than poisons added to plastic bottles that are serious health risks.
383. Based on anecdotal evidence I have seen parents with children who have tooth decay adopting a diet that includes raw milk able to remineralise teeth - through before and after photos. Raw milk is high in vitamin A, D and K and lactoperoxidase which is protective and lactoferrin - which kills pathogens, b-lymphocytes, leukocytes, macrophages, neutrophils, immunoglobulins, these are killed by pasteurisation Look at Weston A Price's research where he studied populations who had good health - including oral health and they consumed raw milk.
384. I believe raw milk is a more natural product and the farm I purchase from has the highest welfare and hygiene standards. The welfare of the cows is very important to me.
385. There are many reasons. My main reason would be for health but it also tastes much creamier than supermarket milk. In my diet, I try to source fat from grass fed organic animals and the fact the product is raw is also beneficial for my gut microbiome. This is why I go to great lengths to source it. Currently this is very difficult with such strict regulations. It would be great to have a local supplier since I have to drive quite a distance to get raw milk.
386. Because it is proper tasting milk, not 'boiled'.....
387. I consume it because the pasteurisation process kills much of the good bacteria and nutrients in the milk and makes it less digestible.
388. Very simply - raw milk has many health benefits that treated milk doesn't have.
389. I prefer my foods to be in as natural a state as possible, from Farms, not factories. From Animals that are well treated and loved not intensively farmed.
390. It improves my gut bacteria. Most foods today kill off the good stuff there. Raw milk is probiotic hence I buy it.
391. Raw milk has all the natural nutrients
392. Modern foods have too many treatments, many of which are detrimental to our health or untested. If I'm not drinking unpasteurised milk then it's unhomogenised milk, never homogenised. When I buy raw milk it has to be from cows that are free to graze naturally and free of antibiotics .
393. It's not been tampered with and it tastes the way milk is supposed to taste
394. raw milk is proper milk and much better for you. better for the farmer and the cows too. there is no comparison between the two products at all. real milk is healthier and better to drink and is creamier and hasent been tampered with by heating and forcing thje molicules thru tiny holes and adding water and skimming all the good stuff away from it. people "alergiv" to milk suddenly are not when they take real milk
395. I'm keen to have a diet that has as little human intervention as possible, no chemicals or treatment that kills off the healthy bacteria. Clean eating is the way forward and as long as the correct measures are in place to ensure there is as little risk as possible I think this is something that will become more popular.
396. I don't really know why... My naturopath told me it is better for my constitution... At the time she had diagnosed I was reacting badly to conventional dairy products. I've been using this alternative for five years and don't want anything else
397. Tastes better than the white water they sell in the supermarket



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398. I don't really know why... My naturopath told me it is better for my constitution... At the time she had diagnosed I was reacting badly to conventional dairy products. I've been using this alternative for five years and don't want anything else
399. Being able to buy directly from the farmer which helps support our dairy farmers rather than the supermarkets.
400. I believe the probiotic value and greater ease of digestion, makes high quality raw milk a superior product to pasteurised milk.
401. Raw milk helps my son's ADHD, and my thyroid condition
402. Quite honestly, at 60 years old my health is far superior to most people I know aged over 40. I think that tells it's own story.
403. I value raw milk because of the healthy gut bacteria it helps me maintain. I have had lots of trouble with digestion due to not having the right combination of gut bacteria, and drinking raw milk regularly has made a significant difference to this and my overall health.
404. Due to the allergies that I have I choose to have foods that are as unrefined and unprocessed as possible. I know where the raw milk comes from; I can see the cows; I have a relationship with the farmer and whilst they are not organic they are as near to it as possible; local to me. I have never had any effects from eating raw milk or raw dairy products. It is a beneficial source of calcium that I would otherwise not have in my diet.
405. Taste is better I personally struggle with drinking pasteurised milk but can easily drink raw milk with no issues
406. I am entirely satisfied with the food safety standards at the farm where I buy the milk and enjoy the taste. As it is full cream milk I can only purchase it occasionally
407. I do consider raw milk very important for health and value the opportunity to buy raw milk at our farm nearby
408. I had become lactose intolerant for 4 months late 2017. I couldn't have any dairy products, just the lacto free stuff from supermarkets. Someone in work mentioned they get raw milk from babbinswood farm. So I bought some for my boyfriend but I had the odd cup of tea using raw milk and I still was suffering with dairy, but over 2 months I had a little raw milk more and more. And now! I am able to enjoy all of my favourite things! Raw milk, full fat milk, yogurt, ice cream and chocolate!!! It didn't happen over night but eventually I was able to enjoy dairy again. I didn't go to the doctors so I can't say for sure I was actually lactose intolerant but I couldn't have any dairy products without suffering later on.
409. We need freedom of choice with regards to our health and food options that are kept open to alternative viewpoints as to what is beneficial. Thank you
410. For me the taste is extremely superior. The fresh flavour is delightful and I only wish it was more readily available.
411. Raw milk is a healthier option as as the milk proteins are intact and not damaged during homogenisation and pasteurisation. I prefer to support calf at foot small scale production with greater animal welfare and know where it has been produced. It tastes fantastic as well.
412. has a better flavour, would buy more often but can only buy from a farm which I drive pass sometimes
413. Seems to have health benefits
414. Health benefits, and flavour



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415. Raw milk is a consumer choice as an alternative to over processed supermarket milk. If bought from a reputable reliable source that are correctly testing then the milk poses no more risk than people drinking supermarket milk
416. Don't make it so hard for farmers to sell their wonderful rare milk! Yes the milk should be tested but don't make it so expensive that it's economically viable for them to sell it.
417. Lack of food miles, money going straight to farmer, no plastic bottles, using glass bottles
418. Taste!
419. Raw milk is the healthiest option. My son who was lactose intolerant drinking pasteurised milk, can drink raw milk with absolutely no ill effects and I am convinced that their teeth and health has vastly improved since drinking raw milk. It is our most important weekly purchase.
420. As I said previously it is healthier as it contains enzymes that make it more digestible and it is less likely to cause allergies. The animals that are on farms that produce raw milk will be treated humanely and with respect as the farms are more likely to be ethical in their treatment of the animals. No factory farming.
421. please let us make our own decisions about our health and well being - we want to be able to buy raw milk because we believe pasteurised is bad for the human gut
422. It is a natural product. The bacteria that may be present is useful to building a healthy immune system. The highly processed and synthetic products allowed into the food chain are far more detrimental to our health In my honest opinion
423. I feel raw milk products are more Natural and as a healer and holistic therapist ii believe it is much better for my health.
424. I want to improve my family's healthy gut bacteria for all the health benefits it provides. Drinking kefir made from raw milk immediately helped greatly improve a dry scaly patch on my face which I have had for several years and had received some harsh prescribed creams which resulted in no improvement.
425. Raw milk tastes better, has not been processed to remove cream or heat treated to reduce good bacteria. The health benefits far outweigh the minute risks involved.
426. i used to have lots of stomach gases and other problems. since drinking raw milk all my problems gone. the raw milk tastes better. My daughter has been fed baby formula where the main ingredient was raw milk and she was drinking this formula since she was 7 weeks old. Now she is 19 months old and she still drinks only raw milk. She never been sick, having cold or diarrhoea or any baby's illnesses. I also love making kefir from raw milk (you can't do it from pasteurised milk) and cottage cheese and i enjoy the full benefits of having raw milk. if raw milk will be ever banned i will not buy pasteurised milk ever. I would rather go to coconut or almond milk. so please keep it
427. Milk is designed to be given to a calf (or baby human) at the weakest stage in its life. So if good practice is observed and environmental contaminants can be mitigated and cut out by monitoring and best practice then raw milk should be safe.
428. Nutritionally superior and we have always drunk raw goats milk as lactose intolerant to cow milk



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429. raw milk products have a healthy balance of live bacteria which helps keep the gut micro biome healthy and aids the digestion of milk proteins that otherwise can lead to intolerances, inflammation, allergies etc.
430. Once milk is heated it changes the molecules In the milk And kills all the good bacteria in the milk
431. I believe consuming dairy products in their raw state to be much more beneficial for my health, as has been known for centuries by traditional people who have thrived on it. Pasteurisation kills off any nutritional elements to the product and becomes a pointless consumption. I believe small scale farmers who supply local products of high quality with real care of their grass-fed animals have a low risk of harmful bacteria in any of said products. Large scale farmers have less care for their animals as their concern is high yield at the cost of animal welfare and care for the environment. Large quantities are then transported far and bottled en mass. This then tends towards poor quality and higher risk of bacteria.
432. From reading various material on raw milk I believe that it has numerous health benefits that far outway any harmful effects and I also prefer to consume my foods in as natural a state as possible.
433. It should be available as an option. People can make up their own minds re safety and weigh up the pros a c cons. It may be that the possible benefit for digestive health or allergies etc may outweigh any concerns about pathogens in the milk.,
434. Raw milk tastes nicer than pasteurised milk
435. Taste taste taste taste... is it healthier? I guess so, I digest it better; it feels lighter. Raw milk butter? Wow!
436. It is very healthy compared to pasturised and homogenised milk.
437. If it was more readily available I would buy AT LEAST one pint per day
438. The flavour is far superior and I love the fact that it is a local product from a local business. I also believe that the farmers should get a decent price for the milk they produce, so I am more than happy to avoid processed foods from the supermarket. I believe in cutting my carbon footprint and I like the flavour as its how milk used to be, especially when you get the top of the milk, which young people have never seen!
439. Tastes better and is full of natural goodness. The natural bugs in it appear to be good for the gut. I feel that it helps with immune system but it's not a researchedbelief
440. Not in any particular order:- It is local. The producer is meticulous about hygiene. There is the support of an holistic veterinary practice on the same site. The organic farm is being invigorated by their approach to the raw milk dairy, their herd and the calves that are produced. I have tried their pasteurised milk but prefer the taste of the raw milk and the unpasteurised milk keeps longer in the fridge. I can identify the case of one cow's milk - I am working on the others.
441. Consuming milk which comes from animals which are cared for and respected means a lot to my family. We love that the milk has been untreated. The flavour - raw milk tastes better! Increasing scientific evidence suggests that processed food is less healthy. We know the farm and dairy farmer personally, and the lengths they go to to ensure quality and safety.
442. Better flavour. Directly supporting farmers financially. Not homogenised, so there is "cream off the milk" Supporting farmers who are brave enough to take on the might of FSA



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and similar, and sell raw milk products. Did I mention flavour? I also feel that I can rely on the producers of raw milk to maintain better animal welfare standards.

443. Health benefits
444. I appreciate that it's not natural for humans to drink cows milk, but even so, raw milk is more natural and hasn't been processed which appeals to me.
445. It is the way milk should have been drunk in the very beginning.
446. People are waking up your body can not use the milk that is treated as it has no benefits, and many can not tolerate treated milk.
447. The superior quality of raw milk products is evident. I also believe it is more healthy as beneficial bacteria remain that are destroyed in industrial processing.
448. I believe raw milk offers health benefits that are negated by pasteurisation. I wish it was more readily available. I think people should be made aware of the risks of drinking raw milk but should be allowed to make their own choice based on the evidence available.
449. I think it's wonderful that it is available now. It was such a treat growing up. It supports my local economy, and in particular a farming model that is becoming increasingly important to me (biodynamic). I really do believe it is a healthier alternative, and accept associated risks - after all, there are risks involved with eating sprouts, eggs, seafood... I like that *I* am able (and trusted) to make my own decisions about the foods I eat, and not dictated to by a governing body.
450. I understand it is very good for you it makes fantastic kefir, tastes amazing and provides more nutrients
451. I find raw milk much creamer and the taste it better. Although that said the reason I buy this lol is due to the ethical way the calf at foot dairy I purchase from is run. I am currently pregnant so will not be drinking raw until after the birth.
452. It is not heat treated and more of the goodness remains. I also know where it comes from unlike most other milk.
453. Since using raw milk, we have noticed our health had improved and we don't get hay fever any more. We trust our raw milk producer with their food and hygiene procedures.
454. It helps farmers to be able to sell raw milk , you cannot beat the taste, I feel healthier
455. The health benefits of raw milk are clear to me as I do not have the side effects of aching joints and mucus which happen within hours of drinking pasteurised milk.
456. Prefer my food to undergo minimal processing
457. Its wonderful to be able to buy raw dairy products. Previously we only got these in France and we love them.
458. I do not claim any health benefits but the taste outstrips the pasteurised milk available in supermarkets
459. If we set aside unhygienic practices and assume the milk is free from pathogens, why tamper with mother nature has created? Unpasteurised milk had been eaten by human being is for centuries. Pasteurisation is damaging to the milk: Pasteurization is a process of heat treating milk to kill bacteria. Although Louis Pasteur developed this technique for preserving beer and wine, he was not responsible for applying it to milk. That was done at the end of the 1800s as a temporary solution until filthy urban dairies could find a way to produce cleaner milk. But instead of cleaning up milk production, dairies used pasteurization as a way to cover up dirty milk. As milk became more mass produced,



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pasteurization became necessary for large dairies to increase their profits. So the public then had to be convinced that pasteurized milk was safer than raw milk. Soon raw milk consumption was blamed for all sorts of diseases and outbreaks until the public was finally convinced that pasteurized milk was superior to milk in its natural state. Today if you mention raw milk, many people gasp and utter ridiculous statements like, "You can die from drinking raw milk!" But the truth is that there are far more risks from drinking pasteurized milk than unpasteurized milk. Raw milk naturally contains healthy bacteria that inhibit the growth of undesirable and dangerous organisms. Without these friendly bacteria, pasteurized milk is more susceptible to contamination. Furthermore, modern equipment, such as milking machines, stainless steel tanks and refrigerated trucks, make it entirely possible to bring clean, raw milk to the market anywhere in the US. Not only does pasteurization kill the friendly bacteria, it also greatly diminishes the nutrient content of the milk. Pasteurized milk has up to a 66 percent loss of vitamins A, D and E. Vitamin C loss usually exceeds 50 percent. Heat affects water soluble vitamins and can make them 38 percent to 80 percent less effective. Vitamins B6 and B12 are completely destroyed during pasteurization. Pasteurization also destroys beneficial enzymes, antibodies and hormones. Pasteurization destroys lipase (an enzyme that breaks down fat), which impairs fat metabolism and the ability to properly absorb fat soluble vitamins A and D. (The dairy industry is aware of the diminished vitamin D content in commercial milk, so they fortify it with a form of this vitamin.) We have all been led to believe that milk is a wonderful source of calcium, when in fact, pasteurization makes calcium and other minerals less available. Complete destruction of phosphatase is one method of testing to see if milk has been adequately pasteurized. Phosphatase is essential for the absorption of calcium.

460. It's the best milk to buy

461. The taste, beneficial enzymes that are destroyed by heating, some people have a reaction to pasteurised milk but not raw.

462. My father who battled chronic eczema for 65 years, became symptom free within days of starting raw dairy to the point he cancelled a lifelong repeat prescription. I wonder what it could have saved the NHS over that time.. I work with human milk and I'm well aware of the differences between raw and pasteurised, the subtle change to proteins like BAMLET, sugars and so on. Typically studies only explore the nutritional comparison of vitamins and minerals in a lab - not bioavailability, absorption or the many other constituents

463. I don't buy it just because its raw, I buy it because the calves are not taken away at birth, they stay with their others until they wean naturally at Old Hall Farm in Woodton

464. Raw milk is not heated to such high temperatures that it kills all the nutrients in the milk and I don't agree with that. Food should not be altered to such a degree. Altering food in such a way adversely affects health. I have experience of that.

465. Nutritional science is fast exposing harmful effects of pasturised milk. It benefits no one, including environment and cattle used to produce it. Consumers are able to research online truth and make buying decisions based on fact. Raw milk is no more high risk than every conventionally produced product available.

466. I find the link below gives a very basic outline of why so many people are choosing raw milk. <https://www.google.co.uk/amp/s/articles.mercola.com/sites/articles/archive/201> I hope this choice will still be available for my children and future grandchildren.



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467. Because of the health benefits
468. Raw milk is providing the milk as it was intended by nature to be drank. Pasteurisation and homogenisation kills essential enzymes to facilitate the digestion of milk leading to such a rise in dairy intolerance, and logically essential nutrients. I cannot tolerate pasteurised dairy products, stopped using them for years to my health detriment I feel. Then I read about the health benefits of raw milk and tried it. I've had NO digestive symptoms on raw dairy, and I even use it if I get indigestion from other foods, it soothes and settles my stomach. It's AMAZING 😊
469. For me, the knowledge that the milk is unpasteurised and contains more active ingredients appeals to me in the same way as I would eat sauerkraut or probiotics.
470. Raw milk has provided amazing benefits for my family and we would not drink anything else!
471. People feel distrustful of large-scale industrial food production. Buying raw milk means buying a simpler, more natural product. As consumers have to buy the milk from the producer, it also puts them in more direct contact with the natural origin of the product. I run a website called rawmilk.simkin.co.uk. We have seen an explosion of visits, interests and emails from people who want to be able to purchase and consume raw milk.
472. Any change to regulation governing raw milk should make it easier for farmers and customers.
473. Supporting local farmers by buying local.
474. I cannot tolerate homogenised, pasteurised milk. I can drink raw milk freely.
475. Raw milk is an ethical and natural way to consume dairy products. We enjoy the taste and buy very regularly. We enjoy the taste, we feel there are health benefits and love the natural benefits. It is also supporting local farmers and it gives me as a consumer choice. I choose to buy raw products and I feel I am entitled to that choice.
476. Because people are educating themselves and experiencing positive changes in their health when they drink raw milk as opposed to pasteurised. Who doesn't want to feel healthier and more vital? Why would anybody want to get in the way of that?
477. I have researched a lot around the health benefits, additional nutrients and healthy bacteria that make it far more beneficial than heat treated. Heat treated is so mass produced, poor animal welfare, involves lots of antibiotics etc I would never buy it. Food should be consumed in its natural state from a responsible producer.
478. my first son had allergic reaction consuming pasteurised dairy products yet he can consume raw milk with no issues. My second son has tooth decay and he drinks raw milk to help him getting more vitamins and minerals in addition to his diet. I understand that pasteurisation destroys enzymes allowing mammals to digest the milk and accessing minerals and vitamins from the milk as well as reducing their amount, not just killing possible pathogens in milk.
479. When drinking normal pasteurized milk I get mucous, and walk around with a tissue in my pocket. However the same does not happen with raw milk, it is much easier to digest and tastes better.
480. Just keep it licenced
481. I believe there are health benefits to drinking raw milk
482. It is more easily tolerated by the body, cows at these farms are treated better, less toxins.



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483. I wish it was more widely available. Also farms who offer raw milk tend to also have way better standards of care and ethics towards their animals.
484. Currently buying raw milk in England can be difficult. Unless you live close by a farm licenced to sell raw milk, you can end up travelling long distances or are forced to buy milk frozen and delivered at premium prices, simply for the right to make a choice. I buy raw milk not only for the health benefits, which are numerous, but also because I think the dairy farmers deserve to be paid better than what the dairy industry pays for milk. Raw milk farms treat their animals better, with more concern, less antibiotics and more species appropriate living conditions. At least my local farm does. If there was an opportunity to buy milk from vending machines at select stores anywhere, more farmers might be willing to a)change the way they produce milk, to a healthier and more animal oriented way and b) more people might be able to excercise this choice in a way that would not be a financial strain. Thank you.
485. Raw milk products have good bacteria beneficial for human health. The micronutrient profile is also better than pasteurised and homogenised milk. I also believe people should be allowed the choice.
486. Tastes great and I completely trust the farmer I purchase from - tastes like milk should taste
487. Health benefits.
488. Raw milk is more beneficial to the body than processed milk.
489. I don't like products especially food items that have been overly processed. Anything I eat or give to my family preferably should be as natural as possible
490. Alcohol, sugar, cigarettes cheap carbohydrates are available to buy anywhere and cause huge amounts of damage, killing people every day. As a consumer I have the right to choose to drink raw milk, as long as relevant safety checks are in place.
491. I like natural milk that has not been processed. It is like milk used to be and should be.
492. I wish it was more readily available
493. I love the taste of raw milk, and I would only want to drink organic raw milk. I have also read a few books which suggest that more diverse gut microbes are increasingly thought to have very positive health benefits, and drinking raw milk and keffir has made me feel healthier and I have had less colds and flu since I stayed drinking raw milk (but obviously don't know whether there is a direct connection between those too
494. We need MORE SMALLER producers. I like the way we are taking the farming industry post Brexit, that smaller, healthier, more natural and higher welfare should become the norm. Consumers care and environmental health goes hand in hand with the health and wellbeing of livestock.
495. The health benefits
496. I believe raw milk is beneficial for health. Pasteurisation of milk destroys those potential benefits.
497. I buy organic raw milk because I am keen to see the very high welfare standards applied. I would purchase raw sheep or goat milk if available. I was given raw milk as a child.
498. I believe it to be good for my health due to the beneficial bacteria, it is cheaper, has more uses and is more beneficial than probiotics. I believe if to be a super food. Whenever I meet someone who has grown up on a farm and drank raw milk they say they are rarely ill



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499. Raw milk is full of nutrients and bacteria we benefit from. The food industry and H&S legislation has "cleaned up" our "food" so much so that it has become highly processed junk I want to go back to a more natural more nutritious source of food. I also want to support smaller farmers and dairies and help keep traditional ways of nurturing the land and livestock alive... the skills they hold, the passion and the hard graft they put in are essential for our health and environment
500. So much research is emerging around the benefits of having healthy gut bacteria and raw milk is a good source of this. I also like that raw milk is unhomogenised. If I can't buy raw milk I really struggle to get un-homogenised as only one manufacturer I know still produces it. I like buying direct from the farm as I know then that farmers are getting a good price for their milk.
501. We prefer to eat/drink food that has not been messed about with. We shop as local as possible at farm shops and our local food assembly.
502. When the milk is pasteurised a lot of the goodness is destroyed - enzymes, diminishes vitamin content, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer. Raw milk has more butterfat, which is rich in fatty acids that protect against disease and stimulate the immune system.
503. The myriad of health benefits. Grass fed cows with horns. Not a factory farm. I have less stomach upset issues than I used to - measurably so. All the reasons I have outlined in my answer to question 6 above. I do not want to go back to pus-filled, factory farm pasteurised milk again.
504. It's fresh milk in its truest form.
505. I personally started looking in to raw milk for health purposes. In our family we have dairy allergies but raw cheese, cream and butter we can eat without issue. The raw milk I use to make kefir which benefits us greatly. I absolutely can not be without it.
506. Want to promote better gut health. It tastes much better and is a much more natural product. Its also inherently organic and doesn't come from factory farmed cows.
507. lack of trust in "what goes into" mass produced dairy products, especially antibiotics.
508. (providing it is clear of harmful bacteria) it has health benefits
509. Our local raw milk is delicious and right on our doorstep. We have it as a treat.
510. The health and taste benefits,
511. Please be supportive towards the hardworking producers and encourage rather than discourage. Take a positive attitude and we will all have access to really good quality locally produced produce. Too often regulations just put an end to innovation and enterprise especially for small producers.
512. The health benefits and flavour of raw milk, added to the high standards of production and animal welfare are some of the main reasons why I buy raw milk from a farm local to me.
513. Because it is a traditional way to drink milk and it is not treated.
514. More flavour Processor less likely to remove cream/butterfat so having full benefit of whole milk.
515. Raw milk is a consumer choice and if produced in a clean manner the milk is very safe. There are health benefits although there is conflicting evidence on how far reaching these are but either way raw milk is better than pasteurised in many ways. Consumers are



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- realising that over processed foods and processed fats are not good for us and a resurgence in raw foods is inevitable and long overdue.
516. More of a concern with antibiotics used in the dairy industry. Supermarket milk is lacking in flavour
517. It is healthier & I want to support my local organic farmer in every way possible.
518. The question is backwards. Pasteurisation of milk is unnecessary. I would invariably prefer to consume a natural product that hasn't been needlessly processed. We would be a healthier community if the only milk available was raw.
519. Tastes better than the watery stuff from the supermarket along with more health benefits
520. Largely informed by eating in the style advocated "Nourishing Traditions" approach to unadulterated wholefoods in their natural state.
521. Health benefits. The herd has to be healthy and clean production environment. Like to support local farmers in the community.
522. The raw milk I buy is produced by a small farm with high standards. I feel that I am supporting a local farmer but also buying fantastic milk
523. I would buy only raw milk if I could
524. Raw milk as nature intended, from responsible farms and well kept animals.
525. I think it is wrong to restrict free choice by all means have warnings about the risks. But I am believe it's wrong to ban or heavily restrict basic naturally sullied foods which have nourished people for a. Very long time
526. Health benefits of live bacteria in the milk, non homogenous meaning the fats are more stable and raw milk is usually produced by free range organic cows. Welfare about the animals producing milk is important.
527. Yes. I feel a number of local authority food hygiene officers are ignorant of raw milk production and put many obstacles in the way for producers making it very difficult to comply with their individual opinions which often differ from FSA. Also parents of young children should be made aware that raw milk is unsuitable for toddlers. producers should not be blamed for parents stupid mistakes if they give it to under 3yr old & they are ill. I enjoy drinking raw milk & feel the health benefits could be publicised more widely.
528. My partner believe the live bacteria in raw milk can be beneficial for health. Various studies have shown the positive effects to health of drinking raw milk. The calcium is more bioavailable, the milk is less allergenic, children who drink raw milk are less likely to suffer excema or hay fever and other negative immune responses.
529. It taste better, it is more creamy and the farm we buy from treats it's animals in a much kinder way, calf's are kept with cow and they are hand milked. I also use it as a form of probiotic.
530. I think it's because people want pure milk, not over processed and there is a big trend in making cheese and fermented products at home, just like my Mum use to make. I have only made Kefir and cottage cheese so far.
531. I want to eat food that is sustainable, local and unadulterated. I believe Raw Milk from small producers who practice calf at foot and high animal welfare, based on solely pasture fed systems is inherently safe.
532. It is better for my health. I have been consuming raw milk for more than 10 years. I no longer get seasonal colds and flu. My family is healthier.



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533. My health would go downhill if I couldn't get my raw milk, it is natural so why would anyone not buy this product
534. Im dont use a lot of milk but really enjoy the taste of raw milk
535. I think there have been so many food scares from food deemed "safe", but in fact contaminated with horseflesh intended for dog food, or pesticide residues that cause us to be told carrot skin is no longer safe, and they should be peeled, that we no longer trust big business agriculture. It is not just that raw milk is raw. It is also that it comes from a single farm, where cows are free-range and feed as nature intended; that the farm is accountable for all its dairy products (not possible if a dairy factor buys and mixes milk from many farms); that you can see the cows that produce your milk, and they are happy, healthy animals; that you can meet the dairy workers, who tend to be passionate about their cheese or yoghurt or whatever, rather than just doing a 9 to 5; that the milk tastes different with the ebb and flow of the seasons, so there is a direct connection between the diet of the cows and the seasoning of the milk; that farms providing raw milk have to be passionate about what they do, or they wouldn't bother, given how many more obstacles are placed in their way, and this passion tends to spill over into caring profoundly for their animals and their welfare; and that they are willing and able to share that passion with their customers. As well as the health benefits of raw milks, and avoiding the negative qualities of other milks, I am therefore buying into a way of life where people and animals come before economies of scale, where creating a fine cheese come before making a bigger profit, and where my eating is influenced by the cycle of the seasons. I actually think that the legislation is the wrong way round. I think raw milk should be called "milk" and treated milk should be called "processed milk". If you want further information on my views, please feel free to email elaineichner@yahoo.co.uk
536. Raw milk tastes so much better. It is better for me because it is less processed. The fat content is minimal and I love the money going straight to the farmer. It helps with gut health and honestly, when have you ever seen an unhealthy dairy farmer!!!! :)
537. I'm concerned about animal welfare. I believe there are health benefits in drinking raw milk. I hate to think what is in mass produced milk.
538. I choose raw milk because my son and I can stomach it better. Pasteurised and certainly homogenised milk give us a tummy ache
539. -
540. I believe it is far superior to pasteurised especially as most milk is homogenised and is the most unhealthy of all.
541. people should be able to freely purchase a product that they enjoy
542. Unpasteurised milk contains 'good' bacteria removed during pasturisation
543. You can benefit from beneficial bacteria, immunoglobulins and food enzymes that are not destroyed by pasteurisation. Also tastes much nicer.
544. I think that raw milk production from heathy cows should be supported. Buying local is important to me too and buying raw milk supports this.
545. It tastes better.
546. It's amazing!!
547. Comparing it to pasteurisation and homogenisation, it is far tastier and nutritious coming straight from the cow. Health issues are minimal. Purchasing direct from the farm means it is a more eco friendly option, and kinder to the planet, ruling out large container



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transportation, as well as the need for running machinery to pasteurise and homogenise, before having to bottle and transport back to supermarkets.

548. It's great, we should go back to raw milk. It shouldn't even be called raw milk it should be called proper milk.
549. there is more awareness about how unhealthy pasturised milk is, people are more interested in their health because companies are messing with our food so much so we have to be more careful
550. To help build strong teeth in my children
551. Raw milk is a living food with many beneficial bacteria, enzymes and natural vitamins. It is no more dangerous than raw meats, shellfish and all that other mass produced commercial produce mass consumed daily.
552. I don't currently buy raw goats or sheeps products because there isn't a local supplier.. I very much would like to though. We buy raw because of the huge nutritional benefit that in tainted dairy has. We also think the products are far superior in taste to standard pasteurised mass produced products. Supporting local farmers is very important and knowing where our produce is coming from - this ties in very nicely with the raw milk movement.
553. Its full of vitamins and good bacteria.
554. I think you ought to have 'other' as an alternative in questions 11, 13 , 14 etc. Or are you not interested in people who drink raw milk they produce themselves? If so... sorry for filling out the form.
555. Raw milk is much healthier and easier to digest in its raw 'living' form. The nutrients are more bio-available and it has pro-biotics. Pasturised milk is processed milk, more allergin causing, less easy to digest and less healthful properties. Raw milk dairies (the one I buy from) adhere to better cleanliness standards and better animal welfare, including calf-at-foot.
556. This must be very clear without any intellectual vagueness. Whatever is in a raw form has 100% its content. That is obvious. It's also obvious that nothing that is a living organism can survive in a very high temperature. Is that not a purpose of pasteurisation? Vitamins, beneficial bacteria, enzymes, cow's hormones are living organisms. Therefore they will not be present in pasteurised milk. What is worse pasteurised milk does not even contain half of minerals that milk has. It is now logical that raw milk has many beneficial nutrients and that pasteurised milk has almost nothing beneficial. There are very many other concerns for pasteurised milk, but that is another subject.
557. Consuming whole foods is extremely important for health and raw milk is an extremely nutritious drink. Most modern health problems come from consuming processed foods and modern milk is no exception. Animal fats are essential to vibrant human health and it's about time we embraced this again. Furthermore, I much prefer to support a local farmer, who is producing a top quality product he is proud of than purchasing milk from large scale, industrial style farms where animal welfare is often second place.
558. Raw milk has changed My life for better
559. Better taste, tends to be allied to better animal welfare practices, pasteurisation destroys good bacteria that you'd then need to take a pre or probiotic to replace.
560. I believe it is better for us in its raw state. The higher vitamin content and beneficial enzymes are preferable to the poor pasteurised version.



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561. We drink it for the benefits of the health bacteria, it's a less processed product and the farmer gets the money, no middle man
562. I prefer raw milk due to its health benefits
563. I work in food regulation and see first hand how pasteurised homogenised milk is treated and is far from the original product. Also aware of the effect of our microbiome has huge effects on us, and raw milk helping to strengthen it i me.
564. It's the more natural alternative to the 'processed' (homogenised and pasteurised) milk that as a nation we are pushed towards for our 'health'.
565. It tastes good!
566. As I commented above, for many people raw milk is easier to digest and we have probably been drinking it in that form for thousands of years. Dairy intolerance is a relatively recent occurrence, could this be related to pasteurisation? And it tastes better.
567. Gut biome improvement
568. Raw milk is healthy and has none of the vitamins destroyed by pasteurisation and homogenisation.
569. More nutrient and flavour dense than pasteurised, homogenised milk. Concerns around harmful bacteria are minimal if purchased from a responsible farm.
570. Less food miles. Support your local farmer not a supermarkets pocket. We choose our meat the same way. Who wants processing and packaging. Would rather pay more for real old fashioned produce from England.
571. I believe that eating and drinking unprocessed foods with no added chemicals is more beneficial to our health. I am concerned of the many antibiotics and medicine given to livestock, so I choose to eat organic grass-fed animals, organic produce and drinking raw milk in order to avoid antibiotics and chemicals in my food.
572. I feel more comfortable drinking milk from cows that are healthy, that are grass fed, and that are not given antibiotics and other medicines that contaminate their milk. I'd rather buy my milk a bit more expensive but at least I know that the animal is treated well, happy and not being fed food that they're not supposed to eat, and lastly that they're not being over used until they die.
573. I believe raw milk provides good bacteria for the gut which in turn is beneficial for the microbiome. A healthy gut helps to maintain and support the multitude of processes that depend on good nutrition to encourage the body to function optimally. Pasteurisation kills off these bacteria.
574. I love this herd with their horns intact. I believe this milk is healthier and whole and therefore more digestible than the treated variety.
575. It needs to be more readily available in shops and supermarkets .
576. It tastes amazing and you can guarantee that no additives have been put in. How can you trust 'fresh' supermarket milk that has use by dates lasting 2-3weeks?? It's like buying bacon with a 4week use by date.. Why would you buy these things when you can go direct to the farmer/butcher and know that the produce you are buying is a fresh as if you'd produced it yourself.
577. Taste is exceptional
578. It has more health benefits !



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579. I'd rather give the money straight to the dairy farmer than them getting pence/litre from the supermarkets. Plus it just tastes so much better, creamier and full bodied! Why wouldn't you?
580. As I have already commented above. I think raw milk is delicious and I am prefer that it had not been processed in any way.
581. It's simple : it's better for us! It contains far more nutrients
582. Tastes better!
583. Raw milk is the only way I can drink milk without experiencing intolerances.
584. I started buying raw milk from the farm 10 yrs ago when my son had Asthma and I began using keffir. My kids are amongst the healthiest I know and so are our family. I credit slot of that to the fact we use raw non homegenised dairy. I founnd keffir has greatly helped my general Health and feel very lucky to be able to have the freedom to buy raw dairy.
585. We want to know where our food is from and how it is produced. We only buy from farms we trust. Plus it tastes better!
586. I just believe it is more healthy and is wonderful to drink. I pray it's never stopped from being sold as I think that would be dreadful. I want to eat and drink natural products as there is too much artificial produce about. Raw milk is a part of my organic and biodynamic lifestyle and my organic allotment. Please please please promote it and don't destroy it. This country needs to go in a healthy direction and this is important.
587. People are more aware how much benefits you can get from raw unpasteurised milk and produce made from milk.
588. I prefer to buy raw milk, with all the goodness nature intended, to promote good health.
589. I believe the micro-organisms in raw milk contribute to gut health.
590. Raw milk is natural and unaltered. The human digestive system has evolved and adapted to this over a significant course of time. The goodness in raw milk in superior to that in treated milk (I'm talking beyond just the simple calcium and proteins level). Raw milk is also bought from a single source farm and has not been mixed from various farms. Raw milk suppliers also tend to have extremely high welfare standards and are often organic or even biodynamic. Raw milk is not subject to the financial pressures imposed by dairy's and supermarkets and therefor the farmers get a fairer price for the milk as well. Raw milk is also not homogenised, which has had multiple research studies, linking it to various digestive problems.
591. When I'm earning more I will buy goat's kefir made from raw milk as it helps with acne
592. I prefer foods to go through the least amount of processes. I believe raw milk to have more beneficial bacteria
593. I feel the less processed any food is the better, there are more gut friendly property's in raw milk.
594. The dairy industry in this country is no longer producing a product which I consider fit for human consumption. Apart from the obvious welfare issues in modern megafarms,the milk contains antibiotics due to the cows being poorly fed and routinely sick. The pasteurisation process kills all the health giving micro-organisms in the milk and homogenisation converts the cream into a fat which doesn't exist in nature and is absorbed



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into the blood in a way which causes arterial problems. If that was the only milk available I wouldn't consume milk.

595. Health benefits from not being pasteurised, it is a natural product and better for not being processed. Tastes better as well. Comes in glass bottles, reused. Better for the planet and for everyone. Long may it continue.
596. I believe rather than harmful raw milk is healthful. It's real, delicious honest and usually smaller production means better animal welfare and quality.
597. It tastes good, it hasn't been tampered with or had anything added to it. i like it and believe i should have a choice. i think that farmers producing these products should be encouraged to challenge the current paranoid belief of sterilize everything.
598. It is digested more easily It does not go "off" in the same way as pasteurised milk
599. The farms we buy from offer more than just raw milk, they offer stunning quality milk from happy animals, the taste and the benefits are miles better than supermarket milk. That alone is enough, but the icing on the cake is that the animals are treated and cared for in such a humane manner, so that i can be proud of supporting their welfare. I wholeheartedly believe raw milk should be available to those who wish to consume it, but I am also grateful for testing and standards to ensure those providing it do so in a safe way.
600. Raw milk is so much more nutritionally rich than pasteurised!
601. Raw dairy is the ONLY dairy I am willing to buy and consume.
602. Raw milk is much more easily digested than pasteurised. Also, it is as unprocessed as possible, whereas supermarket milk has come through an industrial system involving miles of pipe work and transportation in lorries. I believe that one should be able to choose whether or not to buy homogenised milk; most milk in supermarkets is homogenised, there is very little choice available. I believe Farm shops selling raw milk offer a valuable contribution to consumer choice and to our ability to feed my children healthier food.
603. It contains more beneficial organisms.
604. preferring food in its purest form, away from large corporations, needing to be lorried across the country to the store. Supporting local farmers, local producers and keeping the money within a community rather than large corporate business' striving for profit with different views of how to produce food sustainably and morally.
605. It is beneficial to health. Pasteurisation is not necessary and damages the nutrients contained in the milk.
606. Make people aware of the small risks, and if they choose to drink it, let them. Might even be a few benefits in terms of low level exposure to bacteria
607. People are unhappy with the way conventional dairy cows are treated, raw beards are normally smaller with high well fair standards The use of chemicals and the treatment of our food is concerning people. Raw un-tampered with milk is better for you
608. Raw milk is full of good bacteria and vitamins that are essential for our body. It would be a catastrophe if the right to buy raw milk was taken from us. Thousands of years humans were relying on raw milk, and for many it was the main ingredient of their diet and no harm was done. What we get from the supermarket is not even a milk and has no positive effect on our health. Raw milk is the ONLY milk. My children hate supermarket so called milk and I can not imagine not having an access to raw milk.
609. Raw milk is full of good bacteria and vitamins that are essential for our body. It would be a catastrophe if the right to buy raw milk was taken from us. Thousands of years



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610. Since drinking raw kefir daily I have not had a cold or illness for 2 years. I believe it is the exceptional gut flora that the raw milk kefir provides which has boosted my immune system and made me healthier.
611. Health benefits mainly. Very tasty.
612. It's the best milk for u ,
613. I think more and more people are waking up to natural products and wish to be healthier. Pasturised milk is not an alternative which tastes good. It is pretty lifeless.
614. I feel raw milk has real heath benefits and tastes amazing, my 3 year old son loves drinking it.
615. The flavour is wonderful, but the main reason is for the nutrition. To me, raw milk is a food and pasteurised is a "tea and coffee whitener".
616. There is lots of health benefits to drinking raw milk. I have found it has improved my gut flora as I have digestive problems, and it has improved our eldest child's eczema since they started consuming it years ago. Also the taste is a lot nicer and the milk seems to last longer. Yes there is a small risk of harmful bacteria, but the pasteurising process also kills off the good bacteria which then makes pasteurised milk not having many benefits in our eyes. Also due to the natural particle make-up of raw milk, the fat particles stay large, therefore they don't stick to your body and are not as bad for you as smaller fat particles that occur when milk has been pasteurised.
617. I have heard others, including tv documentaries, discussing benefits including: easier to digest, containing beneficial enzymes, higher nutritional content, beneficial probiotics, may help to protect against allergies.
618. My son suffered intolerance to dairy as an younger child and was able to tolerate unpasteurised milk and cheese. There are nutrients and enzymes present in raw milk that do not survive pasteurisation. This is particularly important given the nutrients available in many foods has fallen due to overdarming and soil depletion.
619. Its essential that it stays available
620. Because it hasn't gone through any of the unnatural procedures that supermarket milk has. I only eat organic. It's proven to be benediction for your micro biom
621. I don't buy milk much because I try not to consume too many animal products. But when I do I prefer to buy raw milk.
622. It tastes better than pasteurised milk It is unhomogenised It enables me to support my local farmer It is better for me - more available nutrients
623. I trust a biodynamic organic farm far more, in terms of safety of produce and welfare of the animals, than I do the national dairy farms with barn raised cows.
624. I believe for all the benefit gained in processing milk pasturising / homogenising as much or moor of the raw milks benefits are lost.
625. People are more educated on the health benefits of raw dairy, and the harmful effects of pasteurised. With more Nutritionists and social media, blogs and forums, the information is shared more easily. People are beginning to understand the value of local,



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unprocessed food. With so much chronic illness around people are waking up to the fact that they must take control of their own health. And diet is a big part of that.

626. As a family we are totally fed up with people spraying our food, expecting us to not be worried about what they are spraying on our food whilst they wear protective clothing! We do not like how cows and other livestock are treated by mainstream farming, as though they are valueless. But most importantly we want to eat and drink products that are produced with care without chemicals and are full of goodness to keep us healthy and away from Doctors whose main 'toolkit' are drugs. We are fed up of the big brother attitude, treating us as though we are not making informed choices about our health. We are taking responsibility for our health.
627. Do your own independent research, do not listen to the government, they are not acting in our best interest. Food is part of keeping our selves healthy, do not give up your right to eat food in its natural state, full of health, gut beneficial enzymes.
628. A certification scheme that allows me as a consumer to know that the milk was produced to a high standard would be very useful.
629. I would buy raw milk products from sheep / goat and buffalo and have done but I don't tend to do it often as we have an excellent cow farm near is that I use for a lot of our dairy. Raw milk is nutritionally FAR superior to pasteurised milk. Many vital nutrients are heat sensitive, for example B6 and taurine, but there are many others. When milk is pasteurised it reduces a lot of these nutrients, meaning that milk is a lot less useful for our bodies. It also destroys all the beneficial bacteria present in milk and the enzymes that come in the milk to aid in the digestion of milk and food eaten alongside. It also alters the proteins, making them into smaller fractions that a large population of people mount an immune response to as allergy / intolerance. Many people can not tolerate pasteurised milk due to the lack of these enzymes and the altered proteins. Raw milk is milk as it should be. When we drink milk any other way we are drinking an altered substance with just a fraction of the benefits and a risk of reactions. For me and many others who have educated themselves here raw milk is the best choice for them and their family. Dr. Victoria Casey (née Culley) MA Hons (Cantab), MBBS, MRCPCH
630. Fewer chemicals Tastes better
631. It is hard to even find milk that is unhomogenized in the shops. When I couldn't get hold of raw milk I could only find Waitrose Duchy whole milk that hasn't been homogenized. I believe pasturising milk kills off beneficial bacteria and therefore makes it inferior quality. I would much rather drink raw milk that hasn't been messed about with and still retains its original goodness. I'm sure it's a lot more digestible as well
632. Because raw milk contains beneficial 'good' bacteria and digestive enzymes. Like yogurt I think so people drink raw milk for similar reasons they would eat yogurt. Also it's creamy, tasty and more natural. I also love the fact that it's unhomogenised.
633. Plastics leached into milk bottles. Pressure on farmers in the mass market means they must cut quality corners. Homogenisation.
634. It is well documented that pasteurisation alters the milk to the point it can make our body respond in an adverse fashion. Homogenisation even moreso - the body no longer recognises the protein or fat molecules and mounts an immune response. Raw milk does none of this, and helps remineralise teeth from the inside



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635. I believe it's better than commercial homogenised processed milk sold in all supermarkets full of antibiotics, hormones and genetically modified fed cows. Easier to digest. Has more good gut bacteria than pasteurised milk.
636. Taste cannot be beaten.
637. The taste of raw products is better than pasteurised.
638. There is growing evidence that raw milk is better tolerated by the body, it tastes better and makes fantastic milk for coffee
639. Raw milk is as it should be, the process of pasteurised milk removes all the goodness, raw milk tastes much better, the health risks are minimal in my opinion. I try to buy products that are as natural and chemical free as possible.
640. RDM can contain many more beneficial enzymes and these are usually destroyed or featured by the pasteurization process; further homogenization of milk breaks the fat globules down to a size that allows direct absorption into the bloodstream. RDM enabled me to be able to digest and benefit from the good nutrients available in the milk... it can also have a significantly better flavour than pasteurized milk.
641. Because the traditional methods of dairy farming are barbarically cruel and raw milk from well cared for herds of cows tastes so much better. I prefer gold top milk.
642. We buy Raw A2 Milk. I have read up fully on this and know the concerns surrounding it. My whole family (2 children, husband and myself) have had a test (kinesiology) which shows that Raw Milk is best for us. One son has autism and cannot tolerate Pasteurised and homogenised milk. Raw Milk is the best thing for him and I will continue to buy it for him and my whole family.
643. Because it has so many more enzymes.
644. People are making well-informed decision and researching the benefits of consuming raw milk. People have been consuming it for thousands of years and we are still okay!
645. I love the flavour & and the particular farms aims
646. Potential health benefits from not pasturizing milk and destroying nutrients
647. Because it's good for the body and tastes amazing compared to dead shop brought milk
648. Raw milk just tastes better and has a purer healthier complexity than honeofenised pasteurised alternatives
649. It is way milk has been drunk throughout history in its natural form. From grassfed animals it is full of health benefits compared to pasteurised milk. Buying raw milk from the farm supports our local farmer, we know where the milk comes from, the taste is distinct because it comes from one herd and it's tas changes throughout the seasons and depending on what the cows are eating.
650. The milk is as fresh as it gets. It hasn't done miles and it's not full of crap.
651. Tastes better and is almost certainly better for me than pasteurised milk.
652. I believe there are health benefits I don't feel queasy after drinking raw milk - I do when I drink pasteurised.
653. I like milk in it's natural form- I was raised on goats milk from our own goat. I also like that it's more ethical-e.g. Jersey cows whose calls remain with them, which are then reared and used either for beef or milk producers themselves, unlike other systems where the male calves are removed and killed as they have no value. I also believe that the small raw milk producers are able to invest in their cows (male and female) because they can set their own



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prices- not the supermarkets who have no respect for farmers and the amount of hard work, care and time that is put into rearing their animals with respect and love. Farmers and the food they produce deserve to be supported and appreciated.

654. I believe that the current rules on pasteurised milk encourage poor husbandry - so much that mastitis and other infections are commonplace, leading to the routine use of antibiotics (which is bad in itself - bad to have in the food chain, bad to be giving to animals from the perspective of general spread of resistance). The tolerance of pus in pasteurised milk is unappetising. Conversely, the rules on raw milk are so strict that I believe the product is overall much healthier. I also believe there is some evidence, although it is by no means conclusive, that raw milk maybe healthier because it has not been through the pasteurisation process. I it also tastes divine.
655. Health benefits. Natural state. More nutrients.
656. It has better taste than pasteurised milk and keeps well.
657. Please make it legal once again to sell in shops and not just farm shops for ease and availability.
658. As above in number 6
659. It's a great product, completely natural and has more health benefits than pasteurised milk.
660. It taste much better .
661. The cows are subject to better care and aren't over milked
662. There is too much manipulation happening to foods these days - it's nice to have the opportunity to drink/use something that has not been changed.
663. Always try to buy food that hasn't been messed around with. Unrefined and unprocessed where possible.
664. it's delicious and healthy.
665. I like raw milk for the same reason that i only buy grass fed organic meat and organic veg. The less govt intervention the better.
666. Raw milk is much more easily digested than regular homogenised cow's milk. and does aggravate eczema.
667. I believe information and knowledge is growing on this subject. More and more people see that raw milk is the best kind of milk for our health.
668. Drunk it since birth frimlocal farms
669. We feel the difference in our health and we love the taste. Unfortunatly my garden isnt big enough to have our own animals so buying it from a reputable farm is the next best thing.
670. Raw milk is much more digestible contains more bio available beneficial enzymes and vitamins. It is also a much superior product
671. Far more flavour and pleasant to drink / eat.
672. Because it is better for you, full of good bacteria. Also it makes better cheeses, yogurts etc. it seems to be a more natural product then pasteurised milk. I purchase from a smaller scale farm that looks after its animals in a more humane way. It just so happens that the milk the cows produce is delicious as well. Drinking milk from the supermarket plays havoc with my digestion. I was advised to try raw milk and after I did my symptoms were gone. I'd recommend it to anybody.



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673. It tends to come from small producers who care for the cows and their customers. The milk is nicer and I believe it is healthier
674. The taste is superior to pasteurised milk and we enjoy it. There is so much process added to our foods currently it is refreshing to buy something in its raw form direct from the producer.
675. I began drinking raw milk because I was intolerant to pasteurised milk. Not only was I able to digest it well, it has actually cured me of my dairy intolerance. It is incredibly nourishing and I see my children thriving on it. I also drink it during pregnancy when I have nausea and can't drink anything else. I see the benefit of consuming milk in a form that requires it to be high quality and the animals producing it to have excellent living conditions. I am also happy to pay more for a better quality product.
676. I feel that raw milk is more easily processed by the body. Since I started using it in preference to heat-treated milk some of my minor health issues (poor skin and rhinitis) seem to have improved.
677. I feel raw milk is pure and tastes like milk did when I was a child
678. because there is no point in killing all the goodness in milk and then adding chemicals from the laboratory ... the milk is rendered dead by all the processes it is subjected to. You might just as well simply drink white coloured water raw milk is alive with goodness ...
679. I find raw milk much tastier and thicker! And it does not upset my stomach
680. More goodness taste better
681. Sadly my local dairy is no longer selling raw milk as they are concerned about the safety of the vending machines. While they were selling it I bought it weekly. I still support them and buy my milk direct from them. I wish that it was raw.
682. I like supporting local farmers and producers I want to pay a fair price for milk rather than be part of a supermarket bidding war It tastes better than supermarket milk Less food miles More informed buying - I know where the milk has come from I know the cows are well looked after and I want to support calf at foot
683. I want to help build local business and stop milk being imported from different countries
684. There are many factors which mean that I choose to buy raw milk. Firstly I can go straight to the farmer and know that every penny spent is going to them and I know that the farm I use allows their calves to stay at foot. These factors allow me to support local people and businesses whilst knowing that I am not supporting mass producing facilities which I believe are cruel to animals and contribute to environmental decline all for human benefit alone. I also believe from the research available that raw milk is healthier due to limited processing. Alongside this I believe that we now have the means to be very careful regarding the health of the cow and therefore it's milk which allow me to rationalise associated "risks". Practically, the farm I buy from is on my commute and can be a welcome break from rush hour traffic. Finally, the milk is unbelievably delicious.
685. My children's jaws have improved significantly since starting to drink raw milk and orthodontic treatment now may not be required. Raw milk kefir has healed my digestive issues.
686. Mainly because it is from smaller producers, so better welfare for the animals.



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687. Growing awareness and concern for antibiotic use. in some conventional dairy systems and raw milk producers are more likely to be organic (also a growth market). Growing awareness about the health benefits of not homogenising milk, and not altering healthy milk proteins by denaturing with heat. Short supply chains, farm to customer- better trust and customer awareness. Perceived higher welfare. Raw milk producers tend to raise their cows on extensive systems and/or organic. Good social media following.
688. Tastes amazing, easier on my stomach (husbands too as he does tolerate cows milk well). The farm we visit are very passionate about their animals who are well cared for and their products which are very versatile.
689. I WANT ACCESS to raw milk. Don't you dare hamper access.
690. We'd like to continue to buy raw milk. Thanks.
691. I think that it is much better for you and for the environment. Everyone I know drinks raw milk without an issue. Producing raw milk means that farmers must care much more carefully for their animals and be more hygienic. There was a study some years ago which said that unhomogenised milk stopped you gaining weight as the fat globules were too big for the body to absorb. It would be interesting to undertake further research around this.
692. I choose to buy raw milk when I can as I am becoming more aware of the problems within the dairy industry and animal welfare. I feel that there are many benefits from shopping and supporting biodynamic farms. It can be better for our health as the farms are nearly 100% self-sufficient and continually striving for this goal.
693. I suffer with IBS and I am trying to improve my gut bacteria, I grew up drinking whole channel Island milk and I find it easier to digest
694. Raw milk can be tolerated by people who are normally unable to consume pasturised milk products. The health benefits from buying raw milk from well managed farms far outweighs the risks.
695. Raw milk is a 'live' product, containing healthy (probiotic) bacteria, great for one's digestive biome.
696. I have drunk raw milk for 25 years, and have NEVER become ill from drinking it. It is excellent for cheese making and I give it to my small grand children to drink, with confidence that it is a safe product.
697. Many of the exceptional cheeses produced in the UK and admired internationally are made from raw milk. I trust the judgement of the dairies involved in producing the finest complex flavour with the minimum of processing of the natural milk
698. I like natural food and do not think it is healthy for our food industry taking over natural products with chemicals and additives!
699. Full of goodness and tastes better than pasturised
700. Great flavour!!
701. One of my main reasons for buying raw milk is that it comes in glass bottles, also I prefer milk that is not processed in any way
702. It's a far better taste
703. Milk is the most healthy and natural food that is available, a baby drinks its mother's milk that hasn't been heat treated and if it is good enough for them it is good enough for me!!



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704. It tastes better. It is patently obvious that letting the food industry mess about with things is causing more harm to public health than any minor risk of contamination of raw milk. We drank raw products direct from the farm for years and it was only when big business and profit margins became involved that problems started to occur. I drank raw milk throughout my childhood supplied by local producers and don't remember there ever being a problem.
705. I think what I wrote above is enough for "additional comments"! Although I'd like to add one more thing in that what I wrote above is a sentiment that is shared by hundreds of people who live in my local area of East Sussex, so I'm not the only one who sees the value of drinking raw milk instead of pasteurized milk. I do appreciate that the FSA is doing this survey before making any potential changes to the regulations.
706. flavour
707. It is natural, therefore more healthy, even when soured. Cows are also happy so no stress hormones in milk to negatively affect humans
708. I think it is only way that we should be drinking milk. I think dairy should be predominantly raw, full fat and organic and we would all be a lot healthier for it.
709. I think people buy raw milk because it is a living natural product. I used to be lactose intolerant and drinking raw milk helped me. It is more easily digestible, healthy and taste better.
710. It tastes more interesting, richer, fuller, than homogenised, treated milk.
711. See 6. And: it is an expression of consumer choice and freedom to buy and drink raw milk. I do not want to be told and regulated by governmental institutions what I eat and not. I see it as my responsibility to choose food that is good for me, the environment, the producer - and Food that gives pleasure.
712. tastes better, is metabolized better, is healthier. -In order to be able to produce raw milk products, animal welfare has to be prioritised, this means the animals producing the milk are healthier, thus the product is better than mass produced milk and there are less, if any, antibiotics and other drugs used, which could find their way into the milk. As the shelf life of raw milk is much shorter than pasturised milk, it is fresher and has travelled less (less food miles = better for environment).
713. It's tasty, it's nutritious, it reduces plastic waste and it supports a local farm.
714. Raw milk is much healthier than processed milk and tastes 100 times better. However their should be more stricter legislation on keeping the dairy clean and the quality of food given to the animals
715. People are learning the true facts about milk and realising the huge health benefits it gives them. Also the huge number of studies and books clearly show that pasteurised milk cause so many health issues and that raw milk creates so many health benefits it's common sense. Plus the fact it's how nature intended it. Raw milk should only be allowed to be sold from cows who have been fully grass fed outdoors and never fed GMO feed but NEVER be allowed sold by conventional farmed animals raised inhumanely and fed GMO feed or confined and unhealthy. That would be dangerous.
716. Good for biome
717. Its tastes really good but I wonder if pasteurisation causes allergenicity and reduces some nutritional benefit. We do not live in an area associated with VTEC ecoli infections of animals that I am aware of. Listeria can be present in raw milk but my experience is that its



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at undetectable levels. So, given good husbandry and hygiene practices, fresh product and no personal contra-indications, I would always prefer raw milk.

718. A food which has minimum interference is likely to be more nutritious than processed food. For instance, whole, unpasteurised milk is far more nutritious than homogenised, pasteurised, fat reduced (this means almost all milk in supermarkets). The milk I buy is from a herd which is entirely grass or silage fed, and the cows are milked only once a day. I use untreated cream for the cream filling in various flavours of dark chocolates. This is because products from the recent market leader of chocolates (with the French sounding name) are no longer good enough quality for me. Thoughts shared by anyone who tries them.
719. I would have thought this was self explanatory. The UK is becoming more health conscious, and as such is turning to the products our ancestors used regularly and stayed healthier. Pro-biotics are far better if you start with raw milk, the fermented products produced are actually tastier and the natural bacteria cause a richer ferment. As other countries have been leading the way in this area of healthy eating, it is hardly a surprise that intelligent citizens of the UK should not follow suit. Good food starts with unprocessed raw materials and as such raw milk is an excellent source of beneficial bacteria GOOD for our gut.
720. I always feel I am in better health when I drink pure untreated milk and would like more products that used it .
721. The process of homogenizing milk is not a benefit to health but to the industry, we should be focusing on health not industrial food. Real local food made by small producers is of greater benefit to the local community and economy. It impacts on the health of the population and this in turn helps keep medical bills down.
722. Aside from the moral perspective of treating all sentient beings with loving kindness, if you want to eat healthily it makes sense to consume natural, raw, organic, grass-fed milk from happy cows rather than the thin, watery, digestive compromising, chemically contaminated, overheated muck from stressed-out cows that live in overcrowded conditions, never see the light of day and whose milk has been compromised by their unnatural diet, a routine use of antibiotics and milk producing hormones that are cruelly administered to force dairy cows to constantly lactate until they're no longer physically capable, which is when they're dispatched to the slaughter house years ahead of what is a cow's natural lifespan.
723. It taste better cows are regularly tested now a days so little risk I work with TB everyday and havent caught it and like the idea of getting this straight off the farmer and cutting out the supermarkets
724. i like to eat less processed food
725. I would like to drink raw milk again but have no idea where to find it.
726. Life is becoming too clinical and simple previously non-dangerous "bugs" are becoming lethal and resistant to treatments. Simply tastes better! I'd like to see more raw skimmed milk available.
727. I can tolerate it better. Pasteurised milk makes me sick. It is the only form of milk my daughter likes to drink.
728. Re Q 14: I have to get my raw goats milk delivered, so buy it in bulk every 8 weeks and freeze it. My husband drinks the raw cows milk which we buy in bottles when we go to



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- the Biodynamic farm in Sussex. I love raw milk and have had absolutely no problems with consuming raw goat or cows milk. It is far more nutritious than pasteurised.
729. I do not wish to indirectly ingest large quantities of anti-biotics. I wish my consumption to contain live 'good' bacteria for my gut health, which is not possible via heat treated products.
730. It is a live healthy product compared to a dead product creating health issues. It benefits is in so many ways in this time of take and harmful foods and helps us avoid corporations who will sell us any old crap for a profit.
731. Tastes much better and I believe it is better for you
732. see my comments at question 6. I think that as long as people are aware of the pros and cons of drinking raw milk, they should be allowed to make their own choice. If it was available closer to where I live, I would buy it more often. In fact I would always buy it, and partly because of the way the animals are looked after.
733. It's good for you simple
734. I love that it is natural and Better for you- nothing added and nothing taken away! Also the price carmakers get paid for their milk disgusts me so if I can buy direct from the farmer and support the amazing hard work they and their cows do I will
735. Pasteurisation destroys enzymes, denatures anti-microbial and immune-stimulating components, diminishes nutrient availability, denatures fragile milk proteins, destroys vitamins C, B6, and B12, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth and behaviour problems in children, osteoporosis, arthritis and heart disease.
736. As a child I drank raw milk in the 70s, if the animal welfare is being checked properly and it's organic There will be no pesticides are any other chemicals in the animal or the animal feed. Which will give you a natural product and if the handling and storage of the raw milk is in hygienic premises this is reducing yet again any risk. And then there's the taste !!
737. Kefir has health benefits
738. Taste, also I boiled raw milk before serving to my child
739. Having unprocessed foods should be a right. the health benefits are much greater than processed.
740. I drink animal milk rarely but when I do I want the healthy bacteria from raw meat in my gut. I also believe in high animal welfare and I know the producers of the raw milk and their standards of raising a small herd (approximately 25) meet my requirements. I like to support small businesses and enjoy talking to the people who provide me with my food rather than spend money in a supermarket and purchase food that is intensely factory farmed.
741. I think that because it is more readily available in our area, people have become more aware, and also that pasturising and homogenizing kill the 'good' bacteria, which we need. also raw milk usually comes from small farms which care for their animals...they are not factory farms which has to be a good thing!
742. It tastes delicious and I think the preservation of the bacteria naturally contained is beneficial to health. No one in my family has had a winter cold in years. I last had a day off work through illness in 2008. My oldest daughter has not had a day off school/sixth



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form/university since the age of 9. She is 20 next month! Plus it's great to support a local business - as well as reduce food miles.

743. we try to keep a raw diet we cook all our food at home and we try to do the same with milk. i.e. no processed milk or food. we know exactly what we make where it comes from and how its produced etc.it will be really helpful if raw milk was legalised as currently we drive 1 hour to get to our farm shop and 1 hour to get back home every week. i know alot of others who would like raw milk but cannot afford to drive that far out to get milk etc.if local supermarkets allowed this im sure there would be a strong interest all over the uk
744. For better health and to avoid chemicals and supporting mass produced milk farms that use antibiotics. To avoid factory farmed products.
745. I have chosen raw milk because the farm we use that produces it has a calf at foot policy and I agree with their ethics around how and when their herd are milked and looked after,I have spent time recently looking into mass dairy production and have many issues with the ethics involved so this was a natural choice for me. Also the health benefits are a great bonus as well as being able to support a local business and knowing exactly where my food is coming from.
746. Raw milk products are natural opposed to their pasteurised counter parts. The bacterium in raw milk products are so beneficial to the health of our gut which affects our overall wellbeing. We should have freedom of choice to buy what we choose.
747. Better taste & better for health
748. The taste and creaminess
749. Fed up with our 'unnatural world'. It tastes soooo much better.
750. Have seen a lot about the health benefits. The taste is better too.
751. I can tolerate raw biodynamic milk in moderate quantities , while even a sip of the regular type of milk from a supermarket is causing me a lot of trouble. I won't list everything , but I can say one trouble I get is awful stomach aches.
752. It is milk, no adulterations, no messing about, just milk.
753. When I was a child most people in our village drank raw milk. Raw milk and an apple was a staple snack. Nobody was fat and nobody became ill from it.
754. It's rich, it's tastes delicious, it's raw no messing around, the cow does the work and it's great.
755. It's so very tasty and so very natural.
756. Am really sick of over processing and over production
757. I would drink raw milk from other animals if it was available locally to me
758. super good for (gut-) health.
759. First of all we enjoy the flavour of full fat unpasteurised milk. It is more wholesome and adds to the substance of a meal. We know that there may be some harmful germs but there are also a lot of good ones. We trust fully that the dairy we buy from tests the milk to be sure that levels of cell counts are acceptable. We also know that the cows are kept well and treated humanly whilst the standard of cleanliness in the parlour and dairy are admirable. All of these standards surely go a long way towards good quality 'real' milk. We have also noticed that the raw milk keeps for a long time, hence we buy all of our milk for the week in one go. We know of many people who travel great distances to buy raw milk and even better organic raw milk. We feel lucky to have such a producer so close to us. We



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also know of lactose intolerant people who can tolerate raw organic milk as it has not been tampered with in any way. from cow to bottle to drink, as nature intended.

760. I would buy more raw milk if it was more easily and readily available where I live. Tracking down its availability is the rate limiting step.
761. Natural product, fresh and some enzymes are lost in pasteurisation
762. I grew up drinking raw milk when in Ireland and then it became impossible to buy in the UK. I loved the taste and I am more than pleased I can now purchase this product again.
763. I think people are looking for products which are more authentic and support farmers. Why would people want pasteurised milk which tastes the same as any other milk when they could have beautiful milk from genuine sources? Other countries drink raw milk and don't understand why it's not for sale I'm Scotland and why they are trying to change rules about it in England. My family in Scotland make cheese from raw milk, hence why I can drink it and it seems crazy that the authorities are concerned about it for drinking when there doesn't appear to be any evidence of it being harmful to health, only speculation and guessing. I love raw milk.
764. Tastes better, better for you and better for allergies. Normal milk contains far more (dead) bacteria and my understanding is that your body can still have a negative reaction to this.
765. Keep the raw milk available to consumers. The risk to health is very minimal if handled sensibly and is easily outweighed by the health benefits.
766. Raw milk should be more freely available to purchase as long as people are made aware of the risks I don't see the problem natural untampered milk the way nature intended it to be
767. Tastes great, creamy but not too creamy. Fen Farm dairies at Bungay have particular cows which produce the most amazing milk. Brilliant for making kefir. Just love it.
768. I would prefer something pure and not been pushed through machines and messed about with. You can best raw fresh pure milk !
769. Allergys are on the increase and I believe not drinking rawilk has contributed to a higher increase in food intolerance nuts etc
770. Allergys are on the increase and I believe not drinking rawilk has contributed to a higher increase in food intolerance nuts etc
771. It's health benefits are particularly useful in this era of anxiety related IBS and other disorders. The only time I can get raw milk is when I go to my parents in the New Forest. Please bring more raw milk outlets to Cornwall!!!
772. This how cows milk was first used and people were alot healthier then fresh ingedient no cemicals or played with .
773. I think safely introducing more bacteria into our lives (& guts!) will make us all healthier. I despair of the overwhelming pressure and advertising that convinces people that everything in their homes must be "germ" free. It also tastes really good and buying direct from the farm means I'm helping, in a very tiny way, to keep British dairy farmers farming.
774. Raw milk tastes better than other milk. We believe being less processed it is actually healthier. We like its natural probiotic nature. We like that it doesnt have dead bacteria caused by pasteurisation in it. We like it doesnt go off as quickly as shop milk.
775. Processed food and drink products are not part of a healthy diet. Natural/raw/balanced unprocesseed foods are.



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776. Animal products are unnecessary, unethical and unsustainable. Please appropriately regulate and ultimately prohibit their production and sale and, as an interim measure, please label them with appropriate warnings about the suffering of the donor animals, *all* the dangers to health and the threat to us via the environment due to the CO2e burden.
777. In raw milk all the beneficial enzymes, good bacteria and things like phosphate which allow the absorption of calcium are present. As soon as pasteurization occurs all this is lost - including the ability to absorb calcium. So what in fact is the point of drinking pasteurised milk?
778. I like that its local, direct from the farm, it's quirky and tasty.
779. Superb Stuff. Il keep driving 100 miles (50 miles each way from Harwich) to buy this milk. Thank you.
780. Part of the attraction is that the good bacteria also remains if not processed. Also that it is not homogenised appeals. After various food scandals (sisters chicken factory, horse meat) I have more and more mistrust for big supply chain processed items. But most of all - it tastes better.
781. I would buy raw sheep, buffalo and goat milk if it was available but I have never found it. The cow's milk from Gazegill is excellent and I have every confidence in their milk.
782. Raw milk just tastes SO much better and I feel zero digestive discomfort, which is not the case with pasteurised products.
783. It tastes great. The children can use the vending machine and see the cows that are producing it, thus learning about where the milk is from. We are supporting our local farm.
784. Natural Raw Milk is our Heritage and Right. I wish to choose to buy unprocessed foods and that included Raw Dairy.
785. It tastes so good .. it also seemed to help with my sons eczema and settled an irritable bowl.
786. I believe raw milk products help restore the bacteria inside me to healthy levels
787. Because people are realising that they need to support more local businesses
788. Supermarket milk has no flavour give me a bloated feeling.
789. Don't knock it til you've tried it.
790. For me I choose raw milk as drinking milk for my family as I know that the farmers are working to much higher standards of animal welfare than I would expect from a supermarket milk because it is from one supplier whose farm I can see. I also enjoy having milk that is genuinely fresh rather than from a long chill chain. As a home cheese maker I find raw milk far more interesting to work with.
791. I feel ill drinking heat treated milk and don't like the taste
792. The health benefits of raw dairy are incredible. This is just not the case for pasteurised dairy products.
793. It tastes so much nicer than shop bought milk. Is fresh straight from a cow. Absolutely love it
794. It tastes so much better than the milk from shops. Also I am very pleased to support local farmers they r ripped off enough selling the milk to shops so if they can make a living out off selling raw milk and keep the dairy industry going I'm happy to support it.
795. I believe that people want to see where the items they plan to consume are coming from. It allows people to feel a connection with their food and an opportunity to support their local community firsthand.



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796. Its better for you
797. Health benefits
798. It's higher quality milk, (it has to be to past the standards) it's thicker and tastes better, it's better for you, especially the health of your gut. Pasteurised milk is less fresh, (it will take at least a week or two to take it from the cow before you drink it) You cannot do this with real milk. It has lower quality standards (as people can then pasteurise the milk to remove germs, this is not possible with raw milk) It tastes worse. It is not as fresh and it is homogenised so it is not creamy and tastes watery, losing a lot of the healthy fat. Many people in England are fed up of the ridiculous nanny state trying to control everything we do. Stop trying to control what we eat based on outdated science and beliefs, go do something useful with your life instead.
799. I would like it be able to purchase it in more places because I don't drive and have to rely on other people to take me and only place that delivers it cost a fortune for
800. The taste The knowledge that the product is pure Buying from just the one source that I trust implicitly
801. Raw milk tastes like the milk I grew up on, not the white water stuff after it's pasteurised and flavourless.
802. it tastes so much better than the homogenized pasteurized super market versions, you are able to taste the difference in the milk between cow breeds ie Frisian compared to Jersey cows milk. It is fresher having been milked from the cow that morning. It has a higher fat content with the cream still on the top of the milk. As I remember from my childhood.
803. I would buy from supermarket or local vending machine regularly if available
804. The enzymes needed to digest the milk are destroyed when heated and there are many, many other health benefits to drinking milk in its raw form.
805. I grow up on fresh goats milk, I used to milk my goat into my breakfast cereal. I would buy raw goats milk if I could find it. I strongly believe that i should buy the best food and ingredients i can afford for me and family, that means the the least modified and best quality, buying raw milk is the best quality I can get shot of keeping my own goas again. (and huby won't let me have goats in the garden)
806. When not drinking raw milk I drink organic milk, both have better flavour than the standard supermarket milk which is a bit bland.
807. It's delicious and the benefits outweigh the risks.
808. It's fresh, hasn't been messed around with ie processed
809. I beleive it is because the health benefits are so great. For one, most people who think they are lactose intolerant are actually intolerant to processed, heat treated, homogenized milk because the 'good' sugars to help digest lactose have been removed. Likewise for asthma and skin issues, changing to raw milk have proven to help in many many cases. For diarrhea, you are advised to stay away from dairy....when i have suffered with this, i drink raw milk and in less than 12 hours i am back to normal. There are many other foods that have far worse health risks associated with them than raw milk....i think alot of people are realising that natural foods are much better for you and that we should stop "playing God"
810. I am increasingly worried about the gmos, chemical, hormones, antibiotics etc routinely given to animals that find their way into our foods. I want to consume food and drink as close to its natural state as possible and stay away from food - like products



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pretending to be healthy. Humans are not biologically programmed to ingest chemicals, synthetic hormones, gm organisms and thus is showing in our health. The health of my children and family is paramount to me

811. Raw milk represents milk that comes from the cow in fields. It is untreated other than cooled and retains all the natural goodness which is lost in processed milk. I believe processed milk is graded one higher in quality than tap water.
812. I love raw milk <3
813. It would be great if tesco or any other supermarkets could sell raw milk as i could add it straight into my deliveries. Also be good for people like my mum who only needs one bottle a week otherwise she has to pay for delivery too and its really expensive like that.
814. I believe raw milk and it's products to be healthier than pasteurised
815. I have no concerns using raw milk :)
816. Because people don't want it altered before using it
817. It makes a much creamier milk kefir than pasteurised milk. I have more health concerns about the additives in our food , high sugar levels and consumption of processed food than I do concerning raw milk. As long as the herd is healthy I'm happy.
818. Raw milk has far more health benefits than pasteurised milk. It tastes better, and is better for health. (Unless you believe the current "wisdom" on this matter. Allergies and lactose intolerance are greater when consuming pasteurised milk products. Since consuming raw milk, the condition of my skin has improved dramatically. Raw milk is an excellent source of magnesium and potassium, and vitamins A, D and K2.
819. Raw milk for health benefits, flavour, animal welfare on biodynamic farms.
820. People are increasingly interested in their health, particularly their gut health. I wish raw milk were easier to get hold of.
821. Following the work of Weston A. Price. Advisories from people with elevated understanding of nutrition. Eye witnessing the difference in animal welfare standards between raw and regular milk herds. Increased welfare for the raw milk herd.
822. It tastes nicer, it is full fat, children like it more, tastes better on cereal, has good probiotics, good for some of our children's stomachs and doesn't cause any reactions, guernsey milk also has a different bacterial makeup than friesian and finally we know the farm; so we know that the cows are treated well, the farm is organic, the farmer is particular and pays attention to his work, he is relatively local so we are helping a local business.
823. Pasteurized milk is mostly death and unnatural. Raw milk is as I drank it at the farm I got born and the rest of my life.
824. It's a more natural product with living organisms still in it. Also tastes better.
825. It's healthier. Tastes better. Supports small farms. Usually an organic product. I wish it was available at the supermarket.
826. Mistrust of large scale/corporate farming and a wish to support smaller ventures. Also Holsteins look so uncomfortable with their bony rears and enormous udders.
827. Do not stop raw milk being sold. Give people choice.
828. Did not realise raw milk from sheep, buffalo, goat was available; will look out for it to try.
829. Health benefits. Food to fork Removal of supermarket monopolisation and exploitation of the farmer.



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830. I believe the consumption of food and drink in their most natural forms, without having been processed is the healthiest for your body and digestion. I strongly believe in the benefits of raw milk and am very grateful I live in an area where I can buy this easily, from a farm I can actually see the cows in and see they are well looked after.
831. More healthy. I also like to support independent farmers.
832. The more processed the product, the less suitable it is for human nutrition. Raw milk is a natural product. Healthy cattle produce healthy milk. Unhealthy cattle produce milk that requires sterilisation. Just because pasteurisation gets rid of certain bacteria, it doesn't mean the milk is healthy nor appropriate for human consumption. Feed a calf pasteurised milk and it will eventually die.
833. I prefer raw and unpasteurised to keep all the goodness intact.
834. My son was unable to tolerate lactose and we both tolerate raw milk
835. People are finally realising the health benefits. Also the taste is much nicer. We drink mostly raw cows milk
836. With raw milk from a farm you can know it's source. I have read/seen too much about the mass production of milk to be able to consider pasteurised milk to be good for anyone, or even the poor cows.
837. I would like more official studies into the benefits of raw milk.
838. it tastes nicer i like buying from the farm and seeing the cow
839. I have read that there are health benefits from raw milk consumption.
840. It tastes so much better Pasteurised milk lacks all the goodness as it is destroyed during heat treating I know the farm where my milk has come from, and that the cows are healthy and well treated
841. I have drunk it all my life. Pasteurised milk tastes different to raw milk
842. Fresh milk tastes better.
843. apart from anything else its nice to pay farmer direct rather than tesco's and others that price fix most things
844. I like the fact it isn't treated and therefore feels much more natural. Also, i am able to visit the farm and see the animals and the level of care first hand
845. See box 6 above
846. I think food should be messed around with as little as possible as long as animals in good health and well looked after cant see a problem In for example cheese natural raw milk can only make it better
847. It contains good bacteria & is natural
848. Better health benefits. We live right next to the farm and prefer local produce over anything else. As long as we live next door to a farm we will buy raw milk.
849. Raw dairy, has the enzymes that allow us to digest both lactose and gluten. Removing these enzymes from the diet is not healthy. Pasteurized milk is unhealthy for humans. I no longer drink the stuff.
850. Raw milk is the only milk to drink for health because it has the enzymes and bacteria present. I believe many of the problems some people have with dairy is due to the way mass market milk is produced and processed. I feel many of the historical public health problems with milk which led to the practice of pasteurisation were as a result of the introduction of central processing when contaminated milk from one farm was mixed with other producers milk.



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851. Tastes better. Additional health benefits.
852. I would like it to be easier to buy rather than needing to always visit a farm shop
853. The taste is superior and its nutritional value is greater because it is not heat treated. I believe the benefits outweigh any small risk.
854. The natural enzymes etc in raw milk that haven't been killed off by pasteurisation we use as part of a healthy diet. The ethical treatment of the milk producing animals are very high on raw milk farms. 'Calf at foot' is the most ethical, and is a frequent practise at raw milk producing farms.
855. Easier to digest, more nutritious and tastes better than mass produced processed milk
856. It tastes so much better and it actually lasts the same as shop bought milk. The cream dissolved nicely when added to coffee. Shop bought is lumpy to and leaves residue. I would rather drink fresh milk than shop bought but unfortunately I have to travel to find a farmer who sells fresh.
857. Refer to section 6. Additionally I am someone who suffers many severe allergies and intolerances yet raw goats milk has nothing but beneficial effects on me. I truly believe that is the way we were intended to drink milk, pasteurisation kills many of the beneficial enzymes in raw milk, hence we have an epidemic of people who are lactose intolerant. I feel much safer drinking raw milk than drinking milk that has been treated, I like to only consume the best possible produce for health reasons, and in my opinion raw milk is not only healthier for us but tastes so much better.
858. We love it! It's the taste of the country and we can never get enough!
859. I have always drunk and had access to unpasteurised milk, growing up in a rural area, with the option to buy it at the farm gate, or take our own before it went to pasteurisation. Having experienced milk that tastes like that, I missed it, and supermarket/pasteurised/homogenised milk just doesn't taste as lovely or seem like the same thing to me. I think, for those who haven't had that experience, there is a growing interest and awareness that there are other food options and traditional options, that when handled properly, do not mean that taste needs to be sacrificed for pasteurisation. That regulation and common sense can be enough to provide an adequate level of protection I think people prefer choice. Personally, I am against giving raw milk to children under a certain age. I was not allowed it on the farm, I would have the pasteurised milk. I don't know why parents are more prepared to give it to children than I would be, mostly I find this is from people who did not grow up with rural knowledge. I think people read about the health benefits (whether there are health benefits I do not know) especially online, or those wishing to live a clean lifestyle and want to try raw milk (even for their kids) for the health benefits they think it has. I also suspect that once people have tasted it and seen the difference, many people prefer it to drink and realise that milk doesn't actually originally taste like the pure white homogenised milk that we get so often in supermarkets. Personally, if I can't have some raw milk, I would want pasteurised non-homogenised milk. I think some people believe raw milk has great health benefits (I have not looked into this to know if there is any evidence) others prefer the taste. Others of us, just want to be able to continue drinking the same milk we had access to growing up in rural areas.
860. I prefer the taste of unpasteurised milk and I want to support local dairy farmers



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861. Seriously this should be a non event. It's free choice, the label states the supposed risk, now allow free choice to reign. Raw milk is a healthy, nutritious whole food. Pasteurised and homogenised 'milk', is a dead white liquid that causes inflammation. It's easy to make in bulk, allows animals to have a really crap life and makes a whole lot of people a whole lot of money. Raw milk is a no brainer, better lives for the animals, less intensive farming, less medications, healthy. Simple!
862. Gut health is massively important We have compromised our immunity with too much santising and pasteurising
863. I use raw dairy produce because it is the only dairy I can digest. I have had IBS for 6 years now. I became intolerant to dairy and switched to lactose free milk. After using lactose free milk for 2 years I became intolerant to that also. I avoided dairy altogether after that. Just over a year ago I read that many with dairy intolerance are not intolerant to raw dairy. I tried raw kefir and found I could digest it without any side effects. I then tried the milk straight and had no side effects. I tried taking normal homogenised pasteurized milk from the supermarket to see if my dairy itolerance had gone away, and had diarrhoea within hours. I stopped taking the supermarket milk and went back to the raw dairy products and still take them today. I wish to take dairy as part of my diet as I think it brings health benefits. Since taking raw milk I have been able to reintroduce dairy into my diet again. I am not against pasteurisation. If local shops and supermarkets sold organic milk that is pasteurised and not homogenised, cattle were mainly fed on a grass diet and not routinely given anti-biotics, and farmers were given a good deal on their milk, then I would be happy to buy this kind of pasteurised milk.
864. I do not like the taste of pasteurised milk and I believe that there are health benefits to unpasteurised milk
865. I like knowing the local farmer and cows supplying the milk. I like to support local farmers by buying milk directly cutting out the middle man like supermarkets. Pasteurization may destroy the digestive enzymes needed to break down and absorb certain nutrients I enjoy drinking raw milk
866. It going back to food the way it should be
867. Has a taste of its own,,,
868. I work on a Biodynamic farm that produces and sells raw milk. I also milk the cows and have been drinking raw milk for the last 10years. In that time I have not come across one related health issue to our milk whereas in the same 10 years I have met many a newly diagnosed diabetic!
869. I love my raw milk. I find it tastier and more beneficial than pasteurised milk.
870. See comments to question 6
871. I think intelligent people question factory farm methods and standards and therefore try visiting organic farms. Once they buy and try the products there is no going back.
872. I have understood that pasteurisation kills off live cultures present in milk and renders it nutritionally invalid. Raw milk is a healthy, nutritious alternative. I also know that the cows who are producing the milk I buy have a healthy, natural diet, have regular breaks from being milked, keep their calves with them for longer and are generally treated as subjects, with humanity & respect.



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873. I choose raw due to its proven (by my experience) benefits to my health. I also feel I am choosing cleaner milk (due to stricter regulations on somatic cell count, tvc etc), and I choose higher welfare; buying direct from producer means I can see exactly where and how the milk was produced.
874. I have understood that pasteurisation kills off live cultures present in milk and renders it nutritionally invalid. Raw milk is a healthy, nutritious alternative. I also know that the cows who are producing the milk I buy have a healthy, natural diet, have regular breaks from being milked, keep their calves with them for longer and are generally treated as subjects, with humanity & respect.
875. The flavour is far more superior and I like that the batches vary in flavour and creaminess. Because it is non-hom you get the beautiful cream at the top of the milk which is a real treat. I feel that the milk holds important nutrients which may be damaged at being heated for pasteurization. I spoke to a dairy farmer (not related to raw milk in any way) and he explained that more people have begun to show dairy intolerance since the heat of pasteurization has been increased. I want my children to be able to eat the widest variety of foods possible.
876. I buy due to the significant health benefits my sister has experienced after drinking it. I drink it mainly after I have been ill or had a ibs flare-up to restore good bacteria. I also sleep better when I drink about 2 pints a day!
877. I drink raw milk for the health benefits of gives. I use it as a recovery drink after excercise and for the healthy gut bacteria that keeps me for & healthy.
878. Drinking process milk gives me stomach problems. I can digest raw milk without any problems. The nutrients are also undamaged.
879. It is a lot tastier. The health benefits are incredible. It ensures the farmers have a fair price and it cuts out the supermarkets and the processors. I will never buy milk from a supermarket again.
880. Milk loses all its benefits and beneficial nutritional value when pasteurised and homogenised. I don't understand why food industry destroys raw milk by processing it to death.
881. Farmer get a fair price. Shorten supply chain. Support local economy and not the big boys. It's time for change
882. I used to drink raw milk as a child as I grew up in a village and we could get it locally, so it is familiar to me and I was really glad to find somewhere locally again that sold it. The cows for raw milk tend to be outdoor pastured and low stocking density with better quality of life, so it is an ethical, health - because the cows eat grass instead of grain/soya/corn and are out in the sunlight so the fat content is better and more nutritious- as well as taste choice, and I really like unhomogenised milk. And it is local, so we are supporting local business. Pastured cows also help fix nitrogen back into the soil so also this is environmentally good. I am against the huge dairy farms that are springing up as the are bad for the environment, animals, and produces inferior milk, these should be banned in this country.
883. Having done extensive research into the production of food I've come to a decision that if I'm going to drink milk I want to control the process the product has been exposed to as much as possible. I also believe that pasteurised milk is a key contributor to health issues as many vitamins and minerals advertised are denatured and void. My final point would be



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that raw milk sold direct from a farm provides a more suitable return to the farmers who care for the cattle otherwise they are simply at the mercy of the big dairy's and their pricing structure which is totally unsustainable.

884. Benefits of drinking raw milk far outweigh the pasteurised version
885. I don't like the taste of the cream in pasteurised milk when added to tea. It tastes/smells 'off' to me, so I had been using skimmed milk for years. I initially tried raw milk because I hoped it would help rid me of eczema (and it did), but was very happy to find that raw whole milk does not affect the taste/smell of my tea in the same way as pasteurised does. I do not ever want to go back to drinking pasteurised milk. My husband and I drink about half a litre each every day.
886. I was recommended to cut dairy out of my sons diet because he has autism. I am trying to move him away from a very processed diet. I chose to switch to raw milk rather than cut dairy. It is part of a change to less processed, more healthy diet and he has shown improvements under it.
887. Once you have tasted raw cream you don't want supermarket cream
888. Nutritionally it is better for the immune system. Non organic, pasturised milk is full of hormones and antibiotics . People who are dairy intolerant are often able to take raw milk products without any adverse effects, which rather proves the point that is is less harmful to health.
889. Raw milk tastes much better; the first time I tried it in tea I was Hooked! I use to use raw goats milk which excellent too. The more we get back to nature and natural living , the happier I am!
890. Just get on with legislation and make it more readily available. Pasteurised milk filled with antibiotics and steroids is killing off the health of millions of people. Back to basics on common sensical approaches!
891. The taste is so pure and unadulterated. For me, pasteurised milk creates phlegm, raw milk doesn't. It's just wonderful!
892. Benefits of raw milk - Healthier skin, hair and nails My immune system is stronger. My allergies are considerably reduced. Increased bone density. I've experienced Weight loss and better digestion.
893. Taste Small local producers who really care about their product in terms of taste, quality and safety The cream that separates to the top of the milk like it used to when I was a child Glass bottles that I can refill Amazing shopping experience- peacocks, goats, pond, trees, fresh air and peace
894. Just trying to eat less processed food wherever possible.
895. Physiologically, humans from weaning from breast when age appropriate, don't need milk,. I don't use milk that has been pastuerised at all....it is not part of my diet.
896. I prefer the taste, and like that it's produced locally
897. Raw milk preserves its wholeness, its beneficial properties and its taste.
898. 45 years ago my husband and I farmed on a Biodynamic farm in Sussex and later to another similar farm in US. We raised 3 children on raw, organic, biodynamic milk, yogurt and other products. We all used raw milk constantly until we moved away, at too far a distance to get a regular supply. We still drink organic milk that has been pasturized. All of us have had exteemly good health and have not been negativly affected by untreated milk. I know and trust all the health regulations in the care of the animals as well as the care of the



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milk ensures that the whole process and products are safe. Government should spend time and money researching and regulating other areas of our critical food/agriculture/environmental systems

899. I believe that people should be able to make an informed choice whether or not to consume raw milk. There are risks involved with many things in life and it would be a real shame to take away people's right to choose this nutritious option.
900. Its natural and healthy and homogenising and pasteurisation of milk removes alot of the beneficial bacteria and proteins in the milk. So that type of milk isnt actually as good for you. For example calcium is more biologically available when the good bacteria hasnt been killed by pasteurisation.
901. I believe that raw milk is the best way to drink it and have no problems with that. I know of people who have drunk raw milk from birth and are perfectly fine.
902. It's healthier, tastes great and almost always comes from farmers committed to high standards of animal welfare and employing farming practices mindful of being a guardian of the land.
903. With the last of the dairy farmers having to diversify to survive the marketing of milk has been increased from the farm gate. This cuts out the middle man and can only be a good thing.
904. We love the creamy taste of the milk
905. It's a wonderfully nourishing natural food. The cows must be raised on non toxic foods and treated well: traditional farming methods. People are becoming angry that most S upermarkets don't offer real foods.
906. It is satisfying to drink.. and is easy to turn into kefir or yogurt without heating. The associated bacteria all seem to be really healthy and this deserves recognition Key aspect is a well managed farm supplying the product
907. I really like the concept of raw milk - I like consuming food that has the least nutrition mechanically removed from it. It tastes the best of any milk too. I do not receive any risk - there only seems upside to me. Finally, a farm (such as my local farm, Old Plaw Hatch) that produces raw milk often seems to reflect a more natural, integral, ethical approach to food producing that I want to support as much as possible.
908. It's awesome.
909. Humans are getting sicker and fatter. Some are waking up and starting to realise they're feeding their families processed junk, disguised as delicious food-like products, from supermarkets. They then get sick, and put 2 and 2 together, realise better food means better heath! Raw grass fed milk is the only way to ingest milk products that are good for human health.
910. people want health & quality, which is unattainable in a mass market. pasteurisation offers a level of health guarantee but destroys the nutritional benefits
911. It's great to buy local and support small farm businesses.
912. I am aware of the vitamins and nutrients in milk which are destroyed when it is homogenized and pasteurized. Raw milk provides the best, most natural ingredients for my family; including my young children. They love it! We even got to meet the farmer and the cows and were shown how it all works. Quality is best, along with supporting local farmers rather than big corporations.
913. Tastes nicer more natural goodness



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914. people realise we lived longer then on good stuff and the body was designed to take it, not processed rubbish
915. With the fertilisers and additives added to our food it is necessary to put back into our body natural goodness, to help the gut.
916. I believe that we over process too many of our food products which alters or removes a lot of the nutrients and that is partly why the NHS is under such strain. As a nation we are becoming less and less healthy. That is why I look for products that are as close to their natural state as I can ('Farm to Table') and I always cook from scratch.
917. I would buy raw milk more often if I could source it close to me. As it is, I make an effort to buy unhomogenised milk but would prefer unpasteurised. I prefer to eat unprocessed foods and believe unpasteurised milk is more nutritious than pasteurised.
918. My own view is that the benefits of raw milk outweigh the possible harm.
919. Provenance of our food is really important to us. We love that we are able to buy milk from a farmer who is so passionate about his soil and his animals and we know we are getting an excellent product. It seems a shame that it is so difficult to actually buy raw milk; we are lucky our farmer is 20 minutes away and make the commitment to go weekly, however I know many other people who would be keen to buy if it were more easily available locally. People should be able to make their own choices about what they consume, therefore it should be easier to buy it. It is so important that we support farmers to farm in the more sustainable, ethical way which produces good quality raw milk.
920. It tastes amazing and I love that we buy from a Calf st Foot dairy.
921. I'd just like to finish, suggesting that no government agency should have the right to impede upon any person's right to buy and consume raw milk. So I hope this is all being carried out with those intentions in mind.
922. The milk we drink is less processed and hasn't had any of it's goodness destroyed. It tastes better, lasts longer and is much fresher than other milk. We also pay a fair price and support our local farmer.
923. It tastes better. People in the past always drank milk straight from the cow.
924. I like seeing the cows the milk comes from and their welfare is very important. Raw milk tastes different and has only been beneficial health wise to our family
925. I don't agree with all the chemicals used to process the milk and pasteurise it. I also don't agree with forced impregnations of cows. I've found that producers of raw milk care more for their animals and calf's. Our bodies are being filled with hormones and drugs on a daily basis through processed food. I think that is worse for us than raw milk.
926. The increasing awareness of the health benefits of drinking healthy bacteria has been the main reason I began drinking raw milk and kefir , intestinal health has improved for all of us. I also like the humane and thoughtful way it is produced by the bio dynamic farm that I buy it through.
927. Its honest food. Its produced by people who care. Its not part of big farm who ruin the countryside
928. The milk is always very fresh as I buy it from the farm gate.It keeps well- over a week. Nearly all supermarket milk is homogenised as well as pasturised and is in essence a reconstituted product. If I can not get to my farm supplier I try and purchase non homogenised milk.



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929. There are health benefits to keeping milk alive with natural bacteria and enzymes which are destroyed in the heating process . Let people may their own choices on quality food
930. I buy raw milk for the health benefits. I like the fact that it is raw. I do not wish to keep buying products that have preservatives, additives and chemicals constantly added. There needs to be more products available like raw milk. We seem to be forgetting how we used to live and how harmful chemicals in our food and drink is to the human body.
931. I love supporting our local farm who look after some wonderful cows using organic methods. Food we know where it comes from!
932. - suspicion on additives at time of pasteurisation to keep product longer, - age of milk from farm to shop shelf - flavour - relief to know where the milk originates and that it has not been factory farmed and blended with other milk
933. I am mainly concerned about the welfare of cows and calves. It is a relief to me that I can buy milk from a dairy that allows calves to stay with their mothers for 9 months, and that the calves are returned to the herd after weaning. Also the male calves stay with the herd until they go for slaughter at 2 years old. The milk I buy from the calf at foot dairy has an amazing flavour. Older cows are allowed to retire, not go for slaughter. I am willing to pay more for this milk.
934. It is delicious and feels like it is 'stripped back' to the original goodness. I understand the risks but they are worth it for taste and vitamins.
935. Raw milk does not have anything taken out of it
936. It is more nutritious
937. Prefer untreated food and drink as I don't think processesing is always beneficial, I think the risk of harm does not outweigh the health benefits of raw milk
938. Pasteurisation destroys some beneficial nutrients in milk
939. There is too much playing around with our food nowadays and people are trying to get back to a more natural, simple way of eating which does not disrupt our immune systems.
940. Everything we consume is better to be natural not processed.
941. The benefits of raw milk far outweigh any perceived risks.
942. Make it more readily available
943. High quality raw organic milk has its own built in "immune system" of sorts. The elevated white blood cell count in raw milk actually helps reduce the risk of contracting food poisoning. Similarly, the microorganisms found in raw milk cheese effectively limit the growth of potentially harmful organisms.6 Pasteurized milk and cheese do not have this protective quality, which helps explain why they pose a far greater threat than raw milk and cheese when it comes to food poisoning. Pasteurizing milk also destroys enzymes, diminishes vitamins, denatures fragile milk proteins, destroys vitamin B12 and vitamin B6, kills beneficial bacteria, and promotes the growth of pathogens.
944. Raw milk preserves the beneficial characteristics of milk such as good bacteria and enzymes. The rise in the lactose intolerance and other allergies coincides with the drinking of pasteurized and UHT milk, with regions of the world with access to raw milk seeing less of these intolerances. Less "scientifically", I have a hunch that boiling milk is more gentle and beneficial than pasteurization. Indeed, several traditional wisdoms globally advise against



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sudden cooling of milk (such as by placing the container in cool water). When will science catch up?

945. I grew up with milk but developed dairy allergies over time. Eventually, wanting to increase my B vitamin intake on a vegan diet, I decided to try raw milk and raw milk ferments like kefir and cheese. Not only did my alleRgy go away, many other issues I'd had including eczema, psoriasis, poor digestion, and brain fog cleared. I believe the pasteurisation of milk made it so sterile it fed bad organisms in me when I drunk it. Raw milk may have harmful organisms in but since the good ones predominate, it has a very different effect when drunk.
946. I support this kind of system that means my milk retains it's original nutrients, as well as supporting a fair and responsible farm that operates an ethical and humane approach as possible.
947. I found that drinking raw milk and raw milk Kefir has dramatically improved IBS which I have suffered from for about 5 years.
948. The fresh and natural goodness of the milk gives us a product that is considered to be effective in reducing skin complaints such as eczema and psoriasis.
949. People like to chose what to put in their own mouths and bodies. People do not think that the government should have any say over them when it comes to food/drink choices. If they feel adequately confident in a producer's ability to provide them with the milk they want to use, then they should not be hindered in that choice. It is ok that the warning message is put on the bottles. Farmers need to ensure that their milk is tested regularly, and if it is not up to scratch they should not sell it in a raw state, unless they have had a run of three clear tests over the following week. If no pathogenic microbes are found, then it's good to go. Raw human milk is the perfect food for infants, and raw healthy cow/goat/sheep/buffalo milk should be healthy too, as long as the animals are properly kept and managed, and the milk tested regularly. Thank you for the opportunity to add my thoughts to this survey. Afifah Hamilton Sussex
950. Better tasing and unprocessed, leading to a much healthier product. But need to trust that your supplier is licensed and has a good degree of hygiene
951. The taste is better The keeping quality is better than supermarket milk
Pasteurisation kills the living organisms Please leave us to make our own informed decisions!! Bio security is now so good
952. Pasteurisation destroys some beneficial nutrients in milk
953. I do hope the overzealous bureaucracy machine at the Dept of Agriculture and Dept of Health will rescind their refusal to allow raw milk to be marketed as it is for pasteurised milk by third parties.
954. i prefer to use foods with less process having been done to them and with no 'stuff' added
955. because its available
956. Speaking for myself, but I believe my opinion is shared by many (great and small), society is increasingly disenchanting by 'modern' food 'processing', which has become amongst other things 'chemicalised', creating unnatural substances that are toxins to our bodies, along with toxins in our water supplies and our polluted air. It is no accident nor coincidence that we record the staggering rise in 'Western' diseases, since the mid-19C as a result. This has led to over dependence on drugs and antibiotics, which research



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unequivitably 'demonstrates' destroys our natural gut micro-biome - which is/supports 80% of our auto-immune system. This has lead to whole host of auto-immune and other resultant disease disorders, such as diabetes, heart and dementia. The reasons go on... As an aside I note that the FSA replies to a Freedom of Information request re Raw milk by saying "... Please note that the FSA is no longer responsible for nutrition in England and Wales." (!). Finally, 'we' increasingly feel at the mercy of a 'bureacratic consensus' (heavily influenced by the 'status quo' i.e. big business who have the whip of creating employment and tax revenue), that belies alleged true 'democratic' concensus that in the name of 'science' tries to 'disuade' our own 'common sense (one of the 3 pillars of wisdom). Raw milk goes hand in hand with 'true' organic (not bureaucratic box ticking and required fee paying) i.e. the antithesis of monocultural / artifical fertilsers reliant (just 3 main elements N,P.K), which has denuded our once rich mineral humus rich (good natural bacteria) soils. Given all of this, there should be an unbiased survey - by a truly 'independent' body, as to the merits or detriment of pasteurised milk. For example for the large urban base of society (90%+), pasteurised may well be the only way forward due to preserving the milk for long enough before it goes 'off', due to bad bugs infiltrating with no good bugs to mitigate, e.g. milk not turning to yoghurt but instead putrifying..... I rest my case aimed for the true benefit of all. 23-5-18

957. Unable to answer as access to raw milk is denied in Wales. If I did have access I would eat raw cream and cheese and any other raw milk products. I would use at least 3 litre of milk a week.
958. health and gut benefits, natural, no messing with
959. best milk ive ever tasted!
960. builds your immune system
961. Animal welfare Much much better for you Most people who produce raw milk are also doing so organically, and that is important to me too.
962. I see no point in eating or drinking anything that has had its nutritional goodness diminished or nullified by preservation or sterilisation.
963. I believe it to be better for you. If I I don't drink raw I tend to avoid mass produced cows milk altogether. I'd rather drink plant based 'milk' substitutes than pasteurised, homogenised milk.
964. I hope to retain the choice to purchase raw milk in the future. In my opinion it is the best way to have milk as it has not been tampered with and is as God made it.
965. I support the Raw Milk Revoulution.
966. Tastes good Beneficial to health Traceable
967. I do not like the way dairy cows are treated in mass farming, its about compassionate farming for me.
968. It tastes better. It seems to be easier to digest. It has health benefits. It supports local producers. It is fun to use the vending machine!
969. Like many things in this country we are being strangled by rules and regulations yes some necessary others totally a wast of space
970. i would not be very happy if my source of raw milk was stopped as I am convinced it has improved my health.



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971. It tastes better and my children love it! It is more easily digested and full of all the bacteria and enzymes we need to absorb it's nutrients and digest it better and I believe the animals husbandry is better.
972. The taste and getting the full nutritional benefit
973. Raw milk should be regulated to ensure high standards, it shouldn't in my opinion, have such a bad reputation. If only we could share knowledge and educate people on how our ancestors lived and the positive impact this had on their overall health. I fear the UK following the US and their nieve take on raw dairy, I don't believe we should control our country to that extent. Let's educate properly, regulate properly and look after our bodies properly!
974. I think that some of these produce cheeses from raw milk?
975. I grew up on green top milk and raw milk today tastes like it used to - I only buy organic though Believe it is better for guy microbiome
976. All the recent developments in understanding of the microbiome show that a diversity of food is very important in improving health (not just gut health). Raw milk seems a basic part of the solution!
977. Raw milk is healthier, good for nutrient absorption, improves your immune system and reduces allergies. There are very strict H&S and hygiene regulations so you know your not getting an inferior product. You purchase direct from the farm cutting out the supermarkets. The farmers are very passionate about their dairy herd so you know the cows are well cared for. We go to Gazegill organic farm near Gisburn and Emma knows all her cows by name. This is why we like raw milk, it's healthy and supports our farmers.
978. We find raw milk much easier to use, digest and tastes far more palatable than shop bought In addition our cholesterol is now held, on a long term basis at medically very acceptable levels.
979. Raw milk is a natural product which has been consumed by people for millennia. Our shopping is increasingly limited to packaged and processed foods and being able to buy raw milk is an important aspect to my diet and food choices.
980. Raw Milk has not been available to me for many years but now that I have found a supplier I am delighted to purchase the product on a regular basis.
981. Because of its health benefits.
982. We like our food as real/unprocessed as possible and that includes raw milk. It tastes nicer; it is better for farmers (who have suffered horrifically in recent years) and it is better for my gut microbiome - which is big news at the moment - especially in the context of the obesity epidemic.
983. I have every right to drink raw milk I have noticed that ARLA and Muller are forcing farmers not to sell raw milk and I find this scandalous. They are forcing dairy farmers to sell pasteurised milk, knowing full well that most consumers will not be bothered to buy it from a farmers market when they can get it from a supermarket. Farmers markets are a great way for the struggling dairy farmers to supplement their dwindling incomes by selling a product that cannot be purchased in the supermarket.
984. It is a more natural product. My parents and grandparents grew up drinking raw milk still warm straight from the cow where they lived in Europe. My grandma lived to 97 drinking raw milk all her life. Raw milk is more nutritious, has enzymes and natural bacteria which are all beneficial to health making it more digestible. Nutrients such as calcium are



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- better assimilated. Pasteurised milk is not a healthy food in my opinion, it is inflammatory and more difficult to digest. When I used to drink it as a breastfeeding mother it gave my babies bad reflux. When I stopped drinking pasteurised milk my babies did not get reflux.
985. As stated above, pasteurisation kills all bacteria (good and bad), a bit like antibiotics. In the process it also denatures the food, so although it looks and (to some may) taste like raw milk it has lost many, if not all, of the vital nutrients that are beneficial to our health. People who have milk allergies often find they have no problem with raw milk. Raw milk is a natural, untampered with product. We should be able to purchase this product much more easily than currently and dairy farmers would get a fair price for their work, unlike for milk taken to Arla, for example, to be pasteurised where farmers are paid about 1/5th of what the milk is sold for per litre. In other countries, such as the US and South Africa, raw milk is much more readily available in shops and stores. The government put a similar caveat on it, but consumers have the CHOICE to purchase or not, based on their own research and family needs. It would be amazing if the FSA facilitated easier access to raw milk. The FSA could still give whatever warning they feel necessary but people could make their own choices.
986. Raw milk & other Raw Dairy Products should be made more generally available. I would buy it more often if it was. I would like to see it in Supermarkets & available online from Ocado & other stores. It is very difficult to obtain unfortunately.
987. High level view: due to the enzymes (plus other nutrition) not being destroyed by pasteurisation. It is much healthier and much less likely to cause allergies related to pasteurised milk!
988. Raw milk contains many natural enzymes, fatty acids, vitamins and minerals that are essential to health. And it tastes delicious! It improves many allergies, including those brought on by drinking pasteurized milk. It is important that the cows are well cared for and eat a natural nourishing diet and are not intensively farmed. They need to be outside in the fresh air and sun as much as possible. (We are fortunate in UK to grow some of the best grass in the world for feeding animals) We should also expect to pay a fair price for our milk - it is a superfood. I think people are realising that many of their foods are over processed and their health is suffering as a result, and they long to get back to the natural nutritious foods of our past...
989. Modern practices of heat treating kills all the good bacteria that we need for healthy lifestyle. Yes I want to avoid the bad bacteria but I look for ways to eat and drink good bacteria. So many of the trends of the way that we live now are the source of the modern trends in illnesses in adults and children. I want to go back to eating like my grandparents and avoiding all the white sugar and additives. And so on
990. I would LOVE to buy raw goat and buffalo milk but do not know where to purchase it from
991. Perhaps because people are striving to be healthier, & perhaps closer to nature.
992. See my above point. Non organic pasteurised homogenised milk has NO food value apart from causing health issues due to homogenisation which makes the fat particles so small these can't pass out of the body properly after digestion.
993. Raw milk tastes better. There is an increasing awareness that limiting its availability, in some cases making it illegal, has come about in the interests of big companies who then do not have to care for good health and hygiene involved in its production. Many people who are intolerant of pasteurised milk can happily drink unpasteurised milk.



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994. Grass fed raw milk tastes better, and is usually from smaller farms, with excellent animal welfare, who care about the soil and environment as well as their livestock.
995. Raw milk contains many natural enzymes, fatty acids, vitamins and minerals that are essential to health. It improves many allergies, including those brought on by drinking pasteurized milk. It is important that the cows are well cared for and eat a natural nourishing diet and are not intensively farmed. They need to be outside in the fresh air and sun as much as possible. (We are fortunate in UK to grow some of the best grass in the world for feeding animals) I think people are realising that many of their foods are over processed and their health is suffering as a result, and they long to get back to the natural nutritious foods of our past... We should also expect to pay a fair price for our milk - it is a superfood.
996. People are independently researching how to achieve superior health. Advice from the health industry, and supported by government, really isn't headed in a proper direction. More influential people need to start opening their minds to proper research and good science so we can turn around all this silliness about saturated fat and raw dairy. Ultimately the truth will come out - it's starting to happen a little every day now with new doctors and nutritionists realising things aren't how they've been told. It would be much better if we could get to a better place without government agencies standing in the middle slowing everything down. Of course it's understandable, but legislation is being written in ignorance and it's hurting everyone. Too much health advice is based on no science at all, which is criminally negligent and leads to health issues across the board that lead to confusion and misinformation, along with ruined lives. Just look at the history of "five a day". It's meaningless and based on no science whatsoever, just a bunch of people in a room who decided that everyone has to eat more fruit and veg, just because, and in spite of the great many other sources of dense nutrition that we've all been convinced are bad all of a sudden, even though our ancestors evolved eating them. Argh, I could go on and on...
997. I think many people prefer milk that has not been tainted by mixing milk from different farms; and extensive processing that removes many nutrients and beneficial bacteria. Raw milk producers are obliged to fulfill more stringent hygiene standards than those milk producers that pool milk for pasteurisation ... So I believe I am buying and consuming a far superior product in terms of taste delivery and nutrient density. The appearance and flavour of raw milk is far superior to anything from a supermarket carton. This is my priority buying milk, rather than shelf life.
998. All Governments Healthy Eating propaganda is a farce. Endless grains, carbs, and processed junk... Golly we have an Obesity Crisis! What a shock. Sat in a Canterbury Large GP surgery watching the rolling promotion of the mantra of 5 a day...encouraging eating more processed Rice, more Pasta, more Potatoes...Unreal. PS. The Statin con is that The inventors, Merck Labs New York, included in their patent that each Statin tablet should contain Co Enzyme Q10...as their research proved that the Drug shuts down the body's ability to make Co E Q10...and stops the body making all Cholesterol ! All the different brands of Statin Do Not Include Co. Enzyme Q10...to save 10p per tablet...But... Our Brains are c.80% Fatty cholesterol... Look at the massive increases in Dementia, Alzheimer's and joint pains in ageing people. Cruel and wicked Doctors, NHS, ministers and "paid for" Un professional medics...Cannot call them Doctors.



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999. I personally believe the pasteurisation process used in regular milk kills off most of the good bacteria our bodies rely on to help in food digestion and allergy immunity.
1000. I have read a lot about farming and food and why we are prevented from buying the healthier option [organic , raw milk etc] also why homogenization of milk started [also very bad for health] I buy from local farmers organic only and have had to stop eating out or buying take away food because of the glyphosate GM all the pesticides and herbicides. I have been cooking most things from scratch now it takes more time but is fun and tastes better aside from missing Chinese food I am very happy .
1001. Raw milk is delicious and has fantastic health benefits. Pasteurisation of milk destroys enzymes, diminishes nutrients and kills beneficial bacteria. It promotes pathogens and is associated with allergies and other illnesses. Raw milk sours naturally but pasteurised milk turns putrid. Raw milk is not homogenised and contains no additives Raw milk comes from cows that eat grass - their natural diet. We should be able to buy raw milk in supermarkets! I would not buy any other milk if raw milk were more readily available.
1002. The evidence is overwhelming that we like all living creatures need exposure to and ingestion of diverse microbes that live on our food. It is a human right to have access to whole food and it is only in this form that we can reach resilient health with optimal immune responses. Whole food includes this microbial biodiversity. The microbes are fundamental partners in digesting fibre and pigments, which we cannot do alone, to make the essential compounds we need. Moreover the taste is also better due to the complexity of breakdown products and enzymes released by the microbes in raw and fermented foods.
1003. I drink raw milk for taste and health reasons. Taste - self evident Health - studies (eg by the Swiss) have shown raw milk has significant benefits for the immune system
1004. Raw milk should be easier to purchase, please consider options to allow this.
1005. My children's allergies have dramatically reduced since drinking raw cow's milk, reducing their doctor visits and need for medication. I am aware of the research into gut health and the beneficial gut bacteria raw milk contains. I have clearer skin, better digestion and have not had colds/flu since drinking it, so I do think my own immune system has been improved.
1006. I prefer the taste and health benefits of raw milk as it has not been processed. I have never experienced any problems with consuming this product while in France as it is widely available at local markets and in most large supermarkets.
1007. I don't get diarrhoea when I drink raw milk but I do when it's pasteurised. Stomach likes it a whole lot more and I like to think the multitudes of micro organisms enhance my gut biome and therefore overall health
1008. Being able to get raw milk has given me a higher quality of Life. I can now enjoy dairy Products that were previously off limits. I make my own ice Cream, cheese etc. For me it is important to get Products locally and to know my producer. If I have the right to buy coke, potatoe chips, liquor, cookies and other Products that can be deemed dangerous for my Health, then I should have the right to make a personal risk evaluation also for raw milk. For me the benefits far outweigh any small potential risk.
1009. it is my choice. it tastes good and supports local farmers
1010. It's a fine food and tastes delicious



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1011. As far as I'm concerned, it's full of enzymes which have not been killed off by pasturisation. To me it's the healthy option and I've been buying it for years with no problems. Regular pasturised milk doesn't make me feel too good.
1012. I feel that carefully regulated raw milk production gives me the choice to consume a natural, digestible and delicious food, that appears to also have some health benefits. An important aspect of this mode of dairy farming is that it is usually also a much better way of treating cows and calves, giving them a happier and healthier life, avoiding illnesses that intensive farming can bring to the animals. For health and ethical reasons I do not wish to consume food obtained from maltreated animals. It seems inconsistent to make raw milk illegal on health grounds when regulation has proved very reliable, making raw milk safer than many other foods we are free to consume, such as shellfish and fish from polluted waters, unwashed salad, etc. Also we can get unregulated eggs and cheese.
1013. It's a live product... Good to for health
1014. My question to you is, why are you not trying to find out why deep fried chicken, clogging people's arteries, is becoming more popular for school children. Raw drinking milk is 0.01% of dairy consumption. Why the significant interest?
1015. It's healthy. It's natural. It's more digestible. It tastes better. Raw milk producers tend to produce the milk in a more natural way with the cows grazing on natural grass outside & not given routine drugs etc. Pasteurised milk is not more healthy - it just has a longer shelf life, so is easier & more convenient (& so more profitable for shops) to transport, market & sell etc
1016. Raw milk is much more beneficial for health that heated milk.
1017. Raw milk is not denatured and can help with a host of illnesses and disease by-populating the gut with beneficial organisms. The enzymes make it easily digestible. It is health giving.
1018. Most supermarket milk is highly processed, homogenised and from large scale farms. More and more consumers care about where their food comes from. I like to be able to have a conversation with the farmer in person but would also love to be able to buy raw milk from third party suppliers (ie health food shops) rather than having to go to the market which can be inconvenient.
1019. I want to drink and eat a product that is natural, and contains the optimum level of nutrients which can be destroyed by pasteurisation. I will always seek out unpasteurised products if available.
1020. We drink very little milk at the moment but would drink and use much more if we were able to buy raw milk in Scotland.
1021. I drink raw milk as I believe the beneficial live enzymes in the milk (which are destroyed during heat treatment) help me to tolerate and digest milk
1022. For thousands of years people,drank nothing but raw milk however as farms,decided to flaunt cleanliness and wanted to mass produce milk in large diaries them our problems began we need boiling and boiling bad milk became the norm -We need local diaries looking after livestock with compassion and care healthy animals equals healthy people
1023. I choose to use raw milk because of the health benefits. I generally feel modern food production is fear/financially based and not interested in any traditional knowledge that has accumulated beforehand.



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1024. The flavour of the unpasteurised products is much more complex and delicious. The health benefits are numerous and well documented. These unpasteurised products are made using culinary traditions dating back to our ancestors. They have helped to nourish and maintain good health in our ancestors for centuries, so they have a fantastic track record. These foods help to enrich our micro biomes, which in turn helps us to maintain good health.
1025. It is the most health giving drink on the planet.
1026. our local producer of raw milk is a small family farm where we know that animal welfare standards are very high and the cows are allowed out to graze in the summer. we are deeply concerned about the welfare standards in large, intensive dairy farms where cows are housed all year round as well as dismayed at the environmental problems that this style of farming causes. we also avoid the milk products they produce because of possible health concerns surrounding medication given to the cows which work their way down to us.
1027. It tastes great! Pasteurised milk loses some of its flavour.
1028. it is far more nutritious than pastuerised milk. The beneficial bacteria in raw milk makes for good digestion, and has other health implications by not being homogenised
1029. As above pasteurisation destroys the beneficial elements of milk and is giving milk and dairy a bad name. Raw dairy is far superior for your health and many consumers understand this. It also tastes amazing. I wish it was easier to buy.
1030. I believe raw milk has the enzymes and bacteria present to aid digestion, which are not present in pasteurised milk.
1031. It tastes amazing and is full of health giving nutrients which are more readily absorbed as the milk is raw. It helps with weight loss and in controlling diabetes
1032. Drinking raw milk has enormous health benefits. My health has considerably improved since I start d drinking raw milk. It should be more readily available.
1033. there is a considerable body of evidence that super-heating and homogenising milk destroys the beneficial bacteria which helps to keep our immune system and microbiome healthy. The original mix of life organisms in un-processed milk also helps to keep any pathogenic bacteria under control.
1034. My daughter can drink raw milk with no problem, but gets an allergic reaction (hay fever-like reaction) when she drinks pasturised milk. Every time and that hasn't changed for 10 years. (I was hoping she would grow out of it)
1035. I have been using Raw Milk for many years and have noted that there are many New Farmers in Southern England that produce Raw Milk and its associated Produce.
1036. Mass milk production in the Victorian and Edwardian eras led to poor milk quality which contained low levels of good bacteria and were therefore contaminable by the farming and milking process, which gave rise to the need to pasteurise. Until recently, cows were fed their dead sisters and dead chickens and all kinds of other things besides pellets of alfalfa, which led to a CJD epidemic. Cows naturally fed on grass - not penned up in a 2000-cattle barn on a farm that looks like the apocalypse - produce high quality milk with lots of good bacteria which kill bad bacteria. So long as the milk isn't contaminated in the process, it will remain healthy. Whole generations drank raw milk, and even farming communities that thrived on dairy farming consumed raw milk with little effect. Cholesterol from newly



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calved cows is bottled raw and used in hospitals as a first-tier treatment against a number of life-threatening diseases.

1037. Pasteurisation kills the good bacteria in milk as well as any bad. The good bacteria in milk helps support the gut biome and immune system. Since our family has switched to drinking raw milk we've suffered from no coughs or colds. I also prefer to support our locals farm by buying direct than the supermarkets. I would also love to buy raw sheeps and goats milk to make cheese but I've been unable to locate any.
1038. Better nutritional profile
1039. I hope you are really from Sally's foundation. It's ridiculous that our tax dollars go to controlling ourselves. what we put in our bodies is our business. As we pay them to put poison in most the rest of the food and as we pay to lock us up if we try to grow our own. I'm so fed up paying for our own demise here.
1040. I think there are health benefits compared to pasteurised milk.
1041. My main reason for drinking the milk we buy is mainly for the welfare of the cows but it does also taste wonderful. Providing the consumer is given all the information to make an informed choice they should not be denied the opportunity to purchase milk from a humane source as you would eggs.
1042. Th whole family prefer drinking raw milk, my kids love it, they don't enjoy commercially produced milk. I don't feel build up of mucous when I drink it. My husband get eczema if he drink commercially produced milk. We believe in the providence of food
1043. The good bacteria from raw milk are beneficial to guys and feel it helps with good health and digestion! It tastes better It is less processed
1044. It seems to go sour quicker
1045. I think it's part of a growing understanding that our food system, in a plethora of aspects, is unsustainable and, worryingly, increasingly out of our hands. From a personal health point of view, it's nice to know exactly what you are putting into your body, and what sort of treatment it has been through. Unfortunately, buying milk from supermarkets means foregoing this transparency. Buying raw milk from a local producer that is tangible and visible allows you to reconnect with the source of your food product. This is relevant for all the other concerns with corporate-controlled dairy production, e.g. environment, animal welfare, human/ labour right. For these things it's not necessarily the fact that the milk is raw that is attractive, but the fact that raw milk comes from local smaller-scale enterprises, and people want to support that!
1046. It is more humane and better quality product. It is healthy for your gut.
1047. I would rather have something that is natural and untreated that is full of the goodness that nature intended than something that is treated
1048. I think more and more people are wanting to eat and drink products that are less processed. . I am lucky to have a raw milk farm about 5 miles away.
1049. I believe that modern farm animal welfare regulations and the dedication and care of farmers producing raw milk negate any risk previously attributed to raw milk. I have never had any illness as a result of drinking raw milk. Long may it be available for discerning consumers.
1050. My children cannot tolerate pasteurised milk - one in particular. She gets very bad excema - she will not drink any milk substitutes and raw milk does not have the same effect.



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I have researched all options and for the family as a whole (4 children) raw milk is the healthiest option

1051. I value being able to make my own, informed, choice.
1052. I want access to small dairys that are local, and milking by hand. I want milk from a very small herd of animals grazed on grass and real food not just agricultural feed, and animals that do not have to regularly takw antibiotics and instead are fed garlic and seaweed. I feel this is only possible in the smallest of dairies, perhaps run cooperatively. Doing this means the milk should be clean and then i can actually have the health benefits of milk as pasteurization and homogenisation turns milk into something quite devoid of real nutrients.
1053. Raw milk is no more harmful than a lot of suspect food on the supermarket shelves
1054. Health benefits
1055. I feel much healthier drinking raw milk.
1056. I currently don't have a local supply of raw milk so I only buy when I am near a place that does, though I often go out of my way to do so. If I had a local supply I would buy 1 litre a week and that would be our main milk supply for the household.
1057. Love raw milk!
1058. pasturisation kills good and bad bacteria and microbes.As there are high bio-security standards imposed on suppliers of raw milk and very specific health benefits, why not use raw milk. It would appear from recent research that we are too anti bacterial for our own good.
1059. My online research and other reading has led me to believe that there are real health benefits to drinking raw milk. These benefits are lost once it is pasteurised and homogenised. It is ideal for producing the kefir I make at home. It is also a lot tastier than treated milk and I can freeze it without loss of flavour etc. I travel many miles to the farm to buy it which I think it definitely worth it.
1060. Supporting local producers. Unprocessed product. Known provenance and animal welfare.
1061. More people starting to research what foods really are healthy. Weston Price Associating spreading good information.
1062. I am unable to drink processed milk. I have a long history of digestive/gut problems and this appears to have been a contributory factor. I have found that I can drink raw milk without unpleasant side-effects and I and other family members really love the taste of it.
1063. It's so lovely and creamy. Feels more natural and less processed/ man made
1064. Increased awareness around the impact of nutrition on health. Higher likelihood that farmers selling raw milk will be more informed - grass-fed cows, rarer breeds, higher hygiene and welfare standards in the farms.
1065. Intensive dairy farming is unethical, extremely cruel and unhealthy and therefore I will continue to buy raw, ethical milk from my supplier. If the rules are made more difficult or if local and ethical suppliers are prevented from supplying their products then I will just give up dairy altogether.
1066. I appreciate knowing exactly where my food comes from and that it is as natural as possible. Knowing that the animals have happy lives and species appropriate conditions is vey important to us and raw dairy farms tend to have higher welfare and better hygiene standards.



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1067. Why would I want to buy milk that has been blended and transported and packaged and boiled and filtered, when I can get it the same way I did as a baby from my mother: direct from the teat? I like supporting my local farmers. I like the consistency and flavor of raw milk better than processed milk. I like not being allergic to it. I like knowing my milk has been tested for pathogens. I like seeing the animals in the fields. And I like being able to choose what I put in my body rather than having my choices restricted by the government. I've never been ill from it, and I see no more reason to believe I will get ill from it than if I order salad at a cafe. If it gets banned, I will get my own animals and drink it illegally.
1068. For me it's common sense. Why the need to pasteurise milk then promote the health benefits of good bacteria by taking another product. Just drink raw milk. Also increases animal welfare standards and standards of farming.
1069. I would be severely disappointed if the purchase of raw milk was made illegal or even more difficult. This must be at least the fourth occasion that I have been aware of that this 'issue' has been investigated and in a world where choice is supposed to be king this is unnecessary. We appreciate raw milk and want to continue to buy it
1070. Because it's full of good bacteria, which helps fight off bugs and gives us a healthy digestive system
1071. I trust my local farmer more than the supermarket. I prefer to have the milk raw and boil it myself.
1072. I live near Smiling Tree Farm and am very impressed by the land management, the commitment to biodiversity and sustainability and the animal welfare of calf-on-cow dairying, with mob grazing of diverse pasture. As a former veterinary surgeon, I am convinced of the health benefits to me, my family and the planet. I am endeavouring to set up a microdairy in our village...
1073. I would buy raw milk more frequently if it was more accessible
1074. Re 17 above, I would buy raw products from these animals if they were accessible to me. The benefits of raw milk have been researched and the nutritional qualities are full of so many vitamins, minerals, etc. that our body needs to lead a healthy life, this includes improvements to certain conditions such as eczema. I am particular where I buy raw dairy products as it is necessary for all items of food to know and understand its provenance. I have every confidence in the raw milk products I buy and consider the public should be able to exercise their right of choice over food products which definitely enhance health.
1075. It's very hard to find and buy but worth the effort. Please don't make it harder for producers.
1076. Brilliant to see the cows being milked and then being able to take it home with you
1077. I think I would refer to my comments to question 6. The evidence that pasteurized milk could be more harmful because of the pasteurization process is mounting because of how our body can't process it when the good bacteria and vitamins have been killed due to the process and the health benefits raw milk can have on the body. The above statement may or may not be proven fact yet, but I certainly know my body feels better for consuming it and I am certain that science will end up supporting this.
1078. Because I believe in consuming food/drink that is as natural as possible, better for your health the less it has been messed with. I believe in giving producers a fair price for their product. I HATE supermarkets and will avoid them at all costs!



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1079. I prefer to buy our milk in its natural state, with all the health benefits that come with it in this state, direct from the farmer. Thereby supporting local business and providing my family with the best we can afford, which in our case is remarkably cheap. We are very lucky.
1080. I believe I have the right to choose what I buy and consume as long as it save, I know what I'm buying and who I'm buying it from. I know that the animals are treated well and what they are fed on, there aren't many foods that I buy I can say that about.
1081. Factory farmed milk is cruel plus I don't like the fact that the calves are taken from their mothers and kept alone. The milk tastes poor and the cows are not fed with good quality food I don't wish to support this form of milk production and I think many others feel the same
1082. Its so much more than the watery pasteurised homogonised "milk" everywhere else.. Please please make raw milk more accessible!!
1083. I hope more raw milk would be easier available all over the country.
1084. Conditions of dairy cows for UHT milk can be horrendous, that is not OK. Better for gut, allergies, resistance to colds.
1085. Raw mil is alot tastier to drink, and i would rather the money goes direct to the farmer than only a percentage
1086. The taste is much better and I like the fact that the cows are allowed to keep their calves
1087. I just love the taste of it and it contains all the nutrients that good milk should. These producers are far more likely to have small herds, grazing outdoors and with proper animal welfare rather than being intensive farms where cows are fed on cereal based diets and GM. This is not the way farming should be. We need a much better food system in this country with better health and raw milk is a part of this.
1088. Large scale farming is becoming increasingly commercial and less humans, causing suffering t the animals that support our lives. It is really important to provide subsidies and other support to small family farms which are capable of being very productive of sustainable, wholesome and chemical free food which doesn't destroy the soil that sustains us or abuse the patient animals in our care.
1089. Tastes so much better than supermarket milk. I get gallstones attacks if I drink supermarkets milk but raw milk does not trigger my gallstone attacks . Healthy for you
1090. There is some evidence to suggest that pasteurisation and homogenisation of milk makes it harder to digest. I think that milk in its raw state contains more nutrients/enzymes in a more digestible form and is therefor better for my family and I.
1091. It has a fuller,creamier taste
1092. It tastes better,the cows are treated better and the supermarkets aren't taking a cut
1093. Non homogenised, and containing all the natural enzymes
1094. It tastes better. The dairy I buy from is small scale and local to me. I know the cows and those that milk them. I trust their processes and think that consuming locally and not in large volumes is a better way to go than buying from supermarkets and having little to no relationship with the food producers.
1095. I believe that I have the right to purchase raw milk if that is the product I wish to buy. I believe that farms have a right to produce and sell raw milk if they do so in a way that is safe and hygenic. I believe that excessive processing causes milk to lose it's vitality and



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- goodness and I therefore do not wish to consume milk that has been pasturised or homogenised. I support small farms who produce real, health-giving food and I would like to continue to have to option to buy this food. Thank you.
1096. Raw milk is the way forward it has huge health benefits and it's crazy that it's not allowed
1097. It tastes better
1098. When calves are fed pasteurised milk they die so why do we feed it to ourselves and our children. I already mentioned the enzymes above.
1099. I buy raw milk from a small farmer with only 16 cows. The commercial dairy industry appals me in its inhumane treatment of cows and male calves. I will only buy milk from a farmer who treats her cattle well and grazes them on fresh grass. My producer allows calves to stay with their mum, we share the milk she produces. Cows are not milking machines, they are sentient beings and should be treated with humanity and respect.
1100. I get the impression that you are only after opinions and answers that support your cause. I was put off raw milk when I suffered a campylobacter infection resulting from drinking raw milk. My guess is that you will just discard my response.
1101. I find the taste and possible benefits to drinking raw milk appealing, though concede that it often has resulted in illness afterwards. I have only sampled raw milk from one location (Low Sizergh Barn, Kendal) and therefore do not know if this negative effect would be found elsewhere.
1102. I abhor the inhumane methods used in milk production. At the farm where I buy my milk, the cows keep their calves for the natural suckling period. The make calves live outdoors before being slaughtered for beef when they are two-years-old.
1103. Less processed, organic is very important to me. Animal welfare is also important, I want to know the supplier.
1104. Consumers are waking up to the fact that homogenised, pasteurised, mass produced milk from badly fed cows is feeding an epidemic of health problems. (Along with other recent dietary changes to our diets over the last 40 years). People who care for their health, ethical farming etc are drinking raw milk and making other dietary changes to take control of their health and seeing the benefits. Scaremongering, which we all know to be driven by profit, won't change my mind. I just wish every one could afford to enjoy raw milk, it would greatly improve the health of our nation.
1105. We are town people, but we were introduced to raw milk when we lived for a year at a Shaftesbury Society Home in Ingatstone where we learned how to milk the goats... and how to filter the milk - That Raw Goats Milk was absolutely delicious when we tried it. It was also good to drink after being refrigerated. We used to freeze some too, but it was never the same taste after defrosting. Please visit this page on the Calf to Foot website to see more about their methods of producing Raw Milk from Happy Cows... <https://www.the-calf-at-foot-dairy.co.uk/proper-milk.html>
1106. For me the very taste of raw milk takes me back to the days of my childhood. I believe in everything in moderation; there is far too much meddling in what we do, what we eat, what we drink, and so on. Whatever happened to the Milk Marketing Board, or the Egg Marketing Board? Do we still have a butter mountain? How many people realise that margarine was originally developed to fatten up poultry et al before slaughter, and that it can actually lead to premature death?



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1107. I have begun drinking raw milk as it comes from suppliers which offer better welfare for the cows.
1108. I find it exciting that you can sometimes taste what the cows have been eating in the dairy products. I feel more in tune with what I am eating. I also think raw milk is healthier. It's easier to digest and if the cows have been fed an all grass diet then the milk is higher in proteins.
1109. Raw milk causes 96% of cases of campylobacter, E. coli, salmonella and listeria. Given that a tiny fraction of people consume it regularly, that means the risk of getting sick from contaminated raw milk is nearly a hundred (up to 800, depending which disease you look at) times that of the risk of getting sick from pasteurised milk. The raw milk movement is, after all, fighting against a significant advancement in food safety that's credited with saving millions of lives (the genius of Pasteur). In the early 20th century – before pasteurization became widespread – one in four foodborne illnesses were caused by milk. Today it's less than 1%. The U.K. consumes billions of litres of milk a year and a tiny fraction is raw milk (around 0.05% of the population are consumers), yet just of campylobacter alone, raw milk constitutes at least around 10% of UK infections and obviously it's not the only vector, and other vectors are consumed in far higher amounts. And there are no real demonstrable evidence-based benefits to health. Certainly nothing that would outweigh the hygiene benefits of pasteurisation. The allergy hypothesis is just that, an idea. There is limited evidence about reducing infection (in vastly different populations to the U.K. which mean it's not relevantly generalisable to legislation here). Science is a thing for a reason. Raw milk is food faddism of the worst kind because it kills people (often the most vulnerable). It's illegal in Scotland for a reason. And I hope that England and Wales ban it or beef up the health warnings further. NB: sources FSA, PHE, CDC, ACMSF. I did some of the sums in my head so excuse my bad maths if there's a rounding error.
1110. I believe that the popularity of raw milk are many It has all the goodness of milk kept within it It tastes delicious It is produced in spotless environment....it has to be or the producer would be closed down Pasteurisation became a life saver when milk was produced in unsavoury environment, that 'life saver' is no longer needed as it destroys not just the bad but also the good bacteria...these good ones that are vital to a healthy gut. So please abandon any thought of banning this vital natural wholesome product
1111. To us as a family we find the taste so much nicer than shop bought milk it's even worth paying the higher price for the quality of the productype
1112. I want to get back to eating food as it used to be before "big brother" decided to mess around with it, removing things, adding things, preserving things to the point that I don't know any more what I'm ingesting. I have a packet of grapes in my fridge bought in a normal supermarket. They say best before 2nd April. I had "lost" them at the back of the fridge and they were already 5 days out of date when I found them. They looked remarkably ok so I decided I wouldn't eat them but see how long they would last. It is now 22nd May and only today a tiny bit of mold has appeared on a "wound" on one of the stalks. The grapes themselves still look round and fresh and juicy! What on earth have they been "treated" with to make them last this long I would like to know? It's downright unnatural and yet people would have me stopped from drinking raw milk because it might be "bad for me"!!



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1113. I drink raw milk because it is hugely more healthy to do so, as long as production standards are sufficient. We need the enzymes in the raw milk to digest the milk. Ergo, don't remove them via pasteurisation. Milk is full of important nutrients that we can only fully digest via these enzymes. raw is therefore best.
1114. Much better for our general health. Much better for children. Much better to have milk without treatments and cows antibiotics.
1115. Less people want their food heavily sanitised, wholesome foods in general are becoming more popular. The majority of raw milk producers are small well looked after affairs, I do not feel that can be said for many of the large 'safe' pasteurised dairies.
1116. I am fed up of food being "interfered " with processed and
1117. It's not possible to purchase in Scotland itself, but is legal to get it delivered. It is quite the shame as Scotland's general health would benefit from having it available locally as it is expensive to get it delivered. The farms in England have always provided a wonderful service and fantastic milk. It would be a shame to lose the health benefits the milk provides as pasteurised milk is hard to digest.
1118. I would buy more raw milk from a supermarket if it was cheaper than Cravendale milk per 2 litres.
1119. It's is a non processed whole food
1120. I live in Scotland. Why does the Scottish Government not allow the sale of raw milk in Scotland. This is the Nanny state gone mad
1121. My research tells me the benefits to health outweigh the risks to health. Since pasteurization was introduced, hygiene standards at produces have increased dramatically.
1122. People are becoming more health conscious (at long last) Pasteurised milk is not 'real food' It has been processed and all the natural ingredients are processed out of this beautiful natural liquid food. Mine comes from a herd of jersey and guernsey cows and is both delicious and nourishing. The natural good saturated fats help me to keep my weight off as I am satiated even after a milky morning coffee. Most folks think that the creamy milk is fattening - on the contrary it has helped me lose weight since starting on the raw milk again after 40 years of abstinence and my gut health has been restored after too many prescribed antibiotics.
1123. Where can I buy it.
1124. I want pure food. Raw milk contains enzymes that help the human body to digest it. I would not have dreamed of pasteurising my breast milk. Milk is an evolving food that changes to meet the growing child/ animals needs. pasteurising kills the living elements and reduces the nutritional content. My children are now adults, but they still prefer raw milk and can taste the difference. I feel that we are compromising our health when we have dead milk, i.e pasteurised. I try to avoid homogenised milk. I feel that farmers, who take all of the responsible steps to ensure the health and safety of their animals and methods of production have the right to supply raw milk, and as a human being, I have the right to buy "raw" milk.
1125. Raw milk helps to populate the gut and micro-biome with live cultures I find that this contributes to my better overall health I think that many others find raw milk useful and effective Please keep live milk available



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1126. We have researched the health benefits and also understand the method in which these farms are adhering too to better for the environment. These farmers also seem more concerned about the quality of the product, environment and animals than profit.
1127. I buy raw milk because of the way in which dairy cattle are generally treated, particularly removing calves at birth. I buy from a producer who does not do this and by necessity a small traditional farmer. Even organic farmers remove calves at birth causing huge distress to the cows. I am willing to pay more for ethically produced milk. I store the milk in the freezer until needed.
1128. The standard commercial dairy industry is beyond cruel and at last I have found someone who provides milk in the most humane way that is possible using a calf at foot dairy system.
1129. We do not use a lot of raw milk just because it is difficult to get (i.e. requires travelling by car), but I love it and would buy more if I could get it delivered by the milkman. I was brought up drinking raw milk from our own cows and prefer that my milk is not tampered with before I get it.
1130. Far superior taste and texture (as long as they are grass fed) No allergic reactions often associated with dairy products . Everybody prefers it even if they don't know they are drinking raw milk . Does not leave a gooey residue in mouth and throat as pasteurised milk does . Raw milk producers in general have HIGH WELFARE standards for their animals . Unlike conventional dairy farmers
1131. Raw milk from animals allowed to eat grass in a pasture has the essential natural micronutrients that give health benefits. If raw milk becomes unavailable I will stop using milk totally.
1132. Raw milk from my ethical producer fulfills my desire to use dairy products but limits the cruelty to milking cows by keeping their calves with them for at least 9 months. Without this I would not buy milk or other dairy products at all.
1133. We prefer the way the cows and calfs are treated at the dairy where we buy our milk. We care less about the raw/pasteurised debate, and more about the well being of the animals.
1134. I am aware of the probiotic benefit as well as the fact that some of the nutrients/vitamins contained in milk are lost when undergoing pasteurisation and homogenisation. Now I understand the benefit of pasteurisation in the past when farms where not under any strict controls and hygiene standards were non existent but not anymore. Why change nature!
1135. There seem to be two type of people - those that still want the cheapest food and don't care where from and those that have a bit more time, money and interest in understanding where and how the food is produced. With the rise of farmers markets and shops it is easier to source better quality foods. Also the internet has made it a lot easier to get food that you want delivered to your door - I use a grass fed and sustainably rear meat supplier -Field and flower, Devon as well as Calf at Foot Dairy, Suffolk despite living miles away from either. Also I think there is a growing number of people looking at healthier options, with less 'handling' of the raw product to help in various mental and physical illnesses that we are getting. I wish you well in your endeavours and hope that even if more red tape is introduced that it doesn't ultimately affect what you are doing!



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1136. I strongly believe that animal welfare must be a priority and I fully support any business that strives to allow animals to be reared and live in a happy and contented environment, in the case of a micro dairy I am morally happy to know I am sharing the cows milk with her calf and the two remain together rather than the commercial method of taking the new born calf from it's mother leaving a grieving cow and distressed and sometimes death sentenced calf, while we help ourselves to all it's milk.
1137. Milk in its natural state is far more beneficial than when it's been processed.
1138. I feel my body digests the raw milk far greater than pasteurised milk. I'm aware of the pathogens that could be present in raw milk however the fact that raw milk still contains lactase to help breakdown the lactose is a huge benefit.
1139. We buy this milk because it causes much less harm to the cows than conventional milking where the calf is removed from its mother - which seems a horrific way to treat an animal.
1140. Lack of trust in large food corps. Wanting to divert my money direct to more local business. It tastes so much better and I believe that I benefit health wise
1141. See link above and as I said enzymes are still present. Raw milk isn't homogenized so it is in it's natural state that out body can recodnise and absorb. Doesn't go off so saves money. Small farms look after their animals better. The farm I use doesn't take the calves away from their mothers. I always buy organic.
1142. It's because it's milk in the purest form it's less likely to cause inflammation or flare up allergies
1143. Welfare standards of farm animals appalls me. I come from farming families but what is done now is torture. I buy raw milk because I know the highest standards of animal welfare have been met.
1144. Because it has more minerals and enzymes than pasteurised milk and it is healthier for my family.
1145. There is much more nutrition in raw milk. I grew up on it, and do not see the threat. The chances of getting sick from raw milk (from a supplier who takes good care of their livestock anyway) is so ridiculously small, the sacrifices seem much worse.
1146. The process of pasteurization ensures a minimum safe standard for milk. For thousands of years people were drinking milk straight from the cow. With mass production comes the need to ensure that milk from an infected cow does not contaminate all the other milk in a batch. Clearly it is easier to collect the milk and then sterilize the whole batch. Add to this process the recent trend towards making all milk look the same (homogenization) and you diminish (in my opinion) a health giving nutrient rich food source. Which is why I believe so many people can no longer tolerate cow's milk. On a personal level when I consume store bought homogenized milk I develop a rash, which does not occur with the raw milk from our trusted farm. It seems crazy that I am allowed to buy a known carcinogen (cigarettes) with a warning on the label but that the FSA thinks it a good use of taxpayer money to keep up this anti raw milk campaign. I have yet to see the research that shows the high numbers of illness resulting from raw milk consumption. That said it would be very nice if the FSA made sure that only farms with high levels of animal husbandry and welfare were allowed to sell raw milk to the public. I would further recommend that the labeling of raw milk read something like: 'The FSA recommends that all raw milk be home-pasteurized before consumption'. many thanks



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1147. It is my choice to drink raw milk. I go out of my way to have it delivered to me because it isn't available in the supermarket. I pay premium price for it and I expect to keep my rights to drink what I want.
1148. There is an obvious Health Trend moving towards less industrially processed/ refined food. People are sourcing raw food in its natural state as close to its source as possible. As the Health benefits are becoming increasingly more promoted and understood. Getting raw milk/ raw milk products etc direct from the farm/ farmer is the epitome of this movement. This gives the consumer a strong connection to the producer which they value greatly and search far. It's about time the FSA get up to speed with this Trend and renew their standard to support this consumer led demand.
1149. We mainly buy cow here in UK, when travelling eg. to Hungary I am happy to buy goat' milk where it is more easily available. We use raw cheeses from goat, buffalo, sheep and cow.
1150. I was delighted to find a dairy that is compassionate towards their animals and environment. Buying this raw milk from a dairy where the calves are NOT TORN AWAY from the cows means that everyone is happier and healthier.
1151. It tastes amazing, much better than the average milk from supermarkets.
1152. I want to be treated as an adult informed person and not dictated to by people who choose to think differently.
1153. I trust the farm from which I purchase my raw milk. It is a small herd kept in top conditions of animal welfare and hygiene. Fiona Provan of the Calf at Foot Dairy is devoted to her animals and her products.
1154. I believe raw foods contain more beneficial enzymes that would otherwise be destroyed by heat based treatment. I also believe that overly 'sanitised' foodstuffs deny the body organisms important to developing a healthy and diverse gut biome.
1155. I can't stand what the dairy industry does to cows, particularly separating them from their offspring at a very young age. Super dairies are even more terrifying and potentially damaging to the environment. Raw milk dairies are often kinder and more humane to the animals and the producer has a smaller concern allowing them to look after their environment better.
1156. People are tired of being lied to and manipulated by greedy corporations; we want a healthy alternative to supermarket trash. We also appreciate the good honest work of people within our local communities who are being forced out of the market by cheap imitation products that offer little if any nutritional value. We prefer the food and drink that we consume to be free of the waste products of industry that only serve to slowly and surreptitiously poison us. Dear big business, Please take your poison chalice and the detritus it contains (fluoride, aluminium, mercury etc.) and have yourself a hearty drink.
1157. I love all natural food and drink products including those containing salt and sugar and find any substitute for these taste unpleasant and am not keen on chemically produced items
1158. I would buy it more often if my wife liked it too but she finds it too rich. I don't. I enjoy the richness of it. Drinking raw milk does not give me intestinal discomfort, unlike homogenized milk.
1159. It is healthier than pasteurised milk and it should be my choice as a consumer what I put in my own body, no one else's decision.



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1160. It's very important to me to support Somerset's farmers and to circumvent the supermarket monopoly. They can't manage a shift in regulation like that which closed our small slaughterhouses and I have first-hand experience of the contamination of poultry when really big business takes over the market. My awareness plus a social contract with the farmer make me safer.
1161. One of my main reasons for buying raw milk at the farm gate is that I can be sure all profits go to the farmer and the supermarkets do not have the chance to rip the farmer off. The cheese I make is also good quality and tastes great.
1162. We mainly use it for health benefits, especially for the children and for breastfeeding. All thanks to the Weston A Price information!
1163. Perhaps people are becoming more aware of the health benefits?
1164. tastes better
1165. i like the fact i'm getting product as close to production and a close to natural production as possible
1166. The taste is better. It might not be the same every time we buy the product but that is a positive factor as it is a more natural product and not homogenised. There is also a direct link with the manufacture of the milk ie buying on site from a vending machine. Also, a proper price is paid to the manufacturer as it's bought at the farm.
1167. I am a doctor who has carefully researched the topic and judge that with appropriate precautions and safeguards, the health benefits outweigh any potential risks. Pasteurisation is of course essential in eras of unhealthy animal husbandry, and the price of denaturation and degradation of nutrition is then worthwhile. In general, and with raw milk, I would seek sustainable, non-polluting, chemical free food production avoiding the hazards of intensive farming. Indeed, I avoid when possible, milk from intensive farming methods with routine antibiotics, lack of natural light and food, circadian rhythm disruption, and then needed final processing of the product to render it sterile. I consider that product less safe and less healthy than carefully produced and regulated raw milk. With whatever warnings in place you deem necessary, I believe it inappropriate to deprive me of the opportunity to source this food. I believe price is not the bottom line when it comes to food, quality and nutritional value is. This is especially true if you are living in poorer circumstances where poor quality processed food has come to dominate. Dr David Reilly
1168. I support the right to choose what risks I am prepared to take in all aspects of life. Increasingly we are being directed using 'health and safety' as a pretext to deny our right to choose and often the advice used to justify this is unreliable - such as having a cereal based food pyramid, to eat more carbohydrates, to reduce 'saturated' (a scary word for natural) fat intake. All these paradigms are open to challenge and based on faulty research - or wrong conclusions.
1169. The flavour is much better than mass produced pasteurised milk. It is also much better that it is not homogenised so you get a layer of cream!
1170. raw milk gives better sleep, solve skin issues
1171. Food should be in its natural state. Raw foods have known health benefits due to less damage of vitamins and enzyme activity. Some research coming out now is suggesting raw milk could also have the same benefits. Healthy animals produce healthy food. The naturally better welfare for cows on raw milk farms.



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1172. I buy raw milk to make products that I cannot make with store-purchased milk. This includes cheeses, yogurts, cream cheese, etc. For many of these, homogenisation is the problem. I purchase raw milk in order to get milk that has not been homogenised. I actually would not mind if it was pasteurised without being homogenised. However, the raw milk community is the only place I can find un homogenised milk. I just want to reiterate that certain things cannot be done with store bought milk.
1173. I would buy raw milk all the time if it were available near where I live. As it is, I can only buy it occasionally (when I have travelled away from home). Advantages of raw milk: 1) it has more taste 2) in general, better for health and environment to consume a less processed product 3) wish to help out farmers by buying direct from them at a fair price 4) believe animal health standards are now so high that raw milk is perfectly safe
1174. I have friends who are allergic to pasteurised milk yet are totally fine with raw milk. I believe that raw milk dairies have to conform to higher standards than dairies that produce pasteurised milk and their cows have to be healthier, which provides us with a much higher quality product. I would like it to be much more widely available and I'd like to be able to buy it in my local supermarket.
1175. I forgot to mention that since drinking and eating raw milk products, everyone in the family noted a great improvement with their teeth and gums. My father was a doctor. He specialized in Internal medicine in Ottawa, Canada. At the age of 65 he suffered from a severe ulcer which he cured himself from making his own raw kefir. There is good reason for raw milk becoming more popular. People are becoming aware of the health benefits. In a world so polluted, from plastic oceans to bleached chicken, the farm and its raw products are a little bit of heaven that still exist for people to enjoy and believe in. Even my 3 dogs, have shown improvement in their health since I started feeding them organic raw chicken carcasses. The oldest of the 3, now 14 years old, has not suffered from colitis for a year. Could it be the raw kefir I've been giving her? Why is the medical establishment not more interested in research with raw milk products and their potential?
1176. I don't like processed foods and avoid industrial process where possible.
1177. It's absolutely delicious and providing I feel that farms selling it are subject to and abiding by strict health and safety procedures the risk of food poisoning is one I am prepared to take.
1178. Current research on the human microbiome, combined with childhood experience and a general disgust at modern industrial farming methods have pushed me this way. Also, I am concerned about the over-use of antibiotics. Brexit may push us into a US direction. So it is a mix of citizenship, health concerns and a belief in individual choice. You want to make my kids safer? Deal with pollution and social justice and enable personal choice and small businesses. Thanks for listening :-)
1179. I really do hope that common sense prevails here, when the future of raw milk is decided. Instead of trying to marginalise those farms that are producing it, we should be shouting from the rooftops what a great product it is. Along with this, we should be putting in place everything possible to ensure that it is as safe as it can be, whilst accepting that like all other foods there will always be a risk.
1180. I believe that the pasteurisation process removes many potentially beneficial organisms from milk - subject to the caveats concerning at-risk groups mentioned above. And raw milk tastes better!



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1181. Gut healing properties, gut health being the foundation of all other health.
1182. It tastes amazing, especially when straight from farm on day of milking and in glass bottles. It is nothing like pasteurised which loses lots of flavour and micro-nutrients by being heat-treated. It reminds me of being a child on farm holidays. I want my children to experience real taste before regulations and profit over planet makes real food obsolete.
1183. I feel the natural bacteria in raw milk is only beneficial to health
1184. I prefer the taste, smell and texture of raw milk
1185. Tastes good and as long as you're fit in don't see a health issues.
1186. It is pure and untreated with chemicals.
1187. Raw milk is a natural product with beneficial to health nutrients included. Shop bought milk is now a processed foodstuff, particularly as it is homogenised, and not valued by the supermarkets.
1188. I feel that raw milk is a living, complex and healthy food as long as all of the relevant health and safety measures are followed at the farm source. Milk and cream bought at the supermarket does not seem to have any 'life' to it. Strangely, it seems to stay the same for long periods of time without going sour, especially cream, which seems to stay 'fresh' for up to three weeks!
1189. More digestible
1190. As mentioned, we have been drinking raw milk since leaving mothers milk? It's the best thing there can be, people need to be educated towards the real benefits of being healthy and drinking raw milk. When ever I go to pakistan, we always drink pure milk, never ever had problems and I'm sure we never ever will.
1191. As it becomes increasingly proven that foodstuffs which are processed the least have the best nutritional value, so raw milk has been gaining in popularity. The health benefits of unpasteurised milk are also clear now, particularly with regard to protection of the immune system. The taste is also superior to all other milk.
1192. Raw milk feels like it's a more natural product with transparency in production and accountability, as you can see the cows in the field and talk to the farmers. Important to support local businesses and people who look after our rural environment and heritage.
1193. Natural (raw) milk tastes so much better and it's healthier.
1194. its more natural you don't destroy the benefits in raw milk by high temperature. i believe it is healthier
1195. Unlike pasteurised processed milk, raw milk has vitamins and enzymes intact which facilitate proper digestion. Raw milk has a better profile of the fat-soluble vitamins in particular which tend to be short in the typical modern diet. Raw milk may be used also for nursing infants who cannot have pasteurised dairy and whose mothers are unable to breastfeed. It is much less likely to be allergenic for all age groups.
1196. See my comments above. It also tastes much better, and helps local farmers.
1197. Commercial milk is shit. Commercial dairy farming is an ugly business. I demand better from my farmers and I'm happy to pay the true cost of a pint of milk for healthy happy cows and viable futures for farmers
1198. It tastes better than treated milk. I believe it is more healthy for me than teated mik.
1199. The food production chain, and the processes to which food is subject, have become increasingly opaque and inaccessible to the general public while becoming ever more under the control of those manufacturers whose main aim is to maximise profits. The interests of



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the public and large corporations do not always coincide. Purchasing milk directly from the farm and thereby having an immediate relationship with the producer enables consumers to know intimately where that particular foodstuff originates. It is one of the last natural products about which it can be asserted that its freshness is self evident, since processed milk loses its "fresh" scent. Virtually all other foods can be doctored, adulterated or faked.

1200. See my comments at no.6.

1201. I turned to raw milk for the additional enzymes and health benefits. I buy from an organic farm where I know the welfare standards are high

1202. The appropriate regulation of this milk is welcomed, to prevent the black market situation of the US where people may be forced to drink untested milk if they choose to drink raw. As an adult I have always drunk raw milk and have nothing but beneficial reports compared to when I haven't had access and I'm stuck with shop pasteurised

1203. When I was a child I would visit my uncle's dairy farm and we had milk straight from the dairy. The flavour is so much better. I believe farmers get a poor return for milk and when I can I buy direct so the farmer gets the full share. I would buy other products if they were available locally.

1204. Whole undenatured foods, if properly handled, have always been health-giving and supportive in communities across the globe and milk is no exception. Homogenisation, in particular, damages the lipids in the whole milk which makes it more challenging to digest and assimilate. ...and some suggest that this contributes to inflammation and dairy intolerances. There are of course regional and genetic factors contributing but it would certainly make sense. If raw milk comes into more regular use, I feel it would be essential to set standards for the welfare of the animals as well, not just the end product. Grazing on clean silage, organic foods, receiving humane treatment for the duration of their lives-- with no culling of male dairy breeds-- are all part of not just this aspect of 'raw' milk but all milk production. .Should this variable take a precedence for regulation so too should these other factors be addressed as they all contribute to authentic terroir and quality-- which make something- anything- healthy and health-giving- or not. We live in a symbiotic relationship with the rest of the organisms in this ecosystem. Trying to kill off anything that isn't understood as 'us' - such as the infinite bacteria that make up the majority of life and our ecosystem will end up killing us off, simple as that. Everything is inextricably interconnected. Perhaps less damaging ways of filtering notably deleterious pathogens can be used or found or designed rather than generalised pasteurisation. Needs must. Denatured food = denatured humans.

1205. An allergy suffering family, we have experienced improvements in our children's digestion processes by avoiding certain foods, and consuming milk which has not been stripped of helpful enzymes.

1206. Well kept cows producing clean fresh treating milk is food as nature intended. It is in the interest of all to retain this traditional method to improve public health.

1207. Much healthier for the family

1208. I believe the enzymes in the milk help me digest it, and along with fermented foods means my kids and I have a healthier gut biome.

1209. Take note and do a survey on babies who are allergic to their food and all need dairy free food. This is because their mother has been reared on pasteurised milk and have now all have no proper digestion their digestion system are all sensitive and so we have reflux colic



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lactose intolerance the list goes on??? This is because of all the stupid talk about cows milk. Chinese doctors recommend proper unpasteurised milk to help these conditions an are having good results

1210. Buying raw milk direct from the farm allows me to know the provenance of the milk/milk products (eg yoghurt, cheese) which I am not able to do when buying from a supermarket. The milk is fresh and tastes superior to pasteurised, homogenised milk from the supermarket. Raw milk does not give me sores around my mouth which I get from standard (non-organic, homogenised, pasteurised) milk from the supermarket. Raw milk has a much longer shelf life than conventional milk.
1211. The flavour is far superior to any of the pasteurised milk I've tasted.
1212. Its a natural product the way nature intended , has a better flavour and we know that no chemicals etc have been used. It also takes us away from the clinical and un natural food we are given on a daily basis. We know where it comes from , locally and we buy it to support the producer and their families.
1213. I choose to drink raw milk because I find it much easier to digest than conventionally produced milk. I have recovered from Crohn's disease and, although I feel very well now, I am intolerant to a few foods, including conventional dairy. A big part of my recovery has been removing difficult to digest foods from my diet (e.g. grains, beans, normal dairy, potatoes, processed foods) and repopulating my gut with beneficial bacteria. Raw milk is full of probiotic lactobacteria, which pasteurised milk does not contain. I mainly use the milk to make kefir, which has even higher levels of beneficial bacteria, and has really helped my gut health. The milk also contains enzymes, which makes it easier to digest than heat treated milk. I also choose to support my local, small scale dairy because they are organic, they keep the cows on pasture all year round and they keep the calves at foot for many months, unlike conventional dairy production. I believe that conventional cattle farming has a negative impact on the environment and I think taking calves from their mothers at a few days old is cruel. Rather than give up dairy altogether, for ethical reasons, I choose to support my local micro dairy who really love and take good care of their cows and their land. Also I believe in supporting hard working farmers directly and not giving profits to supermarkets, where possible.
1214. I believe Raw milk is as milk and all food should be untampered with, un procesed. It has far more nutritional value than the white water sold as milk does.
1215. I am in favour of drinking raw milk, because I know where it has been produced, I am supporting a local farmer to have a decent livelihood, there has been no mechanical interference with the milk and the health benefits outweigh any possible risks.
1216. it tastes like the milk I was brought up on. tasty cream on top and full rich flavour. nothing better on you porridge.
1217. The cost of the milk is going directly to farmers rather than into profit from the supermarket. It's purchased at source from the farm that has produced it and can even see the cows in the field. It has a better taste than that purchased at the supermarket. The milk also has greater benefits from drinking such as immunoglobulin, probiotics and is easier digested and better tolerated than regular pasteurised milk. I have also found that when drinking the raw milk it helps to control acid reflux symptoms better than regular milk too.
1218. I am sure the agency will have noticed the increasing popular understanding of the health benefits of a wide range of live foods. Raw milk drinking is just one part of that trend.



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1219. it's unadulterated
1220. Most of the raw milk I buy is made into Kefir which I believe is highly beneficial to my gut health, strengthening my immune system. I can't remember when I last had as much as a common cold.
1221. The reason for this growth in raw milk consumption is that the many raw milk consumers often do not agree with the official view that raw milk is unhealthy. It is rather very healthy, but what makes it a risk is the production circumstances found in, for instance, factory farm.
1222. One of my main reasons for drinking raw milk is because I dislike homogenised milk. Homogenisation has been linked to adverse side effects such as an increased risk of cardiovascular disease. I am unable to purchase unhomogenised milk in the area where I live (Manchester area) and I object to being dictated to. I also prefer the superior taste of untreated milk and again, if a ban is imposed, I object to being dictated to.
1223. We drink raw milk for health benefits life it had been fine for thousand of years before scaremongering started and the milk is derived of all benefits by pasturising it. If I can't buy raw milk any more I will stop buying dairy milk.
1224. It has many health benefits. One of them being that people that are usually allergic to lactose intolerant to milk and dairy products can actually drink raw milk it is also a natural probiotic.
1225. It is better for the environment. It retains more of the goodness that is lost during pasteurisation. By default the cows will have been grass fed and ethically reared - I don't want to buy supermarket milk as I don't trust the farming standards and also don't trust that the dairy farmers have been paid what the milk is worth. Buying direct from the source helps me avoid visiting supermarkets, therefore not feeding the mass farming cycle. It is delicious. It makes lovely steamed milk for coffee. It makes great ricotta.
1226. It tastes wonderful. I have noticed big health benefits and feeling of general well-being since using raw milk products.
1227. I believe that we should all be allowed to make food choices as long as there is adequate information on any risks provided.
1228. Would buy more of there was an outlet in the town (Hastings) where I live.
1229. Let natural food products be permitted - it's industry for our farmers & country and probably nothing like as harmful as many Government recommended. Remove GMO's from the UK.
1230. Raw milk has many more benefits than pasteurized milk which has killed off all bacteria. Bacteria are needed for our bodies to thrive. Also there are questions raised around the homogenization process which have caused me concern.
1231. Currently having NG tube feeding which is causing acid reflux. Drinking raw milk daily has stopped ALL acid reflux. The taste of the milk is wonderful and it is so much nicer to drink fresh milk rather than pasteurised which is old before it reaches the supermarket shelves and has no nutritional benefit.
1232. I drink raw milk due to the presence of organisms beneficial to the microbiome, which are not present in pasteurised milk.
1233. People are realising the truth at last and that they have a choice which is brilliant for consumers



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1234. I would buy organic raw milk every week if there were more outlets providing it. Ideally it would be sold in returnable glass bottles and I would be more than happy to pay a 50p deposit per bottle.
1235. I think small producers of raw milk should be encouraged. Raw milk is an important driver that attracts consumers to come regularly too the organic farm shop.
1236. Raw milk is much better for the stomach to digest, I cannot drink any other milk, if I cannot buy the raw milk here in the UK, I simply go without any kind of milk, and instead use Almond milk. I am also a vegatrian, so it is important for me to make sure I have the right protein, and, also I am a great believer that all my food that enters my body has not been messed about with, but is simple and raw as nature intended.
1237. Buying direct from the local farm where the fresh produce is as natural as possible is very appealing. Further it's important to me that the farmer receives the full value of their produce from the consumer.
1238. Having been brought up with a big as a child raw milk is what we were use to from our house Cow that we kept in the garden.
1239. Having been brought up with a big as a child raw milk is what we were use to from our house Cow that we kept in the garden.
1240. I do not want to drink milk that has been processed such as pasteurisation and homogenisation. Can you categorically confirm that homogenisation does not cause issues with digesting/absorbing the fat molecules that have been altered in commercial milk? I hope we see some progress on changing the regulations so that in the long run raw milk from reputable farms becomes more accessible to purchase. Kind regards, Neville
1241. Tastes better and I believe it is better for you than pasteurised'homogenised milk.
1242. More probiotic bacteria and natural enzymes.
1243. The milk tastes like milk always used to and the way it should taste!!
1244. It tastes much better than pasteurised milk
1245. I love the taste and the richness of really fresh milk, and believe I have accumulated enough antibodies to deal with what might be delivered through drinking it unpasteurised. I also believe that there are ingredients in raw milk which are eradicated through pasteurisation which I'm keen to have surging about in my digestive system. I also support such a good and earnest initiative by my supplier in Stroud, so there's a certain amount of pure goodwill involved...
1246. Pasteurisation destroys health giving properties of raw milk. It tastes better and we believe cattle to be healthy and regularly tested, so risks to health are minimal
1247. It has become less accessible owing to over - regulation. Whatever happened to green - top milk?
1248. I'm personally not too bothered about whether the milk is raw or not, but I do like it to be unhomogenised. I buy raw milk because it's what our organic micro dairy over the field offers and I want to support small scale local organic produers.
1249. Little trust in mass production as quality is compromised for profit. There is no ethical reason obvious to me why i should buy milk from tesco, sainsbury or even yeo brand. When we buy milk from the farm we feel we are getting a very high quality product from a local source. I am happy to support the local producers rather than a huge corporation.
1250. It tastes creamier. Pasteurised milk tastes watered down, not the real thing, in comparison wuth raw milk



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1251. I feel that raw milk is much more nutritious than commercial milk, especially not organic. It's so fresh!! straight from the cow and in steel or glass not plastic. It reduces plastic use.
1252. initiated to unpasteurised milk and cheese in Normandy 40 years ago, and became an immediate convert.
1253. Because it is extremely beneficial to health, allows small-scale farmers to earn a living and promotes ethical animal husbandry.
1254. I believe that pasteurising milk has been done only to prolong its shelf life. This has taken a lot of the nutritious benefits out and actually made it more difficult to digest and actually causes health problems like lactose intolerance. I think it is a human right that we should have the choice to drink it and I would never buy pasteurised milk.
1255. It would be a very unwise decision to stop the raw milk distribution. people should be able to decide for themselves what is best to drink, and the choice of raw milk should definitely be there.
1256. My child has tried many store brand milks and loves this taste.... So does Colin my milkman who says it's quality is better than the gold top I use for my own coffee.
1257. I recently began drinking non-homogenized milk because i found it is much more healthy and just tastes so much better. Then it was just one step to discovering raw milk. I suffer with allergies and asthma and am alwayslooking for ways to naturally treat these conditions.we don't have very many raw milk outlets in Suffolk as its not a County affiliated with dairy. But whilst on holiday in Sussex we've been drinking raw milk all week. I've never slept so well.
1258. In a world where we are increasingly eating "safe food' which is heavily processed and nutritionally barren, creating a tsunami of ill health, consumers should be able to choose to buy unprocessed food products from small well managed farms for the benefit of all.
1259. The kind of farmer that produces it is often the kind of farmer that practices cow calf dairying, sharing the milk with the calf. I am dairy free otherwise, I do not agree with the calf being taken from it's mother until it's an adult.
1260. I like to drink milk in its natural state as it tastes better and my children seem to be able to digest it better
1261. I understand it's better for our health - that pasturising can destroy valuable nutrients
1262. In particular I use raw milk from biodynamic agriculture which uses no chemicals or milk production enhancers of any kind and strives to keep the land and animals in as naturally healthy a state as possible which increases soil fertility.
1263. It is healthier because of distribution of fat in it,Natural enzymes and healthy bacteria. Also higher b vitamins and omega 3.
1264. Nutritional and gut benefits
1265. nice to have local untreated products but too much trouble to get regularly. Not worried about health issues as long as drunk fresh - people have been fine with milk for thousands of years and there are other hazards introduced through processing
1266. Home made kefir from raw milk has improved my health. Better digestion, less likely to catch colds, weight loss.
1267. For me, the taste of raw milk is far superior to that of pasteurised. I like the fact that it is not altered, either by skimming or pasteurising. I also prefer to drink a 'live' product



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rather than one which has been denatured by being heat treated. I make Kefir with it as well and find that the Kefir grains thrive far better than they ever did when I used pasteurised milk for them.

1268. I would like to urge the FSA to please continue their support for legal sale of raw milk and associated products in England, Wales & Northern Ireland. I would also like to think that the FSA would support moves for the legalisation of the sale of raw milk and associated products in Scotland where it is currently illegal. Personally, I feel safer drinking raw milk because the producers know that their production hygiene and animal husbandry has to be first class to guarantee their license from the FSA. It's an excellent product.
1269. I have a strong belief that untreated milk is far better for my health (I suffer from CFS/M.E.) simply because it is not subjected to all the different treatments and chemicals that other milk is, and that include what is considered essential to all normal supermarket milk for some apparent reason, ie. Pasteurization and homogenizing why?! The body needs to be subjected to some bacteria to build up immunity!!!!
1270. The farm I source my raw products from has an open farm policy where there is access to all areas. Farm hygiene, ethics and treatment of all livestock is completely transparent. Processing and chemical intervention is kept to the barest minimum and I believe this to be the healthiest, most honest and most ethical way to farm and sell farm products. I wholeheartedly support the raw milk, biodynamic and organic industry.
1271. Huge health benefits to consuming raw milk, as the huge amount of good bacteria have not been destroyed by pasteurisation. Also pasteurised milk can be of a lower quality than raw milk. The flavour is fantastic and the health benefits for general health, skin problems etc are greatly beneficial.
1272. People want farmers to be paid fairly, so that they in turn can treat these beautiful animals with the kindness and respect they deserve.
1273. Raw milk has more nutrients in it. It was all that was available when I was a child and our health, most noticeably dental health, was much better. No one ever got sick from drinking it. When it was made illegal to buy in Scotland my teeth started to rot about a year afterwards. Up till that point I had perfect teeth and my dentist always commented on how good they were. Making raw milk illegal in Scotland decimated small farms. Where I am from there used to be about 80 dairy farms before it became illegal. Now there are 2 and they are both struggling. Milk used to have a journey of less than a mile from farm to doorstep and was less than 24 hours old. Now milk travels the length of the country and back and is at least 4 days old before it lands in the supermarket. It is not even milk it is a milk like product. It tastes vile. Raw milk tastes fabulous!
1274. allergic / intolerant to ordinary milk therefore greatly rely on especially raw unpasteurized cow & sheep's cheese. Especially from Bio dynamic horned cows
1275. I know the farm from which I buy my raw milk products and totally trust the farmer and his products There is no better tasting milk than raw milk We have been drinking and eating raw milk products for years (15) and never had a problem I honestly could not go back to buying the DEAD milk from a supermarket. - there are possible health risks with treated milk as well ...have you looked into researching that? Possible no health benefit at all in drinking heat treated and homogenised milk. I



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1276. It is frustrating that I have to travel in order to buy raw milk or raw milk products, so rarely use milk. and there are very few varieties of cheese made from raw milk in the supermarket.
1277. Raw milk is healthier
1278. I absolutely love the raw milk and am delighted to be able to include it in my diet as it has enhanced my health enormously and that of my family.
1279. I am a keen follower of diets such as that advocated by the Weston A Price Foundation, and have seen a significant improvement in my health since following the principles including drinking raw milk, eating raw cheese, cream etc. Also raw milk tastes better.
1280. More nutritious, natural and has not been processed and denatured by pasteurisation
1281. We hardly ever buy pasteurised cheeses; sadly not enough raw cheese come from England; most of the cheeses we buy are French and Swiss. Raw cheese tastes soooo much better, as does raw butter.
1282. We love our raw milk, it's so thick and creamy and my children love it.
1283. As a practitioner of nutritional medicine when studying the bio-chemistry of the body it is found that the more milk is processed the more difficult it is for the body to assimilate it.
1284. There are many health benefits, and very overstated risks
1285. Very healthy for the gut and digestive system. Can also boost immune system
1286. The milk I buy is the most ethical milk I can find for my family. I am happy that it is unpasturised as I believe it's most nutritious in its raw state. People who are fully informed about drinking raw milk should be free to have the choice to purchase it. I use raw milk for me and my family, however I wouldn't give it to visitors without asking them first as not everyone wants to drink raw milk.
1287. Better for you Not full of hormones / antibiotics More natural state Enzymes intact Creamier
1288. Raw milk tastes good and I believe it to be much more nutritious than pasteurised milk. Pasteurised milk upsets my stomach and raw milk does not. I buy many raw cheeses too from lots of different suppliers including mainstream supermarkets.
1289. I can not drink pasteurised with out getting a bloated stomach and then diarrhoea a short time afterwards. Raw causes none of these symptoms when I drink it.
1290. Consciousness and awareness is growing around food, the current situation isn't working the NHS is at breaking point childhood obesity is the worst in Europe. Digestive problems are now pandemic in the UK . 90% of people with lactose intolerance find that they can tolerate raw milk. Pasteurisation kills off the digestive enzymes and creates intolerance. pasteurisation is unnatural and unhealthy. People are waking up to this and choosing natural foods that we evolved on they don't want dead food anymore. We want nutritious food. Raw milk is one of the most nutritious foods on the planet.
1291. It should be much easier and cheaper to buy raw milk than it is at present. Consumers should be able to go into, say, a health food shop and be able to buy it. Buying by courier is very expensive.
1292. Raw milk is hugely beneficial for health. Pasteurisation destroys all the beneficial nutrients in milk.



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1293. I have a son with many allergies and work hard to optimise the quality of his diet by fermenting foods with the highest quality ingredients as nature intended. We follow the Weston A Price approach to eating. As modern food production and modern chronic health problems are so bad I come across people doing the same in order to improve their health and quality of life or their loved ones. I have to travel for an hour to the nearest raw milk farm sovtry to tie it in with other visits in the area every so often.i wish there was one closer.
1294. I always choos unpasteurised milk cheeses which we eat preferentially. Whilst we don't have much milk my fridge is stocked with these cheeses.
1295. It tastes much better than pasteurised milk, is easier to digest, and is more nutritious.
1296. I believe there are health benefits from raw milk over pasteurised. I find it more digestible. I find it a good way to connect with the producer. I find the farmers that I buy from have a very high regard for their herd's welfare and their grazing / forage practices.
1297. Pasteur's comments on his deathbed - he'd got it wrong, all his experiments simply went to produce a product that was inherently unhealth but, wow, did it increase the shelf-life of the product. Just like irradiation, plastic packaging etc etc.
1298. It is wholesome and healthy We were brought up on a farm in the war and had milk cream and butter straight from our cows, we were healthy children and long living adults. Am sure milk made. Our bones strong providing calcium and enzymes
1299. The increased understanding of the importance of a healthy gut flora may be a factor. Also vitamins and enzymes are better preserved.
1300. Apart from the health benefits the animals are better treated.
1301. When I buy raw milk, I know that the product has to meet far higher standards than pasteurised. Invariably this also has a knock on effect in that the cows (or goats) are treated better. Also, raw milk tastes better. I was raised on raw milk as a child from the family cow "Praline". I have no doubt that if I ingested additional bacteria from that milk, that has had a beneficial effect. I and my sibilings and my kids just don't get ill!
1302. I believe mammals evolved to drink milk that is unadulterated. Heat treatment of milk changes its nature. I prefer the taste of raw milk from healthy cows and goats
1303. Raw milk is very safe and is a health food. please, keep it alowed in the UK. we think it should be aloud to be sold in retail, not only by the farmer.
1304. I tastes good and I want to support local dairy farmers
1305. I feel that the public is too protected and we ought to be able to choose for ourselves knowing what the risks are. I am aware that the herd and the milk have been tested and therefore believe that the risk to me is very small. I have been drinking this milk for more than a year now with no ill effects.
1306. My whole family, including 11 grandchildren drink raw milk. All my grandchildren are extremely healthy, energetic, slim and strong. I credit this in part to a healthy diet and plenty of raw milk. I would be appalled if this was denied to us as a family, or to anyone else, in the mistaken belief that it is in some way "dangerous". Unbiased science is on my side. Health is about nutrition -- is it any wonder that the NHS is overwhelmed when most people eat junk food, including junk milk. Even reducing the fat removed the Vitamin K2 that allows calcium to be properly absorbed and metabolised.
1307. Please allow consumers to make their own choice about what to consume.



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1308. Obviously the FSA is responsible for preventing food poisoning outbreaks, and restricted to that viewpoint, further restriction might appear reasonable. But the scientific evidence is starting to stack up pretty powerfully that a relatively sterile environment, in terms of food and surroundings, has all sorts of very negative impacts on long term human health. Until further science is available on the relative impacts on health of these two competing forces, I think further enforced 'sterilization' of diet should be delayed until at least some evidence of overall benefit from the change is available. It sometimes appears that the FSA's constant return to an area which statistically is a minute aspect of food dangers, seems to be motivated more by a resentment of a philosophical challenge to their outlook, than any rational cost/benefit analysis.
1309. To support local dairy farmers and because I prefer it.
1310. Raw Milk is a better product.
1311. It is a pure natural product when bought from a reliable source.. see WestonPrice .otg website for benefits of raw milk.
1312. My family have consumed organic, unpasteurised, unhomogenised cows' milk for around 5 years for a number of reasons: 1. Health benefits - the milk contains all the butterfat (we consider this a healthy saturated fat) - the cows are fed grass, hay and homemade silage so the milk is nutritious and not contaminated by toxins in GM soy, corn or by-products of the milling industry often fed to conventionally-raised cows -raw milk contains higher levels of fat-soluble vitamins A, D and K 2. The milk does not need to travel for processing so is much fresher than store-bought milk. It is 24 hours old at the most when I collect it from our local farm 3. The cows have a better quality of life. They are kept in a much cleaner environment and are outdoors at pasture for the majority of the year 4. The farm uses environmentally-friendly land-management practices i.e. no chemical fertiliser and land rotation, this encourages biodiversity
1313. We're drinking raw milk as a family for health reasons.
1314. Raw Milk has a wide range of benefits. I don't want to have to drink the pasteurised milk that is sold in shops which has no nutritional value whatsoever.
1315. ONLY RAW MILK CONTAINS THE ENZYMES FOR DIGESTING IT PASTEURISED IT BECOMES DEAD FOOD AND CAUSES ALLERGIES AND HEALTH PROBLEMS
1316. People are catching on to healthy food. Us country born and bred folk have known this for generations.
1317. Mass produced food is no longer welcome Our existing food system has not made us healthy The risks of food consumption are often delayed and unseen from the moment of eating. Pasteurised milk in plastic bottles will not be something my family will ever desire to consume
1318. Seems to retain more goodness than processed
1319. Consumers should have choice what they eat after being informed
1320. People are becoming more health conscious and realise from documented and freely available information the many benefits of raw milk and also realising the many problems with pasteurised milk, a lot of people suffer from allergies for example that are exasperated by pasteurised milk, and relieved by raw milk.
1321. I find the taste of supermarket milk quite distasteful now. I kno that the raw milk I buy every day is completely fresh and produced to exacting hygiene standards. I don't trust supermarket milk in the same way.



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1322. The internet has allowed people to access better information so they can see past the lies and fabrications supplied by the "authorities" and make better choices regarding their health.
1323. I believe good quality clean fresh raw milk is a superior product to pasteurised milk and far healthier for the consumer as it still has the enzymes that help digest the proteins.
1324. Natural, pure, beneficial to gut health, tastes good
1325. More and more people are developing allergies and other problems, consuming more natural, unadulterated foodstuffs like organic/biodynamic products will enhance health and longevity.
1326. Raw milk is the only milk I can drink - I do have gluten/sweets intolerance and auto-immune condition. Pasteurised and homogenised milk make me sick. I was initially reluctant to use it in homemade Kefir due to the warning but I bit the bullet and followed GAPS protocol on re-introducing dairy. After seven months I had been able to drink raw milk. It is definitely safer and more nutritious to drink raw milk. Other milk are "dead" - all benefits killed by pasteurisation.
1327. If milk is produced from a humane complete life cycle to include all calves then I want it! This will mean small scale production, and high cost produce. Milk should be a highly valued product shared with the young animals.
1328. I would buy raw milk more often if it was easily available
1329. People are learning about the health benefits of raw milk and discover this amazing product.
1330. Taste perceived health benefits eliminates the middleman
1331. I was raised on raw milk in a farming area. I then didn't have it for years. I now eat less dairy produce in general but want great quality and flavour. I like to support local suppliers who preserve traditional flavours and techniques.
1332. ive had it for year and love it my kids love it they will not drink any other milk then raw
1333. I believe that raw milk and unhomogenized milk should be available in all the supermarket but it should only be allowed to be sold if it is organic and it comes from healthy grass fed animals.
1334. Raw milk is a living food with excellent health benefits.
1335. Raw milk is as nature intended, stricter production with bacteria limits are appealing as it means healthier and more.moral practises with the animals
1336. I have a chronic illness and I find that the raw milk and cheese helps.
1337. because people are sick of being messed about with transported miles, cartel, milk mafia!
1338. it tastes so much better
1339. more natural and flavoursome
1340. want to support farmers in milk industry
1341. people are recognising that raw milk is nutritious tasty and good for you. the increasingly sterile world we live in is a bad for society. recent research indicates that drinking raw milk as an infant may prevent cancer
1342. It tastes so much better and has not been altered, milk in its natural state as it should be.



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1343. I mentioned the reasons I choose raw milk in a previous answer. I very much want to support the farmers who consider the whole biodiversity of their land, and and who have a wider picture in mind about their responsibility in keeping the soil healthy for future generations. Who graze the animals in a responsible way and keep the calves at grass with the mothers as long as possible. All this is proven to be a more healthy way and avoids the bad practice of having to use antibiotics to compensate for the infections picked up by the cows in a less natural way of husbandry. Also it avoids using hormones to artificially increase milk production for profit at the expense of the comfort and health of the cows. I would only ever buy raw milk and if this was not available I would never buy mass produced milk, which is not even a natural product anymore. Homogenised milk has been shown to cause the gut reactions that so many people are having to mass produced milk. It blasts the fat globules so finely that particles are taken through the gut wall into the body, where it is regarded as an allergen because it is not a natural process and the body does not recognise this and causes the reactions that turn people away from milk. In fact, it is not cow's milk that is to blame, but the processes and additions to the milk which cause the problems.
1344. I would buy raw milk more often if we had a local producer
1345. I believe the reason raw milk is becoming more popular is because generally people are becoming more educated about the benefits of unrefined, and unprocessed natural foods. Foods as described above are more nutritious because the vitamins and minerals that they contain are still intact. Our bodies are able to digest, and assimilate these nutrients more readily in this form. As oppose to foods that have been refined, processed and pasteurised because the nutrients are highly degraded.
1346. Health benefits. Less interference in process, similar to reasons for only consuming raw honey.
1347. raw milk is better tolerated by many and has benefits to health not available from pasteurised milk.
1348. Cows RAW milk is cheapest but v. expensive when compared to mass produced supermarket milk. Goat's milk would be nice, but it would cost even more and is more specialised, so has fewer outlets. I should like to buy RAW from a supermarket in the farms own vendor (I know it cannot be on the shelf).
1349. We would be bitterly disappointed if regulations changed to inhibit our access to local, RDM. We visit the local farm (1/4 mile) every 3 to 4 days to buy pre-bottled and labelled 2 pint containers 4 to 5 at a time. It is a very special part of our country life.
1350. My son and his family introduced us to raw milk at plawhatch We have to find a raw milk supplier in Dorset now.£
1351. The beneficial bacteria and enzymes in raw milk are killed by pasteurisation. People need raw milk for health, not the pasteurised, homogenised variety that should be labelled processed milk. It's time it was made legal for third parties such as shops to sell raw milk.
1352. I don't like unnecessary processing of food especially when I hear a process could be harmful (filtering and creating very small particles that penetrate the intestinal wall). I believe raw milk products contain more nutrients
1353. More people are being educated about the huge benefits to the immune system and other functions and the devastating effects that pasteurisation and other processes can have on the original nutrients in the raw milk. It's also getting more positive publicity, with a growing number of accessible outlets.



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1354. Not that the FSA is at all pleased at that.
1355. I think that it's time that we considered the advances in hygiene and animal husbandry as well as microbiology and associated technology and opened up the market, while maintaining close eye on the standards of production ethics and welfare.
1356. For health benefits
1357. It is better for you, natural and organic
1358. It tastes delicious. I drink raw milk because I can tolerate it, and it doesn't give me heart burn.
1359. There are too many studies to list here that the only way to drink milk is raw, that way the enzymes are still intact, the protein chain is not modified by homogenisation etc etc etc
1360. Pasteurisation denatures the milk - raw milk provides better nutritional value, more usable calcium, more protein.
1361. Legislation is designed to channel business through the food giants. It started in the USA in Ronald Reagan's presidency. UK farmers should be allowed to sell raw milk direct under a testing scheme which currently exists for processed milk. The practice of separating the cream by food giants, processing milk by homogenisation is harmful to our health. The body absorbs all the fat causing more obesity. Whereas the body naturally rejects fat globules which pass through the alimentary tract. Separating the 'top of the milk' as cream is not possible with processed milk, but it feeds the food giants insatiable appetite for profit. As does the unfair practices of collective underpaying farmers for their milk. Farmers should be free to sell their product directly to the public without the restrictive FSA regulations designed to protect the interests of the food giants in the name of 'protecting the public'. Allow raw milk to be sold directly with less red tape.
1362. - less allergenic - nutrients more bioavailable - - supporting artisanal producers
1363. I VALUE THE HEALTH BENEFITS OF DRINKING RAW MILK. TOO MUCH FOOD NOW IS PROCESSED WITH NO TASTE. I PREFER NATURAL FOOD. IT IS HEALTHIER AND BETTER FOR YOU
1364. I would like raw milk to be more readily available.. Thank you
1365. If my family and I are to consume dairy, I want it to be the intact, unpasteurised version in order that we obtain the immune benefits of raw milk, the beneficial gut bacteria contained in raw milk and the natural enzymes that enable milk to be digested. Pasteurisation kills all of these nutritional benefit, leaving our bodies with a digestive burden and putting us far more at risk of developing an auto immune response.
1366. People are searching out raw milk and its products as they are finding out the benefits of it. i don't buy it as often as i would like to as the farm is a long way. I also know that the cows are very well cared for because i have seen them for myself. i would also get raw butter if i could. i think the onus is on farmers to feed their cattle what cows should be eating ie grass, which results in healthier cows and therefore better quality milk, and to do whatever is needed to have happy cows and on the supermarkets to pay the necessary price for high quality milk. Many dairy farmers have gone out of business because they are not being paid enough for their milk. People ie customers need to understand that milk comes from cows and the current methods of the dairy industry do not produce healthy cows or healthy milk.



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1367. I've learned of the damage done to many of the components of raw milk if it undergoes pasteurisation and homogenisation, & the consequent loss of so much goodness. I wish it was legally allowed to be sold in Scotland.
1368. I prefer to drink raw milk from grass fed dairy animals because of the nutrients it contains most of which are removed when it is processed by pasteurisation and homogenisation.
1369. Let people make their own choices. More and more children are developing milk allergies and intolerances because pasteurisation alters the molecular structure of milk rendering it indigestible. Heating milk to 165 degrees or more affects calcium absorption by destroying the enzyme phosphatase not to mention the destruction of vitamin C. Pasteurisation also kills off the natural probiotics in milk. If the milk police ban this raw milk I will buy it anyway at 10 times the price. Health is wealth!
1370. This is an ancestral food, where there should be a presumption in favour of consuming rather than the reverse.
1371. I would like to buy raw milk in local shops. You can always ask the farmer to print his licence number on his label. I know there are times when the farmer cannot sell his milk raw and I am able to go without knowing that when the time comes he will sell raw milk again. Dairy Hygiene to very important. The cows need to kept clean and there are natural ways to keep the cow clean with out the use of chemicals, like lavender oil. Happy Cows makes for good quality milk. I prefer my milk as it comes from the cow, full cream milk with all the variations in the year that that brings. Like in the summer the milk is very creamy but in the winter it isn't so creamy and rich. This is how nature made it and this is how it ought to be available. Less is more. Regulation might be needed to keep the cows clean and the dairy clean but for once let us drink our milk raw if we so choose.
1372. I like my food to be as unprocessed as possible and from the producer where i can. if raw milk is unavailable then I'll buy unhomogenised, organic
1373. The flavour and texture of raw milk are superior to pasteurised milk, and it also has a higher cream content. I find that it is more easily digested.
1374. Health benefits outweigh the risks. Taste is better Supports local farmers More digestible
1375. The farm that produces the raw milk (in our case Hook and Son) is open and understand their product better than anyone. The taste is way superior to pasteurised milk. The health benefits are evident - my children have been brought up on raw milk.
1376. Our milk comes from healthily jersey cows. The milk is more nutritious, and contains live elements which are seriously lacking in modern processed milk/diets generally. Unhomogenised milk is much easier to digest the fat... enzymes and vitamins are more abundant... We love visiting the farm and seeing the animals and farmers who provide great milk. It's sad how hard it is for farmers to make a living these days, we are happy to pay for a superior product.
1377. I will still endeavour to get raw milk even if it's illegal
1378. Lots of goodness in raw milk, 'good bacteria' important for our health. The benefits outweigh the risks in my opinion.
1379. Raw milk has the natural enzymes and is better digested by the body and can help strengthen your bones



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1380. The milk I buy is local (within a mile) and organic. I value supporting the local economy and reducing the food miles..
1381. Believe we get beneficial bacteria from raw milk and better flavour for a relatively small risk of infection
1382. I believe the evidence shows unprocessed food has a higher nutritional value. Our body can process the fat and absorb the vitamins and micro nutrients more effectively from raw milk. It is also better for environment as it uses less energy, and supports the local economy, helping farmer to protect themselves from unsustainable supermarket contracts. Raw milk sold directly by farmers supports our rural economy and cultural heritage.
1383. It is much nicer than pasteurised milk & doesn't make the kids as snotty.
1384. I eat everything in its original state, rather than pasteurised etc. So I don't eat chilled juices, meals etc that have been pasteurised. While pasteurising kills some bacteria, it leaves an unbalanced food/drink that has been compromised on taste and nutritional value. As our soil is increasingly depleted it is increasingly important to eat and drink food that is as nutritionally dense as possible.
1385. I dont want to drink white water, i want the proper thing, tastes better and creamier
1386. Tastes much better! Non homogenised Supports my local farmer
1387. 1. In my opinion too sterile and processed food is poor in vitamins and nutrients to compare with raw food. Added to processed food Artificial vitamins are less absorbed by our bodies. 2. Very little amounts of bad bacteria build up immunity system against those. 3. In addition raw milk is tastier as well.
1388. Raw milk is very good. We buy 18 litres milk every two weeks Raw milk is very creamy and I make my own yogurt out of it. I make my own ghee from cream. My children loves this milk and it's free delivery. We are very happy with this milk.They should sell every where
1389. For me, the selling point is finding a calf-at-foot dairy (as explained above). The fact that the milk is raw is an added bonus. It tastes much better and is healthier. Humans have been drinking raw milk for a very, very long time without ill-effects. It is only when people moved from the countryside to the city in very large numbers and milk was transported there in extremely unhygienic conditions (large, open containers) that it started contributing to the spread of disease. Pasteurisation was an amazing discovery, as it massively reduced the spread of disease from unhygienic milk. However, as hygiene standards have massively improved, pasteurisation is no longer necessary, and in fact affects milk quality negatively by removing enzymes that aid its digestion.
1390. The taste is absolutely delicious whether drunk on its own, in tea, on cereal. Pasturised milk tastes absolutely vile and cloying in comparison. I have read a great deal about the health benefits of raw milk and I am convinced that this is the way to go, as long as producers continue to adhere to the same stringent hygiene standards as they do now for raw milk.
1391. I did my own research and 100% believe that raw milk totally outweighs pasturised in many ways and has more health benefits than it has risks. I'm sick of the additives and chemicals that go into foods these days. We eat and drink only full fat produce. I think it's ridiculous that raw milk it's not allowed to be sold in retail outlets, let grown ups be grown ups and make their own health decisions!
1392. Because the mass produced rubbish is awful and unhealthy.



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1393. ethical animal welfare. good for health. better taste.
1394. Pasteurizing effectively turns milk into white water by killing its natural properties. Pasteurizing is far too drastic an approach towards milk and only serves to reduce its nutritional value and drastically reduce it's amazing taste.
1395. We are old enough to remember drinking milk in this state straight from the cow. The flavour is without doubt better and the health benefits by introducing bacteria to the gut are great. Its great to be able to support a local true British product.
1396. Ethical Shop bought milk has gone through so many processes before it ends up in my fridge
1397. We are now discovering the importance of the microbiome in our health, and it seems that through years of over-enthusiastic disinfection and avoiding living foods we are damaging our health and immunity. Raw milk and fermented foods help to bring supportive microbes into our digestion. I also want to support farmers in becoming more autonomous, being able to get a price for milk that reflects the cost of producing it and becoming less reliant on the big milk buyers, and know where my own food is coming from. I believe some of the nutrients are denatured when milk is pasteurised and qualitatively you can see the difference if you make cheeses with it. Also if I'm honest, pasteurised milk is far inferior to taste and if I'm ever without raw milk I really miss it!
1398. Health Benefits and in this instance coupled with ethical animal treatment!
1399. I try to eat raw produce across the board as over processing is unhealthy and pointless
1400. I know the media has portrayed this milk as being harmful if the cows are having a bad diet e.g. antibiotics etc. however the milk that I consume is from a cow that is purely grass fed and is happy and free range. The milk, therefore only contains organisms which are good for people rather than harmful which makes it 100% safe for consumption. And as I have been drinking this for 2 years without one problem it goes to show it's not as dangerous as everyone likes to think.
1401. If you feed pasteurized milk to a calf it would kill it. Raw milk is natural.
1402. I have introduced people to raw milk in the past who had health issues such as asthma and eczema. As a result of such people consuming raw milk they have noticed improvements.
Raw milk is indeed a superfood and we all will continue supporting dairy farmers that produce raw milk.
1403. My entire family come from a farming back ground in Northern India who have always consumed Raw Milk from cows & buffalo they have kept
1404. I wanted to buy milk from an ethical dairy that kept its cows with the calf. The dairy only sold its milk unpasteurised which wasn't something I had originally considered but having done some research into it I was happy to try it. I also have started eating raw milk cheese products for the same ethical reasons. Since then I have become more aware about improving the health of the gut with probiotics and am pleased that raw milk is a way to enhance that in my diet.
1405. Helps immune system
1406. I grew up on raw milk. I prefer the taste and always go for food that is as unprocessed as possible.



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1407. We feel that to have health and wellbeing we must eat a healthy diet, no processed foods, lots of fresh vegetable, fruit, grass fed meat and raw milk & I feel very strongly that our food must be produced in a natural way, food is fuel and we wouldn't put the wrong fuel into our cars so why do people not eat natural food. Maybe it's because processed food seems so much cheaper but in the long run is more expensive because of ill health. Raw milk isn't dangerous to drink if the dairy is clean.
1408. Because standards have increased since it was mandated that all milk should be pasteurised
1409. It is milk derived from animals who are cared for and not over milked like in commercial farms which focus on purely producing milk in large quantities
1410. I do not like pasturised milk it has no flavour so I buy Raw milk to get the benefits of milk, ie calcium, vitamins A, D, E and K2. Also I buy the milk from a local farm so there are very few miles, the farmer uses glass bottles. I am supporting a local business. The calves are at foot so it is a win/win situation.
1411. Ultra-Processing and packaging are killing nature and the joy of food. Unpasteurised artisan products are far superior in taste and provide much better eating. Products like raw milk add value with the primary producer, rather than a multinationals. Creating more jobs and a richer local economy.
1412. We choose it for the Flavour, and Probiotics
1413. For me 1/ taste 2/ it's natural 3/ direct purchase from farmers puts more money in their hands 4/ I find FSA insulting approach to raw milk compared to many other food products that carry far more long term risk, to be insulting to my intelligence and choice
1414. It tastes great and contains more nutrients than pasteurised milk and it feels good to support local farms
1415. I would buy more of all the above if I could find it! And could get hold of it easier without a long motorway journey. I love knowing exactly where my food comes from, seeing the cows and how they are cared for, and knowing also that the farmer gets the full profit from his endeavors as opposed to some corner cutting, penny pinching supermarket, who's only concern is price over welfare for the planet and the animals
1416. I believe the current safeguards in place are adequate to ensure the quality and safety of raw milk. I sincerely hope the FSA does not ban the sale of raw milk as it would deprive many people of an excellent source of nutrition and good health.
1417. When milk is processed it loses it's goodness
1418. Traditionally people would always drink milk RAW because there was no need to pasteurise it because the cows were perfectly healthy. This tradition is still carried on in rural farm areas in india and Africa with no cause to believe it causes harm to health
1419. As long as the production of milk has the animals health and safety as the upmost importance Raw Milk is one of the most beneficial of foods/drinks available. The UK must continue to allow the sale of this and give consumers the right to buy.
1420. Natural medicinal properties of raw milk. We consider it as a natural superfood and the welfare of the cows is far better than any mainstream dairies. Also due to ethical perspective and organic reasons. Less antibiotic use on animals.
1421. It's a great feeling and o be drinking something as nature intended. It tastes amazing too.



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1422. In india raw milk is very popular and drank with no problems . For this reason raw milk is popular here
1423. Because I believe the cholesterol to be “good” rather than the “bad” cholesterol in pasteurised milk. I like the taste and I like to support local food producers.
1424. Coming from a farmers family in punjab india its a way of life. I feel it is very healthy and nutritious with no benefits...the raw milk farms in the UK have good standards and ethics.
1425. Not processed, issues of microbiome health, likely better animal welfare. Good for making kefir
1426. taste and health. Also the animal husbandry standards in farms that produce raw milk are high, I like to support high quality farming practices.
1427. Raw milk is a healthy, unprocessed and safe food. Have drunk it for many years whenever I can get it
1428. Ethical treatment of animals. Non pasteurising preserves enzymes and nutrients allowing body to digest it so it is not ‘dead’ Nutritionally dense
1429. The higher welfare standards of the animals, so it meets with my own ethics and principles More nutritious milk and yougurt Better flavour I don’t like the idea of purchasing highly processed foods
1430. For me its a more natural wholefood product
1431. Farmers selling raw milk have better ethical practices, it is important to support the dairy industry, I have personally visited raw dairy farms and can see how much love and care the farmers place on the process. They follow strict hygiene guidelines. Raw milk is top quality. I find drinking raw milk have a number of health benefits over pasturised milk.
1432. love raw milk it tastes delicious wish i could get it in supermarket
1433. Firstly drinking raw milk has become popular as peoples awareness has grown about its health benefits and strengthening of teeth. Also because the producers of raw milk keep high standards of care and welfare of their dairy herds, They produce milk in traditional, biodynamic,and organic ways of farming on a small scale. HRH Prince Charles has always been a big advocate of raw unpasteurised milk and dairy products.
1434. I think you should allow people to make their own choice about raw milk Putting sanctions on it or banning is unfair
1435. It is a pleasant and effective way to get valuable probiotics. If the FSA is concerned at the health risks associated with various foods, there are far more productive and effective ways to improve the nation's health than restricting the sale of raw milk. How about a complete ban on antibiotic use in animal foodstuffs for a start? Rapidly followed by compulsory traffic light labelling of all processed foods and drinks.
1436. my family love raw milk and my daughter's eczema not triggered by it
1437. There is a lot of research about the significant health benefits of raw milk. People are alot more health conscious and want to avoid processed/extremely processed goods, of which pasteruised & homogenised milk is one.
1438. It tastes amazing, is natural organic and have experienced so many health benefits from it
1439. I don’t like homogenised milk and want my food to be as natural and untampered with as possible. I also want to support local producers offering natural food.



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1440. I love the taste and feel healthier than ever, gaining a healthy amount of weight (I was previously underweight) My immune system is great, not been ill for around a year now, including 3 months in India!
1441. Raw milk is a super food. Perfected by nature. It's a privilege to be able to continue to purchase and enjoy it in the UK as our parents did in their native country.
1442. Raw milk has changed our lives and lives of many of our friends. It is a medicine which has helped many of our children's respiratory and skin problems. Those who had lactose intolerance drinking supermarket milk, have all been able to happily adjust to raw milk without issue. It is a blessing that the UK allows the sale of this superfood and ensures it is of a high quality. It would be excellent if farmers could be given more freedom and greater incentive to produce and sell raw milk. The welfare and care of cows is also massively superior to the squalid conditions and treatment in the mainstream dairies we have visited and seen. So from an ethical perspective raw milk farms should be promoted too, as they largely operate organically and due to higher hygiene and lower stress, cows do not get as ill and require less anti-biotics and other medicines which can end up entering the consumer products.
1443. I am 64, I grew up on raw milk as did my 4 children and my grandchildren. They all thrived and are healthy.
1444. Raw milk tastes completely different to pasteurised milk, seasonal variations are noticeable and it has a much better flavour. I also like the fact that the milk has not had to go through numerous processes, including being transported away from the farm, handled in lots of other places, all of which consumes energy and results in higher CO2 emissions. I trust where the milk is produced as I can see the cattle, know they are well cared for, and that that is the milk I am getting. If the milk had to be taken elsewhere for processing, I would be very concerned as to where the milk in question actually came from. I do not believe there are significant health risks to consuming raw milk - after all my ancestors consumed it (grandparents and father directly from their own cattle) with no ill effects, as I have I for a number of years. In fact in future I believe it likely that studies will show that raw milk is in fact better for human health holistically, than artificially altered pasteurised milk. Humans evolved the ability to consume raw milk, not artificially heated, and certainly not homogenised milk. From a personal health perspective, since stopping drinking pasteurised organic milk I have had less severe hayfever (anecdotal, but markedly noticeable) and other allergic rhinitis reactions. I do not drink any other milk than raw organic milk, and if raw milk were not available I would cease consuming milk altogether.
1445. Believe there are health benefits from raw milk and also prefer the flavour and fact usually associated with dairies that also farm in ways I wish to support
1446. As above plus you can be sure it is our national product.
1447. Good for teeth (in contrast to pasteurised and homogenised milk) raw milk hasn't been damaged the way pasteurised and homogenised milk has been. less allergenic when it hasn't been pasteurised and homogenised.
1448. The potential health benefits outweigh the potential health hazards when drinking raw milk in my opinion as long as the source is monitored for hygiene etc.
1449. raw milk recommended to us by herbalist.
1450. It's good for my health as it helps growth of good gut bacterial flora.



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1451. Because it's natural and likely from cows which aren't getting abused in factory farming
1452. It's tasty and makes you strong
1453. we are not tolerating processed milk, which has not digestive enzyme, which make hard to digest , because we can drink raw milk we feel like we receiving good thinks from milk , which we could not receive from processed milk (eg pasteurised, homogenised milk)
1454. So much nicer than supermarket milk and is better for you
1455. It is agreeable as I am lactose intolerant. The pasteurising process denatures enzyme which help break down lactose and means I cannot drink pasteurised milk. As a biology graduate I also understand the health benefits of the active ingredients in raw milk
1456. it is vry healthy. Still has original enzymes so important for gut health and digestion, also other nutrients not boiled away. it tastes fantastic, and is creamy, can us the top of the milk as cream
1457. I would suggest that we should be given the right to choose raw milk if we so desire. If we are to be prohibited from buying anything that may possibly cause illness or death. Why are tobacco products still on sale. Please get your priorities right.
1458. I think it should become an option openly. Shouldn't have to arrange to buy it privately. Should be open to public.
1459. Easier for my body to process as pasturisation destroys properties needed for proper digestion (possibly why there are so many milk allergies/in tolerances?).
1460. Knowing that a product is natural and understanding the connection between the land, the livestock and the farmer is important. I also know that the farmer is asking a fair price for the raw milk, which is far from the case with homogenised milk that's often heavily discounted by supermarkets and larger retailers. Our raw milk supplier is also converting to organic, which I fully support.
1461. I want real food that is as unprocessed as possible. Our food is far too adulterated and full of pesticides and chemicals and people's health is deteriorating as a result
1462. Raw milk is milk as it should be, in its natural state with good bacteria and unhomogenised. I would buy raw milk more often if I had easier access to it. People should have better access to minimally processed foodstuffs. I also think some highly industrialised producers rely on pasteurisation to cover lower hygiene and welfare standards, if Raw was available to more people then it would help encourgae better standards within the industry.
1463. The only people who may have a problem with drinking raw milk are those with a compermised immune system, if children drank raw milk a lot of these so called allergies would not exist.
1464. The taste and cream still settling! No taste like it!
1465. Love raw milk, so fresh tasting and nice to know it hasn't been thpugh a multitude of processes befor it gets to me.
1466. Tastes amazing- really creamy. I would like to think that the farmers selling raw milk sell it at realistic prices that make their business viable unlike the dairy farms that have prices dictated to them by supermarkets / large dairies. I want to support British farming
1467. The decision to purchase raw milk should be our own decision
1468. Love the taste and the fact that it has nothing taken away. Very lucky to live close to a farm that supplies raw milk



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1469. I prefer the taste of untreated milk and would like it to be more readily available on the high street.
1470. If anything I feel that my health and my sons health has improved since drinking raw Milk
1471. Going back to basics. The least processed the food, the better.
1472. Milk as nature intended. A REAL product.
1473. Shorter journey from producer to,consumer "Unadulterated"
1474. I am a vegetarian, I hate the mass dairy industry. I choose to buy my milk from a calf at foot farm. The milk is wonderful and has never caused a single issue.
1475. It tastes better
1476. Tastes amazing great to buy from source
1477. It's the most ethical humane way to milk a cow, it is a superdrink that has all the good bacteria and nutrients you need - it is full meal on its own. Super tasty and flexible to make other products. It is better for you than battery farmed milk - the animal lives a more natural life and hence is healthier.
1478. The taste and health benefits of raw milk outweigh any potential risk
1479. Like raw milk because more natural . Creamy and better taste
1480. Because it has taste flavour and is above and beyond anything in shops called milk .tasteless white water
1481. I value producers of real food. They take care of their animals, feed them a proper diet and the end product is better for our health.
1482. It is more beneficial to health than treated milk
1483. it is healthy
1484. Consumers don't want heavily processed food, it's not just pasteurisation that effects milk it's all the other processes that it goes through to make it about as far away from a natural product as you can get, all in the name of standardisation!
1485. Available to purchase locally (fewer food miles). Small amounts of bacteria make you healthier in the long term, I think!
1486. We don't really drink milk, we use nut milks on the whole, but my kefir grains didn't like any of my nut milk creations, so I opted for raw goats milk. Milk isn't really very good for humans, but at least with raw milk you're consuming a live product that has some health benefits as a foodstuff
1487. Extremely good for your gut microbiome.
1488. Needs to be more easily available and more encouraged to sell from gate
1489. It tastes far superior and the farmers has to make his animals are healthy and properly feed to avoid harm to customers
1490. More information available about how homogenised not good for gut , raw milk builds up immune system , more good publicity
1491. I am allergic to pasteurised milk. I get migraine headaches that last 3 days from it. I have never had a bad reaction from drinking raw milk or eating un-pasteurised cheese. Raw milk is my only option if I want to drink milk!
1492. Never buy or use it. Your questionnaire is badly designed
1493. Raw milk is lovely. It tastes natural and the supermarket milk does not compare in any way, shape or form



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1494. Raw milk is healthier as it contains the enzymes needed for milk digestion, which are otherwise killed in the pasteurization process.
1495. I would buy RM more often but my closest farm selling it is 40 mins drive away and not a direction I would normally travel. If there were more farms selling RM I would buy it regularly. I rarely buy pasturised milk for my self as I dont see it as a healthy food and would mainly use it for diluting beverages. I would certainly not drink it or add it to smoothies or cereals as I react with an increase in mucus within minutes. I do not get this with RM. Some of the microorganisms found in RM are sold as supplements why not take it direct?
1496. The taste is great
1497. It tastes better!
1498. I buy it raw milk from a vending machine. I have purchase two large glass 3-litre bottles (jars with a lid) and so do not need to use any plastic bottles - saving the farmer some pennies (as our farmer doesn't charge for plastic bottles) . On top of that, I also use raw milk to make butter, cheese, use the cream for cooking etc all this I would have to buy from a supermarket and it would come wrapped in plastic. So thanks to raw milk from our farmer we're saving the planet too!
1499. I know that raw milk is more healthy than pasteurised one and even I can't drink because I am nursing, my husband is drinking it and he just loves it.
1500. I make yogurt and kefir out of raw milk when I can get it.
1501. We feel ill on pasteurised. My daughter is sick if she drinks pasteurised. We thrive on raw. The milk is live. We eat lots of live foods eg kefir. It tastes better. It is full fat. We know the farmer and where the milk is coming from. We know his practices.
1502. Simple. It is heathier than milk that has been messed about. It is believed that the very tiny fat particles created by homogenization are able to enter the blood stream in people that have "leaky gut". It then triggers an autoimmune response.
1503. It comes direct from the local farmer ensuring they get all the money for it instead of a small cut from supermarkets. The farm we buy from provide results of all their safety tests so we know there are no harmful bacteria etc which enables me to buy with confidence. We use glass bottles thus reducing plastic waste. The milk tastes much better and feels more organic. My children love meeting the cows their milk comes from.
1504. Whole unadulterated has more nutrients , tastes better, is better for local farm business,I know exactly where the milk has come from and that the cows are well looked after. I can recycle my own glass bottles, I trust my local farmer and know that the milk is the best I can buy
1505. Raw milk is full of nutrition which is stripped out through pasteurization. I believe it has many advantages for the gut and general well being of the body.
1506. Drinking raw milk contains beneficial bacteria for our gut biome and as an IBS sufferer I actually find that it really helps, coupled with a fresh veg and clean and lean meats. It also tastes much better and the more food is manufactured the less nutritional benefits I feel it has
1507. Please stop our government making this even more of a nanny state than it already is. If they truly wanted to protect our health then they should ban the sale of cigarettes and tobacco!
1508. I like the idea of the lack of processing and potential health benefits



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1509. Because everything supermarket is not. Raw milk is tasty, creamy, full fat and also helps all the good gut bacteria, which keep me healthy. The butter made from raw milk is the tastiest, creamy butter you could ever have.
1510. I have lived next door to a dairy farm where they explained to me that the hygiene and bacteria standards for raw milk are higher than for pasteurised milk. Ive never had any problems with my consumption over many years.
1511. I believe milk that has not been processed I has greater benefits to my health.
1512. I don't mind paying more for raw milk because obviously it's much more difficult to do. Pasteurisations means production equipment doesn't have to be so spotlessly clean. Looking at the problems arising from continuous use of antibiotics makes me think that our "kill everything" approach is old fashioned: more care for our food, and care for a healthy symbiosis between the human and the food production methods seems the way forward. Industrial food production and conservation methods were born out of post war fears and necessities. It only made sense once: after the Chernobyl fallout...!
1513. Raw milk contains healthy nutrients and is better for gut health. It tastes much better and the animal welfare is excellent. As a consumer I want to be able to choose to have raw milk products.
1514. People are becoming more aware of what they consume, processed food in all it's guises is a bigger cause for concern with it's links to cancer and obesity. The large supermarkets force prices and quality down for the consumer and more people are aware of this.
1515. I have chosen to drink because I think unprocessed food is better for us. We know over processed food is harmful SY is milk supposed to be different, it isn't. I can buy raw mil and get probiotics for my digestion or I can by them separately, but I don't know that the others are as good, the milk worked very well until it started being boiled to death.
1516. Easier to digest. Better taste.
1517. Our local farm has only recently started to sell raw milk, it is so much tastier than normal bottled milk from the supermarkets and our whole family are enjoying it very much. We will continue to purchased raw milk for as long as the farm sells it
1518. Because it is s natural product the way nature intended, which means less of the nutrients and bacteria that are good for us have been destroyed. And not least, it tastes far superior to milk that's been processed.
1519. The fun of having the cream off the top. I bake bread that uses milk and I am sure and others says it taste better. I like dealing with the farmer directly
1520. The modern world is full of unhealthy processed foods and people are becoming sick. My husband was bought up in Ireland drinking raw milk and he is one of the healthiest, fittest and strongest people I know. Raw milk is something that we enjoy drinking (it actually tastes like milk unlike shop bought stuff). A proper price is charged for raw milk so the farmers don't lose out. We believe it strengthens our immune system. As long as the bottles are labelled with the 'necessary' warning, there is no reason why the FSA or any other body should have the right to stop people drinking raw milk - we live in a free and democratic country. Allegedly.
1521. I prefer the taste of raw milk rather than processed milk.
1522. The key motivation for me to switch to raw milk was to reduce plastic. I can take my glass bottle to the farm and fill up at the vending machine and help the environment. The



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- milk also tastes much better. I used to buy cravendale but now I think cravendale lasts a long time because it's had so much processing that's its effectively coloured water.
1523. Raw milk has offers us a choice of which state we prefer to buy our milk in. Raw milk is OUR choice and we wish to be able to continue to have a choice. Raw milk is the only milk we will buy. If our choice was taken away we would no longer purchase a dairy milk and ould have to switch instead to almond milk.
1524. Better taste, more nutrients .
1525. Our main reason for buying raw milk is that we wanted our money to go direct to the farmers and for them to get a diary wage. It also tastes far superior and helps reduce our plastic use.
1526. I only drank raw milk as a child and like the taste and consistency of it
1527. It's local, I'm supporting local small business. The people who sell this milk are passionate about their product and I want to support them The taste is superior to other milk and it's not been over produced and messed about with.
1528. Organic farming and raw milk production result in better animal husbandry, animals need to be healthier (no routine vaccination / inoculation schedule) and the end product needs the be cleaner (puss, blood, feces etc won't be cooked off at the end as with pasteurisation) Better for me, the animal and the environment, no brainier!
1529. pasteurised milk is bad for your health!!!!
1530. I have read studies and books about the great benefiits of raw milk. I feel confident that the milk I drink is safe and healthy. I've been drinking raw milk for many years. I want to make a very clear distinction between the milk from our biodynamic, pastured, small heard and that from grain-fed, large scale/industrially sized farmed "conventional" cattle. Or even perhaps a dirty small unregulated farm that is conventional or not. Also, the factor of non-homogenization is a huge component that makes the raw milk a completely different substance from homogenized milk in my mind. If I'm really stuck and have to buy pasteurized milk, I'll at least try to get unhomoginized. My view of food is that if you need a machine to make it into something edible, than it probably isn't good for your body. So, homogenization is an example of that. I also believe that the cow produces natural antibodies in her milk that protect it for the calf. I'm not relying completely on that. It is a bigger picture, which includes a combination of good animal husbandry, grass-fed/pastured animals, sanitary conditions and non-homogenization.
1531. All the money goes straight to the farmer. I believe that it is better to support local producers rather than buy it from shops as this way the farmers get very little money. We need our farmers.
1532. People don't want 'dead' milk that has been pasteurised and homogenised. Thanks to social media we have learnt to discover more about our products.
1533. raw milk tastes better than pasturised milk, its richer and more tasty I always boil and simmer it before I drink it I like supporting my local farmer who has a small herd of cows
1534. Raw milk tastes signifcantly better its much more versatile product and I am not sticking un wanted chemicals in my body, it alsw largely comes from farms with high ethical standards and care of thier animals not something mass produced milk producers seem to be bothered about



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1535. Concern about the use of antibiotics and drugs in dairy herds, as well as welfare of the cattle, is the overriding factor for choosing the biodynamic raw milk produced locally which we buy. #We truly value the service and wish it to continue long term, thank you.
1536. It feels more appropriate to drink raw milk Than continue to have our food “interfered with” the taste is also a lot better!!
1537. Being more natural is important... also paying a fair price to the British farmer is important.
1538. I take the calf at foot milk for ethical reasons, previously vegan I my mind can now rest knowing calf gets to stay with mum and that they are all treated with respect and compassion
1539. Raw milk tastes great. I think the health benefits outweigh any risks. I also believe the supermarkets need to learn their place an treat suppliers with respect. I’d much rather pay a farmer directly for the beautiful unfettered product than lone the pockets of some supermarket manager
1540. I think it is good for your health,
1541. I use raw milk products for their nutritional benefits, in comparison to denatured pasteurised milk products.
1542. Choice, taste, and diversity, to allow farmers to sell their produce direct to the public for a fair price.
1543. I think the legislation should be relaxed to allow shops to stock raw milk, not just straight from the farm. Consumers can make the decision as to which they prefer then.
1544. Raw milk is delicious, and almost always comes from higher welfare cows. I believe it is healthier than pasteurised (and certainly than homogenised) milk and it's my one regret about living in Scotland (that raw milk is not legal here). However I am about to start producing my own.
1545. All the money goes straight to the farmer. I believe that it is better to support local producers rather than buy it from shops as this way the farmers get very little money. We need our farmers.
1546. The flavour is far better. We prefer to drink less quantity of a far superior product.
1547. I was brought up on raw milk. It is a natural product. It has all the health giving nutrients and enzymes some of which sre destroyed by pasturisation.
1548. It tastes delicious. I stopped drinking pasteurised milk years ago because i didnt like the taste but i love the taste of raw milk, I am supporting my local farmer and i like the fact it hasnt been tampered with - its pure.
1549. The taste is so much nicer than pasteurized milk. Buying direct from the farm has many benefits that far out way buying milk from supermarkets.people get chance to go onto farms and see where there milk comes from etc
1550. I have drunk raw milk since very early childhood(my grandmother used to have a goat)... I have many reasons(based on my own and my family members' experience) that RAW milk/milk products is/are in completely different league to the supermarket pasteurized milk... The full amazing taste of it is only the tip of the iceberg in terms of its benefits! Please let us to have a choice in out free democratic society!
1551. Real organic top quality foods need to be more readily available at affordable prices and producers need to be given funding for this.



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1552. I know people who have children are no longer dairy intolerant when they switch over to raw milk,
1553. This milk has not been heat treated and may contain organisms beneficial to health
1554. I prefer to eat foods that have not been processed. I believe the higher level of nutrients are essential
1555. Raw milk is as natural as it can be; with all the good fats intact, nothing removed.
1556. From my research I understand that a lot of the nutritional benefit of milk is destroyed in the pasteurisation and homogenisation of it. It becomes much more of an allergenic food also. Raw milk is one of the densest nutritional foods for a growing child and an excellent source of vitamins and healthy fat which we now understand is beneficial to our health.
1557. Healthy probiotic product Pasteurising removes the goodness
1558. It taste far better and I am lucky to know that it has been given by cows that have no antibiotics, hormones or other additives.
1559. It is very healthy, and natural. It contains a lot more nutrients.
1560. Don't take raw milk from the people, there is plenty of other things you can focus your time and our tax money on.
1561. I am a chef, food writer and restaurateur. I prefer to buy produce straight from the farm and have found raw milk to be delicious and I believe it is healthier.
1562. Healthier, more natural. Back in the day you drank the milk straight from the cow and this practise is still held in wasters countries like India. Pasteurised and treated milk isn't good for you and cows in large dairy farms are treated badly
1563. The health benefits of drinking raw milk out weigh any risks. We have drunk raw milk for a long period of time and feel better for it.
1564. I really value being able to buy raw milk.
1565. i find pasteurised milk gives me a sicky, feeling stomach i do not get this with raw milk. It is also excellent for my children's eczema.
1566. As a cheesemaker I am aware that the processing of our milk over the years has done away with lots of good bacteria as well as the pathogenic ones. I don't like homogenised milk either despite its extended shelf life and I believe that this process has damaged the beneficial effects of this naturally awesome food.
1567. I like to be able to get my milk direct from source if possible, so I can know the conditions of the animals and to support farmer directly. I also prefer my food products to be as unprocessed / not denatured as possible to get the full benefit from them.
1568. It's healthier, it's nutritional value is through the roof and packs a huge protein and calcium boost plus other essential vitamins and minerals
1569. My mother and father , uncles, aunts have used unpasteurised products over the years the key is quality. And you can't make butter and cheese with pasteurised milk. And now we are leaving Europe let's set our own standards for food in Britain!
1570. It is a blessing that the UK is alllows the sale of this superfood and ensures it is of a high quality. It would be excellent if farmers could be given more freedom and greater incentive to produce and sell raw milk. The welfare and care of cows is also massively superior to the squalid conditions and treatment in the mainstream dairies we have visited and seen. So from an ethical perspective raw milk farms should be promoted too, as they largely operate organically and due to higher hygiene and lower stress, cowl do not get as



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- ill and require less anti-biotics and other medicines which can end up entering the consumer products.
1571. To the people who put together this survey, I wonder if you have tasted raw milk yourselves? It really is delicious :)
1572. High quality with amazing taste that you know has come from ethically raised cattle kept with compassionate and kindness. Thus requiring less antibiotics and are less stressed etc... I wish more farming and farming products were made this way. And ethical and natural way to live. With regards to health... I know of ppl who previously couldn't tolerate mass produced unnatural milk... Yet have adjusted to raw milk without issue. It's 100% the way forwards... Would love to see raw milk being promoted more, so more people could benefit.
1573. Raw milk is beneficial to human health, however it needs to be obtained from ethical farms, not like mass production ones. These 2 are at different ends of production. Ethical farms have cows which live fuller and more happier lives in comparison and in comparison will produce superior milk. Raw milk contains more live cultures found in other products like yakult etc, that are not present in the common milk products. There are alot of studies out there to also further this conversation.
1574. i only use raw milk, i buy it every couple of weeks and freeze it, it does not loose any of its properties or benefits , i make all my own bred and use raw milk in the loaves, the health benefits, anti bodies and calcium contents are higher than past milk,the taste is better, the life of the dairy cows is better and longer, the farmers get more money than having to sell it to firms like arla that rape the dairy farmer, this is how milk should be
1575. There is a growing realisation that you mess with whole foods at your peril and that this can contribute to allergies etc. Are you aware that pasteurisation was brought in, under protest from many parts of the country. Between the wars it was begun in London. During the second world war children were evacuated to the country resulting in an epidemic of bovine tuberculosis - they clearly had lost the immunity that country children had naturally!
1576. I'm very grateful to have found raw milk farm just next to my home. It tastes like the milk I have been having all my life back in India. That means I no longer need to buy plastic milk that has added chemicals in it and less nutrients. Raw milk is fresh and has all fat in it which can be used to make cheese, ghee, yoghurt, etc. all at home. it can also be consumed by lactose intolerant people as researches have shown. Also, the standards of animal welfare are very good. In such farms, you can always go in and check the animals and the conditions they live in so there is no possibility of animal abuse.
1577. It has more health benefits. I have become more intolerant to pasteurised milk. Drinking organic raw milk does not give me these side effects.
1578. Good for the gut health and gut bacteria. Makes marvellous yogurt and kefir. Wonderful to go to the farm and 'meet the maker' Provenance Tastes divine After 12 weeks in hospital and 5 operations on my hi I have recovered well thanks to raw milk.
1579. It's not being messed about with, you know the animals are being grass fed, with no concocted feed stuffs containing foreign (to the Cow) products.
1580. Pasturised and homogenised milk kills off most of of the nutritional value and provides very little benefit to health. Raw milk is a super food and should be made more easily available.



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1581. There is a growing understanding that our super clean culture infact is not helping us & that 'bugs' both in our intestine & soil are what keeps us healthy
1582. As a nutritional therapist I am aware after much research that raw milk products are nutritionally superior to conventional pasteurised products. Also, there are more cases of poisoning from pasteurised products than raw.
1583. Raw milk has been used for years in my family and our community. We never had health issues due to its consumption. We use butter and other raw milk products and can tell taste difference. Its returning to your roots and to live healthy without lactose intolerance etc.
1584. I'm not drinking cancerous pumped hornonoanal milk from Tesco :)
1585. It has the best taste of any milk I have tried. I grew up drinking milk, I have always drunk milk and I will continue drinking milk. My nearest raw milk farm is a few miles away though. I wish I could get it delivered to my house at a decent price. Then I would stop buying Cravendale and only drink raw milk!
1586. Pasteurised milk is bad for health. Unpasteurised is good for health.
1587. I learnt the benefits of raw milk through Weston A Price and am extremely grateful that my family are able to to travel to collect the raw milk from the local farm for me. I am aware of its health benefits and have been buying it for my husbands recovery of a broken leg. I am also consuming it more to prepare for pregnancy and hope to feed it to my children in the future. I feel very strongly that we should be able to continue to buy raw milk without restriction.
1588. Health benefits prevents eczema Psoriasis Bloating Helped a lot with health issues
1589. It's healthier, normally the cows are treated better
1590. Third generation raw milk drinkers. No harm so far !!
1591. Supermarket milk tastes awful its full of all sorts of stuff to keep It tasting fresh. Raw milk helps people with allergies.I am fed up with being offered poor quality at squeezed prices. We need more choice.
1592. Its taste is second to none, makes wonderful sauces, custards etc.
1593. Live the taste. Love the anti inflammatory properties. Love that fact it's a completely balanced food source. I have children with asthma and eczema and I like the thought it could be more beneficial that pasteurised milk. I don't give it to my elderly parents.
1594. People are becoming more aware of pesticides leaching into our food. We know that raw milk contains essential nutrients that are removed by pausturising. Processed milk is vitimin deficient white water while raw is nutritionally superiour
1595. I buy raw milk from our local farmer through the Halifax Food Assembly. It's a beautiful product and the whole family enjoys it.
1596. People are becoming aware that a good diverse gut bacteria is important.
1597. I love going to the farm weekly, meeting the farmer having an ice cream with him in the summer and chatting. It is a good link between local food production and consumption rather than going to a supermarket.
1598. It is ethically sourced from grass fed hapoy cows that you can meet and interact with It tastes better than heat treated milk as it's highly processed Yes it's more expensive but its worth it to know that it came from happy cows and the farmers are being paid properly It should be down to personal choice if people want to drink raw milk and should be more readily available



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1599. Food is our medicine and therefore it is crucial to drink healthy raw milk that will support a healthy immune system and a good digestive system.
1600. despite warnings, it is easier to digest.
1601. Choose small local producers for all my food where possible – losing faith/trust in big companies who are only interested in their profit margin not the content of their product. I always choose the least processed foods.
1602. It's natural and quite popular in my culture. Good for sports recovery as well.
1603. Raw milk is becoming popular because of its health benefits.
1604. We find the taste of raw milk far superior to even the most expensive organic options. As an untreated food it is hopefully introducing otherwise hard to get bacteria into the ecosystems that are our bodies. Peer reviewed, published reports show plentiful interesting research that has been carried out on the overall health effect of the gut and bacteria within it. The significant health benefits that fermented and raw foods deliver are becoming much more widely recognised and appreciated; it is my opinion that access to raw milk should be made more accessible to the population and most definitely not restricted.
1605. I drink raw milk for 1) taste 2) because I know the farm the milk comes from and I choose to support my rural neighbours, farmers and community rather than big supermarkets 3) I drank raw milk growing up 4) for good gut health 5) because it's important to me to make my own food choices; whilst I see the need for regulation of cowboy suppliers I would hate to see all the farmers who do their utmost to supply a good product be put out of their raw milk business. There are so many other areas of risk in food production and supply to consumers. Raw milk dairy farmers seem like they are being over-targeted.
1606. I struggled to drink supermarket milk as it would upset my stomach, I would get cramps and diarrhea so I completely stopped drinking it for around 5 years. I met a raw milk farmer at a farmers fair and he spoke to me about raw milk, I tried it for a week and noticed immediately that my usual stomach troubles did not flare up. Milk is now a staple in our household and I use it to make yoghurt, Indian cheese (paneer), milkshake. I would not go back to supermarket milk and this is the only milk my body agrees with, kids love it too.
1607. It tastes better and makes me feel better than supermarket milk
1608. I don't currently buy other animal milk but would look to doing so in the future. In a world made up of processed food, raw milk is the saving grace.
1609. Raw milk has changed our lives and lives of many of our friends. It is a medicine which has helped many of our children's respiratory and skin problems. Those who had lactose intolerance drinking supermarket milk, have all been able to happily adjust to raw milk without issue. It is a blessing that the UK allows the sale of this superfood and ensures it is of a high quality. It would be excellent if farmers could be given more freedom and greater incentive to produce and sell raw milk. The welfare and care of cows is also massively superior to the squalid conditions and treatment in the mainstream dairies we have visited and seen. So from an ethical perspective raw milk farms should be promoted too, as they largely operate organically and due to higher hygiene and lower stress, cows do not get as ill and require less anti-biotics and other medicines which can end up entering the consumer products.
1610. It is important that we have the freedom to take care of our own health and consuming raw milk is part of this. As a child I only drank raw milk. I am now a healthy 85



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1611. Having had some research done into the dairy industry, they tend to be unethical in the way they treat cows and other farm animals. Raw milk sources provide an alternative to the harsh treatment of animals. Additionally, the health benefits as well as taste are much better than regular milk, from personal experience and research.
1612. Raw milk has changed our lives and lives of many of our friends. It is a medicine which has helped many peoples respiratory and skin problems. Those who had lactose intolerance drinking supermarket milk, have all been able to happily adjust to raw milk without issue. It is a blessing that the UK is allwows the sale of this superfood and ensures it is of a high quality. It would be excellent if farmers could be given more freedom and greater incentive to produce and sell raw milk. The welfare and care of cows is also massively superior to the squalid conditions and treatment in the mainstream dairies we have visited and seen. So from an ethical perspective raw milk farms should be promoted too, as they largely operate organically and due to higher hygiene and lower stress, cowl do not get as ill and require less anti-biotics and other medicines which can end up entering the consumer products.
1613. I appreciate good quality food and beverage, where as little chemicals are added, and believe in compassionate farming and organic food produce. I would love to see more small farms sharing milk with calves and humans, eg. Calf at foot dairy,. Bring back the house cow! I refuse to back intensive farming! I enjoy home grown produce and eat mostly vegetarian, but beautiful, good quality milk products and meat are a special treat worth having. B
1614. The consumer should have free choice in what they would like to purchase
1615. Raw milk is undoubtedly healthier.
1616. I would like to have even a local raw milk farmer also it could be easier to acces the raw milk.
1617. Good for health and great to drink a real natural product that hasnt been destroyed through pasturisation etc.
1618. It is a reaction to the increasing industrialisation of food. This is not done in the interests of consumers, it is to make production easier and cheaper. It often destroys the integrity of the raw product. As far as possible I buy no processed food, preferring to use fresh and locally sourced foods.
1619. Better quality local product
1620. it tastes far better than supermarket pasturised, and I believe it contains more nutrients
1621. Great product
1622. This natural product is so much tastier and more enjoyable than that we purchase in supermarkets locally. In fact this is the only milk that I drink by the glass with nothing added as I love the flavour where my supermarket milk in many ways is flavourless in comparison
1623. It's natural and tastes better
1624. Its time to change the laws regarding raw milk.
1625. Its so much tastier than shop milk creamy rich and lovely on cereal my kids love it and prefer it to shop bought unfortunately it's so far from me I can't get it as much as I'd like and you make it difficult to get it closer
1626. Coming from a dairy farming background Im very aware of the risks associated with raw milk, however as a consumer I much prefer the taste and now my children are older



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- they have the resilience for most of the possible contaminants. I also believe it strengthens the immune system. I used to manage a channel island herd and sadly even that milk in supermarkets is tasteless. Homogenisation removes as much flavour as pasteurising, just for the convenience of not having cream settled on the top
1627. Scotland has some strange regulations regarding raw milk but I like to purchase raw milk and cheese. I hope the FSA are sensible about this issue.
1628. I am interested in health issues and raw milk is full of nutrients. I would like to introduce to my son who has a milk allergy but am not at the stage to do that yet. I am concerned about mass production of cheap milk and the medication those cows are given.
1629. I was bought up on raw milk. I think as a society we are too soft and precious about the food we eat which is processed to a high degree. I wouldn't give it to young children under 5 and only then from a well trusted supplier. I think it also important that farmers probably get a better price for their milk.
1630. As a family since we started to drink raw milk we seem to have had less winter colds.
1631. More natural, less processed. More wholesome compared to pasteurised milk which has basically had the stuffing knocked out of it. More perceived health benefits.
1632. Raw milk is a food in itself full of good probiotics essential for the gut MICROBIOME. It's far healthier than the dead pasteurised milk. Nature should not be tampered with.
1633. As long as the source is a good source and the animals are looked after and the facilities hygienic there is no more danger than buying carrots with dirt on We love in a world where antibiotics are the norm vaccines are compulsory and good has been bastardised to a point of it being a food like substance and we are so far removed from Mother Nature it's frightening. It's wonderful to be able to access Raw organic miles with low human intervention and more food should be able to follow this example
1634. It is delicious!
1635. Due to my Pancreas, no working raw milk and its products, are the only foods, when consumed I do not need the aid of my Creon tablets to help digest the raw milk.. I hope that the raw milk sales will continue because it's the only food source which helps me 100% and it's helped with my eczema thanks. Paul Cooper from Crewe in Cheshire .
1636. It is locally sourced, we trust the farmer and know they have an extremely hygienic milking process and low levels of bacteria in the milk and it tastes great.
1637. Raw milk makes the best cheese and butter. Raw milk has a better flavour than pasteurised.
1638. Raw milk all the way breast is best, if raw milk gets stopped it will go underground to be sold and no checks getting reported at all keep it on sale and safe thanks from Cheshire
1639. I like my food and drink the way nature produces it... not modified or messed about with in anyway. The only reason I don't buy all the time is that I live too far away
1640. Unprocessed milk is more healthy than homogenized milk which is done for the benefit of the shop and shelf life and not the consumer.
1641. Superior flavour to pasteurised.
1642. I prefer my food to be as nature intended, there is too much regulation over what we put in ourselves and I am more than happy to take responsibility for this and wish others would let me.



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1643. Have been made aware of potential benefits from drinking raw milk. They taste is also far better than that of pasteurised, homogenised milk.
1644. SINCE DRINKING RAW MILK MY allergies have cleared.
1645. Pasteurised, homogenized milk has many beneficial characteristics removed during the process. For a start, it is likely to contribute to, not fight, osteoporosis, as calcium is elected from the body. The less our food us messed with the cheaper and better for us it will be. People were frightened into accepting pasteurization. They need to reassert their rights.
1646. Too much of our food is overly interfered with; I think there is a general desire to return to natural foodstuffs.
1647. As a child we had raw milk etc my parents also had raw milk and often straight from the cows ! They are in their 80's now so obviously didn't do any harm
1648. I prefer the taste of raw milk and cheese and believe it has health benefits from the good bacteria. I also use it for Kefir which can only be made with raw milk.
1649. It's happening because people want real food that hasn't been messed around with! What we consume is mostly of benefit to the large food producers and the supermarkets. We need to look after our smaller producers and local farmers....the people who provide real food. Raw milk delivered in a glass returnable bottles would be our absolute ideal.
1650. Health benefits for gut bacteria.
1651. It contributes to the health of the human micro-biome and it also tastes delivious
1652. i want a milk supply where animal welfare is uppermost and raw milk was the only milk I could find where cows and calfs are 'humanely' treated.
1653. Tastes better
1654. I think that more information which is coming out about gut microbiome will increase the consumption of raw milk. We prefer food in the most natural state that it is edible in. I am not so bothered about pasturization but I do not like homogenisation as
1655. The nutritional benefits of raw milk exceed that of pasteurised milk. People with lactose intolerance can often tolerate raw milk due to lactase present People are returning to locally produced food to reduce food miles/reduce plastic packaging/other environmental factors
1656. I just like the idea of foidstuffs in general being as un-processed as possible for health and environmental reasons. However I only buy raw milk very very occasionally as I do not normally drink cows milk as I disagree with the whole way it is produced (animal welfare, forced pregnancies and killing of male calfs etc)
1657. It's a natural product that hasn't been homogenised. I am happy to consume a product with live bacteria for my biome.
1658. Why change a beautiful product - we need to keep all the nice parts of the milk instead of taking them out and use more raw milk. I make cheese as an artisan small producer, but currently have to pasteurise the milk as the EHO have insisted that raw cheese is too unsafe. Please educate these people and ensure that strict standards are in place for artisan cheese producers that want to use more milk. Keep the country great by enebling small producers to use raw milk. Feel free to contact me. Jo Smith - The Little Welsh Cheese Company - LL11 5EY. 07912 327808.
1659. The dairy industry has changed beyond recognition post war; since which time I beleive it is more the external influences and practices which have effected "change" in this



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- milk - bovine medications, pesticides, herbicides being the main influences. This milk should be perfectly safe with good animal husbandry & common sense. Increased regulations have, and will always have unintended consequences so (personally) I would recommend a light touch with a leaning towards promoting an organic solution.
1660. It would be great if a supermarket would stock it, failing that local campaigns to raise the profile. Maybe a segment on BBC breakfast
1661. allow us to have raw milk if we want it
1662. I think there has been a change in consumer behavior & people wanting to know where their food comes from. Also the farmers (due to poor milk prices in the past) are making efforts to cut out the middle man and diversifying in order to take back control and not be held by the dairy companies.
1663. I have drunk raw milk for many years, it makes me feel strong and healthy. It is a totally natural product with many health benefits. I do agree that producers should be regulated & inspected. I strongly disagree that raw milk should be banned from sale. Producers of raw milk are some of the finest dairy farmers we have in the UK, they should be supported and cherished for the high quality products they produce.
1664. In addition to the health benefits, I also far prefer the taste
1665. used to live off goats milk when i was a child, straight from the udder!!
1666. Keeps me & my son allergy free
1667. I consider the benefits to my health from drinking raw milk from an FSA licensed supplier far outweigh the health risks. N.B. Skimmed milk from supermarkets contains titanium dioxide - this is the main ingredient for white emulsion paint. I would rather the FSA look into this issue. E171 Titanium dioxide. According to <http://www.ukfoodguide.net/e171.htm> this food additive has been banned in Germany.
1668. I think there is a reaction against over-processed and manufactured foods and a desire for more natural products.
1669. The improved health benefits and improvements to allergies eg hayfever and eczema.
1670. The growing realisation that processed milk, processed anything that we ingest in fact - is harmful to our health.
1671. As a person with allergies and other digestive disorders, raw milk is the only milk I am able to consume and tolerate. The quality of raw produce is much higher than processed milk available in super markets. the supermarket milk triggers my allergies anyway. Supporting the local community and local produce.
1672. Because people are starting to realise how healthy raw milk is and how bad for the health pasteurised milk is.
1673. We like to purchase direct from the farm and consider raw milk has not had its 'goodness' taken out by processing. It tastes better.
1674. TRy to avoid eating processed foods. Tastes good
1675. I enjoy drinking raw milk, I like to see the cream at the top of the milk. The milk has a much better flavor than the product supplied in the super-markets in plastic containers. I was brought up on raw milk and it never had any ill effects on me.
1676. From my own research have been made aware of potential benefits and willing to take the minimal risk. The taste is also far better than that of pasteurised, homogenised milk.



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1677. People are becoming more health aware
1678. I have every confidence in the farm I buy my produce from and have never had any health problems due to consuming raw milk.
1679. Like to use local, fresh milk!
1680. I like it and I think it's better for you there is too much mucking about with food green top is supposed to be better for you people don't realise the cream has been skimmed off and sold so the big boys make a lot of money out of that
1681. Taste-richer. Cream content seems higher. Whole food - as nature intended
1682. The magnitude of the situation is huge. You cannot just make additional comments! The majority of food available for people to buy is so far removed from a natural diet that we have lost sight of what is actually good for us and what we should be eating.
1683. Where I buy the cows graze freely on organically treated meadows, are kept immaculately clean and treated with respect. I find that convincing with regards to the high quality of the milk.
1684. Be realistic about the numbers affected adversely to this ancient way of taking from an animal to those not affected. The majority of people not go down to the lowest common denominator. The raw milk animals on the farm I use are very well cared for, are respected in their own right and people should be given ALL the facts and be allowed to make up their own minds.
1685. I would look at nature myself we all animals so can live and feed off each other quite simple. Really sometimes a bit of bacteria helps the immune system.
1686. After being diagnosed with cancer I realised what food I put in affected my health.
1687. Brought up on a dairy farm as a child.. Must have drunk gallons of it straight from the milk cooler before it went into the milk churn
1688. 1. It tastes so much better. 2. The fats are distributed differently in raw milk and as a nutritionist I believe these are more healthy 3. Supermarket milk tastes insipid and thin to me 4. I buy organic and grass fed raw milk. I know that the nutritional content is much better than supermarket milk - even supermarket organic. 5. I don't want a milk where the natural microbes that are so good for me are destroyed.
1689. Straight from the cow on an organic farm. I would rather take my chances with that - than with "produce" of "big farmer". I have no trust in the food production and processing chain. It is driven by pressure groups and interests. Products are bad. Raw milk is all about freedom, free will, and choice - as well as individual health. I do not want everything irradiated, packed with palm oil, and otherwise generally "modified" by the "food industry". Do not over-regulate this sector - when the rest of farming is already failing. You will damage organic farming and remove the right to choose.
1690. I support my local food producers where possible (my local farm shop sells raw milk)
1691. There is no benefit to consuming pasteurised dairy. It depletes the body of nutrients and provides no true benefits. It is simply "dead" white liquid
1692. As a general rule of thumb, it seems to me that, as long as a basic foodstuff is in itself sound, then the less processing it undergoes before I eat it, the better.
1693. I'm a diabetic and it has helped to lower my reading
1694. Milk is available in many forms. People like to know where the milk comes from. Fresh milk direct from the farm unmodified is totally traceable and nothing added or taken away. Supporting local producers.



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1695. We like the fact that it has not been messed about with. Also enjoy putting the "bottle top" on cereal.
1696. I would like to buy more often but don't have the time to get there. Will try harder as it's so much better for you. And 50 years ago it was all you got and probably not as well regulated as now. It is a choice. I choose raw milk
1697. It's better for you than the shop milk that is dead
1698. I can't tolerate pasteurised milk but find I don't have any issue with raw milk
1699. The taste is far better and I believe the vitamin and mineral content is higher
1700. The benefits of milk are almost made zero through the pasteurisation process. I want milk as it's supposed to be - not processed so that it becomes only semi digestible.
1701. I much prefer unpasteurised milk for taste.
1702. I sometimes had indigestion from supermarket milk and cheese. I have perfect digestion from raw unpasteurised and unhomogenised milk. I am in my seventies and have no bone density or arthritic problems. I think that the nutrients in raw milk are absorbed better by the body. It is also very much better in taste.
1703. My son feels very sick when on normal milk. We have tried lactofree milk and it hasn't helped. He is also gluten free. He has been fine since drinking raw milk.
1704. Simple really, it's better for you, more natural, and generally produced in far higher welfare systems than conventional milk.
1705. Most pasteurised milk is now also homogenised. I feel it is important for food to be in as natural a state as possible and this includes minimal or no 'processing' I know that our local farm tests milk daily for harmful bacteria and that bacteria are actually good for us as long as we are generally healthy
1706. I've been brought up on raw milk and also being told the benefits of it.
1707. It tastes better than pasteurized milk. Improves skin conditions such as eczema. Some members of the family who are intolerant to pasteurized milk are able to drink raw milk.
1708. During the floods of 2013/14 our only supply of milk we could access was from local raw milk supplier... No shops with supplies within walking distance. Let people choose what they consume.
1709. This option should be available for people to choose, it is really unfortunate that in Scotland we don't even have the option.
1710. Supporting farmers who are diversifying and also we are many generations down and our ancestors grew up drinking this and we are here to tell the tale so didn't hurt them. Think sometimes we are too super safe and protective
1711. I am fully supportive of organic and biodynamic farming. And producing and buying raw milk is a natural consequence of this. Combined with the growing awareness about the quality of industrialised food, it is no wonder that raw milk is becoming more popular.
1712. Swab your nose and a lab will find several so called deadly microbes. "The microbe is nothing, the terrain is everything" -Louis Pasteur.
1713. I think people are fed up with food being policed and fed up with having GM and chemicals in their food chain. A key thing is that a large amount of raw milk is often produced organically. More people are growing their own food, for the first time sales of veg seeds outstripped flowers. Tis has happened since all the uk supermarkets allowed GM



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feed in animal feed. I know many people that turned away from shop bought food because of this point alone.

1714. As stated above I prefer to consume raw milk products due to their offering a more diverse range of bacteria which I feel is important (see the work of Tim Spector and co) for human health. I have also read that pasteurising milk doesn't actually kill all pathogens and yet is harder to digest. Plus it's delicious and I far prefer the taste. I have drunk raw milk now for over 15 years and it's something I enjoy greatly - if anything I find it greatly frustrating that I am now unable to get any local raw milk due to it being so challenged by the FSA.
1715. 1. Our diet is becoming too 'sanitised' which compromises the flora & fauna of the gut. Science is beginning to 'prove' what many have known all along i.e. that a healthy micro-biome is crucial for good digestion and good health. 2. Pasteurising the milk changes its constitution and is increasingly linked to allergies, intolerances and other chronic illnesses
1716. 1. Our diet is becoming too 'sanitised' which compromises the flora & fauna of the gut. Science is beginning to 'prove' what many have known all along i.e. that a healthy micro-biome is crucial for good digestion and good health. 2. Pasteurising the milk changes its constitution and is increasingly linked to allergies, intolerances and other chronic illnesses
1717. As far as consistency and taste it beats treated milk hands down.
1718. We like our food to be processed as little as possible before we eat/drink it.
1719. Real milk that has been produced under sanitary and healthy conditions is a safe and healthy food. It is important that the cows are healthy (tested free of TB and undulant fever) and do not have any infections (such as mastitis). The cows should be eating food appropriate to cows, which is mostly grass, hay or silage, with only a small amount of grain, if any. The milk should be full-fat milk, as many important anti-microbial and health-supporting components are in the fat. The cows should be milked under sanitary conditions and the milk chilled down immediately.
1720. As long as the relevant information is accessible then people should be free to make informed choices.
1721. We like to eat food that is alive with healthy bacteria and hasn't been killed by heat.
1722. pasturizing milk or adding preservatives destroys the quality of raw milk
1723. I believe there are health benefits but I also want to support small farmers as the quality of the produce is better, plus the treatment of the animals and the land is also better than mass produced milk businesses. I want to buy direct from a farmer to support their business. Currently dairies have too much power to set prices and farmers are not paid a fair price,
1724. It keeps the goodness in the milk. It tastes better. It supports small farmers. It helps stomach upsets. It's SUCH a healthy drink when it's not been heated / treated etc
1725. Isn't the science blindingly obvious - you have the information about this already. It is MUCH better for you and tastes better and generally producers of raw milk & raw milk products look after their animals in a more humane way - you don't get raw milk from a intensive large scale factory farms do you? For God's Sake - why do we have to mess around so much with food - no wonder the population is so ill. I can't even believe I am having to defend this. Leave things as they are or make raw milk and raw milk products more readily available.



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1726. Question 8 is not a fair question in that I wouldn't know the answer for pasteurised milk or raw milk. We buy raw milk as it allows us to support a local farmer through a good assembly. The taste is superior to pasteurised milk and so wouldn't go back now. I would like further scientific data on its effects on pregnant women and young children.
1727. Less additive less packaging support local farmers
1728. Raw milk , creme and even colostrum I use to optimise My gut bacteria which I feel is essential for a healthy Body
1729. Raw milk has more positive health giving gut bacteria that help keep a healthy digestion. Pasteurised milk is a blank canvas that attracts bacteria from its surroundings rather than the beneficial ones from the animal.
1730. Taste more creamer and very nice in your cuppa it's more natural and nutritious for you and been drinking it from 6 week's old
1731. Great taste. Good animal welfare. All my money goes to the farmer.
1732. Raw milk should be made available widely and cheaply the health benefits far outweigh the risks. People should be free to choose raw milk should they want to. Cheese made with raw milk can fight bad bacterial better than cheese made with pasteurised milk.
1733. People are beginning to realise how much goodness is in raw milk, and how other milks you're not sure what's in them.
1734. I was bought up with it and loved it as a child. I like having the option to choose the products I consume rather than be told what is best for me. It tastes great!
1735. Being a biochemist I have read current journals citing research on the gut and how to maintain the gut, raw milk is a key contributor.
1736. I grew up on a small holding with our own couple of cows and their milk was always available I choose to drink this milk whenever I have the opportunity because it tastes like the milk I grew up with. It definitely has a lovely consistency that you just do not get with shop bought & pasteurised milk.
1737. More natural and more aware of where it's come from directly
1738. As a live product raw milk is better for the gut micro biome than processed milk which is dead. Raw milk reduces the likelihood of intolerances and allergies associated with other milk products.
1739. It's more the fact that we are supporting a farmer 'at the gate' they are getting all of the profit from our purchase of the milk, it's not being taken by processors and retailers. I'm just sad we don't live closer to a raw milk producer as we'd use it far more often.
1740. I like to support local farmers and this seems a good way. I also like the fact that the children can see exactly where their milk comes from
1741. As I noted above, it is hard for me to express just how wonderful raw milk and its products are. I have had an intolerance to pasteurised milk all my life and have suffered with many medical problems as a result. When I started drinking raw milk, all my health problems resolved. I was so delighted to have found such a wonderful product from such a beautiful farm. I have found that it tastes better, clearly has health benefits, has a longer shelf life and unlike pasteurised milk has never turned rancid beyond its use by date. I love the ethos of the farm that produces the milk that I buy and take great joy in my weekly visit where I buy as much of the locally grown produce along with my raw milk as possible.
1742. I love raw milk. If it was more readily available it would always be my first choice. Also products made from it and raw goats milk I would buy regularly.



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1743. In 2010 I became intolerant to dairy plus most food & veg after taking a course of antiviral medication for bells palsy. After 4 years of regular food reactions & immune system problems an NHS specialist dietician recommended a low FODMAP diet, including lactofree milk. Out of interest I tried raw milk and found I can drink up to 500ml a day with no reaction (100ml of pasturised milk makes me ill),
1744. People are more aware about foods being processed in a more natural, although stringently hygienic, way.
1745. I purchase and consume raw milk as I have an intolerance to pasteurised dairy so this is my only access to the essential nutrients in dairy. I have experienced great health improvements since adding raw milk and kefir to my diet since I suffer with chronic gut issues. The biodynamic farm which sells the raw milk I buy raises happy and healthy cattle that are grass fed on their natural diet and I have personally witnessed the high standards of their farming practices. Raw milk has numerous superior health benefits and contains all the necessary enzymes and bacteria that are required for effective digestion and nutrient absorption. This is of great importance to me. Raw milk is a staple in my healthy and balanced diet and my health would greatly suffer without it.
1746. Benefits are endless, good source of vitamin k2 for teeth and body not blocking arteries, vit D. High nutritional content. Good for asthma, allergies. Ect.
1747. First and foremost it tastes amazing. The care Cockshotts Farm, Sabden, Lancashire take of their cows is a credit to them and I wholeheartedly support my local producer. At last they're able to benefit from this enterprise. It's milk like it used to be. Delicious.
1748. raw milk is tastier than the pasteurized one, it's beneficial health wise. it is proper milk, and i hope farmers will still be allowed to sell it
1749. I don't consume it that much it is a new things for me. But some of my friends have been doing t for years and know the milk topic better than I. Good luck with this and hope all is well. well.
1750. It's delicious. It's topped with cream. I haven't had to dispose of about sixty plastic bottles since switching to RDM. It's delicious. It makes fantastic yogurt. It's delicious. I refill my own bottle at the machine. Did I mention it's delicious? It's delicious.
1751. More natural and hopefully from farmer's who don't take calves away from mothers until they wean.
1752. Tastes better Health benefits Generally the less processed foods are the healthiwr thwy are for us. I'm hoping the era of obsession to steralise everything is waning and more people are realising the benefits of creating and buding a healthy and robust immune system. Please let farmers sell their raw produce with less red tape!
1753. It is a living organism and as a result had more flavour than pasteurized milk. The same is true of cream and cheese made from raw milk.
1754. It actually tastes of something. Also a very important consideration for me is animal welfare and the raw mild producer I buy from is fantastic on welfare.
1755. More wholesome and natural and tastes better.
1756. I think a lot of people are trying to get back to the roots of where food comes from (pardon the pun!). Eating healthily and avoiding over processed goods. Some people are interested in the environmental impact of food production and aim to reduce this through buying direct from the supplier. Milk straight from the tank is much more creamy and has



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- quite a distinctively different taste, which some people love. I don't like the term raw milk though... or unpasturised. Both sound a bit like there's something wrong with it!
1757. Part of the whole foods movement, the local food movement. Looks socially responsible and edgy/trendy. Very hipster to convey to all and sundry you are so special you need to have very special, hard to find, provenance guaranteed complete, unprocessed milk. Which, by the way, is probably (but not actually) much more expensive (than popping to Sainsbury's). Now we're all eating free range eggs, where can we get our virtue signalling done now? But also. It's bloody lovely to visit an actual farm and actually see happy cows and actually drink their milk. It's a bit of a line in a child's story....
1758. I would buy more things made with raw milk if they were available in my area.
1759. Better than pasteurized milk.
1760. Raw milk has a superior flavour, partly but not entirely due to being full fat. I also like my milk unhomogenised and retaining its good bacteria and enzymes.
1761. It is easier for our bodies to digest raw dairy because of the enzymes present which are destroyed when heated. Heating destroys some of the beneficial properties in the milk. Plus raw milk tasted amazing!!!
1762. I still enjoy drinking raw milk despite my husband's illness. It was just an unfortunate and unlucky event. I didn't used to drink very much milk until I discovered raw milk. I buy & drink it for no other reason than i like the taste of it & much prefer it to any other milk available on the high street.
1763. Where I have a choice I will always opt to consume food and drink that is closest to it's natural form as I believe that is more easily digested and assimilated by our bodies. As a society - that is increasingly obese - we need to move away from the highly processed food that proliferates on supermarket shelves.
1764. The health benefits of real unadulterated fresh.
1765. I don't think my or other people's buying decision is made on the milk being 'raw'. It is more the provenance that makes me want to buy direct from farm, the fact it is raw makes me more nervous about buying more, especially when I only have the farmers word (who I trust) that it is clean. If I had a choice at the farm gate I would buy pasteurised over raw, but would want to steer clear of homogenised.
1766. In addition to raw milk I would buy raw butter and cheese if I could get it. TO
SUPPORT OUR LOCAL FARMERS
1767. I think our husbandry and quality checks are outweighing risks. East Anglia is virtually free of t.b.
1768. Would drink it more but usually only have it when I visit Cumbria.
1769. We choose to drink raw milk for health reasons and would happily purchase more often if we lived closer to a supplier.
1770. I find It helping digestive health. I prefer it
1771. I find It helping digestive health. I prefer it
1772. It's totally natural and I know exactly where it has come from. The taste is totally different to pasteurised milk.
1773. Filling glass bottles at the vending machine feels like the only way to buy milk once you've done it. Feels wrong buying milk in plastic now.
1774. The researchers are claiming that there's no health benefits in pasteurized or homogenized milk. Raw milk has plenty of live good bacteria and enzymes.



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1775. It's not messed with usually small producers with high welfare standards although not in any scheme.
1776. With raw milk due to the regulations one knows its source. Bulk milk is now very concerning since produce of a number of farms is aggregated. The levels of hygiene and testing are inferior, the taste is inferior and much of its goodness has been removed. I don't particularly want to drink loads of pathogens even if they are dead. I did try and find the list of approved producers but failed on the FSA website. Not very impressive!
1777. I believe it is much tastier. It has a different ratio of omega factors and thus better cholesterol. I also believe that it builds up immunity in the body. But the main reason is the taste and surely the fewer processes food has to go through the better for us and the environment.
1778. It is a natural unprocessed food that tastes delicious and has know health benefits. I know the farm and farmer I'm buying from and am supporting a local business
1779. As a child brought up in the country (Shropshire) we used to regularly have raw milk and considered it 'normal'. Nowadays I only encounter it at farm shops when out cycling so only buy what my stomach can hold :-)
1780. Raw milk producers tend to be small dairies with better ethics and grass fed animals I. Additionally we have begun to recognise that diversity in the gut is a good thing
1781. I like to actually have the choice of what products I buy. I'm also like the taste. It is more like the milk I had in the past. The way the cows and calves are cared for at the farm I buy from is brilliant and I support them as I can.
1782. I like the taste much better, it's healthier than homeonginised milk. I prefer my foods not to be tampered with.
1783. Pasteurised and homogenised milk is tasteless and the wrong 'texture'. I use very little of it compared with when I can access raw milk.
1784. All the local farmers work hard and process it properly and get paid more that what supermarkets pay
1785. Raw milk is better for health, tastes better than pasteurised and still has all the beneficial bacteria for a strong immune system
1786. I believe that eating all foods as naturally as possible is good for health. As with all things in life there may be a small risk in danger but we seem to have got into the habit of using a sledgehammer to crack a nut all too often. We need to learn a better way and be honest with ourselves. I think we are slowly seeing an awareness among the population that there is another way.
1787. It undoubtedly tastes better. Food miles greatly reduced. No plastic packaging.
1788. Health benefits of raw milk are very clear. Plus the process of pasteurising milk etc also has some effects on the body Eg see the study about the influence of fat free and half fat dairy products on ovulation.
1789. It tastes amazing. I have drunk it almost every day for over 10years. The provenance of food is extremely important to me. Knowing where my milk comes from, talking to the herdsman, meeting the cows is a key part of our weekly routine.
1790. I started buying raw milk mainly as it comes in refillable glass bottles not necessarily because its raw milk but i do prefer the taste and would continue to buy it in preference.
1791. Better and tastier than mass produced supermarket milk



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1792. I believe in products which are natural. And feel the benefits of raw milk are amazing.
1793. The milk we buy is far better than anything from a shop
1794. It tastes so much nicer,
1795. Perhaps, rightly or wrongly, to consume products that seem more “pure”. Not my reason though. I drink raw to support my local farmer and pay a proper price for the product.
1796. As long as the farmers keep the milking areas clean and their fridges and bottling stuff clean it’s fine. It’s ridiculous all this worry over raw milk. It’s so much better for you and my daughter is proper lactose intolerant right from being a baby. She drinks raw milk by the bucket and is fine but as soon as she has anything pasturised she’s really ill. If raw milk was taken away we’d both give up drinking milk.
1797. Less processed and less carbon mileage, I know I’m supporting a local farmer and their family
1798. People are beginning to have a better understanding of how important having a diverse biome of gut bacteria is and how much better unhomogenised, unpasteurised, unprocessed products are for humans. Not only that, but buying raw milk means I go straight to the farm, I can see the cows in the field, eating grass not grains and I can support my local farmer AND get a great nutritious product.
1799. My whole family have seen health benefits from drinking raw milk, eating raw milk cheese and all other dairy products. Consumption of pasteurised and homogenised dairy products from the supermarket have left our population with high levels of dairy intolerance problems and many more health problems. Raw milk products provide me with a pure natural product, healthy and beneficial to my family, connection with farmers and producers and awareness about food and health. I fully support raw milk and any raw milk product. Producers have to have incredibly high standards which I trust imperatively. As I stated above there are many mass produced, processed foods that I deem far more unsafe to eat than raw dairy products and would even advise people to avoid. I know several people that have ended up very ill due to main stream fast food, MCDonalds, KFC, Subway, Nandos. I have never encountered illness due to raw milk products or known anyone.
1800. Refer to section 6 for anybody who argues that raw milk is harmful.
1801. Nutritional values. Vitamins. Freshness. Non processed. Taste. Local shopping. Help farmers.
1802. Not tampered with I used to drink worm straight from the cow in a cup when I was a youngster
1803. The taste is so good. Seems full on goodness and creamy. I can't see how red top milk is any good when it is filtered and messed with so much!!
1804. we want to know that your food comes direct from a farm and it has not been processed. it cut millege and support our local farms
1805. It tastes better and I believe it is healthier. For too long our food has been messed with and the result is an explosion of allergies! Milk has been mass produced & brought from outside the UK at the expense of farmers & people’s health. Taking good fats out of products hasn’t improved people’s health it’s encouraged them to eat more rubbish. Sorry rant over.



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1806. Pasturizing whole milk kills of good bacteria as well as bad ones.farm standards have moved on a lot from when the standards we have now we're put in place I the risks are a lot lower now than 20 year's ago farmers are proud food producers, that are supplying a demand. Thankyou
1807. Very local to me. Great on cereals.
1808. would use more but cant get it localy and none of the supermarkets seen to stock it.
1809. Because we have a choice and we decided we wanted raw milk - please don't take the freedom to make our own decisions away from us ! We are more than capable of making our own choices for our children
1810. The importance of getting back to the land, reducing waste and emissions is becoming more popular. Buy local.
1811. Hamogonised milk is not good for you .Geting nonhamogonised milk is pretty impossible .Raw milk is one way of avoiding it
1812. We regularly buy raw organic milk from our local dairy farm Dykes Farm in Stoke St Gregory. It's great to be able to support our neighbours and this spring in particular, they supplied milk to a lot of our village when we were snowed in and unable to leave the village! Huge thanks to the House family and Glynn Banks 🙌
1813. First and foremost the welfare of the cows; better treatment and living conditions. Secondly, the amazing health benefits. Lastly, supporting local farmers!!
1814. People increasingly prefer unprocessed food.They also want the choice between pasteurised & unpasteurised.
1815. There are a few lactose intolerant children locally that can drink raw milk! Enough said
1816. I think it is much healthier to drink raw milk and it tastes so much better than pasteurised milk. I buy full cream raw milk and like to use the creamy'top of the milk' with puddings as I used to when I was a child.
1817. If we are ever stopped from buying raw milk, this country would be doing a lot of people a dis-service. We should be allowed to choose for ourselves what we would like to give our families. I think we live in a society where more people are choosing to go down a natural route and buy milk and other produce as naturally as we can and why should anyone stop us when there is no reason on earth to show that it is wrong? There are no health issues I have heard of when there are so many checks on the mil produced.
1818. I buy raw milk when I can - but it is difficult to find.
1819. I think the milk has a higher nutritional value. Also, the welfare of the animals is often higher.
1820. I like to know where the food I eat comes from and its provenance. Although I am a pensioner, I prefer to buy high quality (preferably organic) foods from small (local if possible) producers and/or grow my own. I am committed to buyinggg dairy products that come from animals who have had as 'natural' a life as possible and deplore and avoid mass produced eggs, milk, cheese, yoghurt. Calf at foot approaches would be the 'icing on the cake' but no farm local to me yet does that.
1821. Answers to 17 are based on usually non UK purchase.
1822. To support local farms



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1823. I like to bring the milk to a boiling temperature and then simmer it for a few minutes. This what my family has been doing for decades. No way you can compare the taste in raw milk and carton milk.
1824. Taste - much superior to most pasteurised milks I've tasted Health benefits - while producers cannot claim health benefits for their product, it seems logical that the good bacteria that do not survive the pasteurisation process must have a positive impact on our health. Among my friends I have observed what appears to be a calming effect on allergic conditions. Choice - I strongly believe in consumer choice and the right to make informed decisions over what we eat Sustainability - there are no mega dairies producing raw milk; its production is intrinsically linked to small, family farms which establish as direct a relationship as possible with the consumer. This conveys trust in the product and gives us, the consumer, a vested interest in helping to sustain a diverse agricultural sector. Many of these smaller family farms are making a positive contribution to the environment.
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1826. The health benefits are enormous
1827. Health benefits from raw milk, more natural. Supporting small dairies with high welfare herds is paramount.
1828. You know those little yoghurt pots with the "good" bacteria? That stuff is already in raw milk! It is good for you, it is healthy, pasteurisation destroys the best bits of the milk... Maybe once upon a time pasteurisation was necessary for food safety, but it is not today... Please make raw milk available to be sold in shops, supermarkets, etc...
1829. Raw milk contains many beneficial bacteria, which would be killed off by pasteurisation. There is evidence, for example, that drinking raw milk can prevent hayfever. People have been drinking raw milk for thousands of years. Moreover, raw milk tastes so much better than pasteurised.
1830. tastes much nicer. just seems more normal to drink milk as it is. possibly some evidence that the bacteria is good for u. I have some kind of intolerance to pasteurised milk which hasn't occurred with raw milk
1831. TASTE!! Absolutely the taste is very different to pasturised milk. I also appreciate that raw milk will have more in terms of bacteria richness.
1832. Enjoy it much better than pasteurised.
1833. We drink raw milk because we know the farmers, we know how he treats his livestock and we are guaranteed that it is organic and so better for the environment. Having worked in the industry I don't trust anything that goes through a factory or a supermarket. Although we've been drinking raw milk for a decade or so the fact that it is raw is less important to me as the fact that we can get it locally, all of the money stays in the local



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community and we are supporting businesses that have sound ecological and humane ethics.

1834. You cannot compare the taste with any other treated milk. I believe it is my right to choose what kind of milk I drink I do not tell others what they may or may not eat and drink and I do not want others to impose their beliefs on me In addition if I can in any way support the small family farmer I will do so, too many are being forced out of business
1835. 100% of the money goes back to the farmers not supermarkets. Farmers need supporting.
1836. Farmers need to be paid the proper price for milk before there are no dairy farms left and we are reliant on milk from abroad with far less animal welfare standards than the uk. Its about choice and i choose to care about, both about the livestock and animal welfare.
1837. WITH MY INITIAL DIAGNOSIS COELIAC CAME A 2ND DIAGNOSIS: OSTEOPOROSIS. The medicines currently recommended by NICE can never heal my bones (and heart) as completely as does calcium absorbed from a healed gut in the form of raw milk and raw milk products. My GP is aware and fully supports my choice to opt for a calcium rich diet instead of NICE medicines. Taking these tablets long term can damage one's heart function. This info is readily available professionally through Medical Experts.
1838. We enjoy going to the farm, seeing the cows, buildings, People that all go into producing this fantastic product
1839. Processed milk is not digested easily by the body. Raw milk is, plus the farmers are the architects of their own futures by selling to their consumers more directly.
1840. health concerns particularly about importance of get microbioms and food diversity.
1841. I like the taste of raw milk and find it easier to digest than pasteurised milk.
1842. Because it tastes so much better
1843. The very high health benefits by far out weigh the very very very love chances of it harming health
1844. The health benefits of drinking raw milk are only now becoming better known. It also tastes really nice and fresh.
1845. I think there is a wider understanding about the benefits of a healthy biome and also the damaging effects of heating milk in the creation of unassimilable calcium. I also think there is a growing awareness of poor farming practices and a support in the traditional wisdoms and methods.
1846. I am lacto-intorelant from childhood and have suffered from sneezing and runny nose if taken. My friend told me that pasteurised milk in supermarkets kills a necessary bacteria for a human body to digest through a production which could cause some reactions like mine, and also suggested that raw milk may be better for me to take because of its nutritions. Now I have been enjoying raw milk every day over a year, and it is my important source of daily calcium intake.
1847. I grew up with raw milk on a farm, moved to pasteurised in my teens and have now started buying raw milk again as it is locally available. I have concerns that homogenisation reduces fat molecule size to a point that could allow it to cause health issues through ingestion which is not a concern with raw milk. One son has raw milk, the other semi skimmed pasteurised (he finds the raw whole milk too rich). We do not suffer from stomach upsets, diahorrea or vomiting unlike many of our friends and i feel that, in part, this is due to the microflora consumed in the raw milk



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1848 The taste of raw milk is far superior to the pasteurised milk you find in supermarkets. I feel it is a more wholesome product and I like to feel I am supporting the farmers directly.