

Analysis of evidence-based scientific studies on the benefits and risks from raw milk consumption.

	Condition	Studies	Comment
Benefits	Allergy/asthma/Eczema	Yes	Several European epidemiological studies published (none found in the U.S.)
	Autism	No	Testimonies/anecdotal stories
	Cancer	No	Testimonies/anecdotal stories
	Crohn's Disease/IDB	No	Testimonies/anecdotal stories
	Earaches, colds and flu	No	Testimonies/anecdotal stories
	Lactose Intolerance	Yes	Stanford study found no difference between pasteurized and raw milk
	Nutrition	Yes	Chemical analysis – raw and pasteurized milk are both excellent sources of proteins, carbohydrates, calcium, and other vitamins (dairy is not a good source of vitamin C)
	Tooth Decay	No	Testimonies/anecdotal stories
Risks	Bacteria, parasites and viruses	Yes	Numerous confirmed outbreaks from raw dairy: <i>Campylobacter</i> , <i>E. coli</i> O157:H7, <i>Listeria</i> and <i>Salmonella</i> most common in the U.S.
	Antibiotic resistant bacteria	Yes	Several outbreaks in different parts of the world involving antibiotic resistant <i>Salmonella</i>