

SUBMISSION OF SHONA BENNETT

RELATING TO;- PROPOSAL P 1007 - PRIMARY PRODUCTION AND PROCESSING REQUIREMENTS FOR RAW MILK PRODUCTS.

I wish to support this proposal because I have discovered the benefits of raw milk with this past year.

Gradually, over the past year I have changed my diet, to do away with highly processed foods, and buying fresh and locally grown foods and, drawing on cooking skills handed down from my mother, have discovered a new lease of life, in cooking most meals from scratch and enjoying eating in a new way. It has given me immense confidence in looking after my own health, and, what I think is the "icing on the cake" is being able to get raw milk here, where we live, and use it to make puddings, sauces, smoothies, and hot drinks, to enhance our diet. On reflection, I think the best benefit I have gained, is that I have lost my edginess, my anxiousness, by drinking the raw milk, and benefiting from all the vitamins and goodness that it contains, and finally enjoying life to the full, after many years of illness.