

Scientific conference

# RAW MILK

## Health or Hazard?

### A Scientific Evaluation



The conference will be in conjunction with the  
**First International Conference on Organic Food  
Quality and Health Research**  
Prague, Czech Republic, 18-20 May 2011

Organisation: Department for Biodynamic Agriculture of the University of Kassel

The focus of the symposium will be on: Understanding the health benefits and value of fresh, unprocessed whole milk, and management of the possible risks of bacterial diseases from raw milk consumption. The goal of the symposium is to present and discuss the contradictive aspects of (raw) milk in relation to animal and human health. New scientific research findings will be presented about the different health and hazard aspects of raw milk examining the questions:

- What are the pros and cons of the consumption of raw milk?
- How can we handle the dangers (risks) of raw milk consumption for groups of people for whom raw milk might be very supportive for their personal health?

Milk has different faces: on one hand milk contains important food allergens; on the other hand, there is accumulating evidence that raw milk protects against asthma and atopic diseases. Milk can become a source of zoonotic bacteria and the public is advised to consume only heat treated milk (pasteurized, sterilized); while on the other hand drinking raw milk has been shown to be a contributing protective factor in development of the immune systems of babies and children. Milk is included in the recommended list of foods to be avoided because butter fat is a saturated fat; on the other hand milk from grass-based systems is a valuable and readily available source of long chain poly unsaturated fatty acids (CLA's) with Omega 3 and Omega 6 fatty acids occurring in ideal ratio (in whole milk).

Preliminary list of invited speakers and their provisional themes (among others):

- **Professor Dr Charlotte Braun-Fahrländer**, Univ. Basel: *Raw milk as a protective agent for asthma, atopic diseases: immunity model in farm children*
- **Professor Dr Gerhard Jahreis**, Univ. Jena: *Fatty acids in milk as protective factor: mechanisms of CLA and the Omega 03/06 ratio*
- **Dr Thomas Roos**, MD, Allergy Specialist: *Clinical trials with milk in allergic children*
- **Professor Dr Wolfgang Kneifel**, BOKU-Vienna: *Raw milk quality vs. raw milk safety - Walking a tightrope*
- **Dr. Reinhard Tschischkale**, Veterinarian, MD: *Vorzugsmilch (Grade A raw milk,) in Germany: History, Regulations and Controlling*
- **Professor Dr Ton Baars**, Univ. Kassel: *Differentiation of raw milk quality within organic farming and the challenges for Organic Farming*
- **Dr Stephan Mosler**, Univ. Kassel: *Metabolomics and proteomics in milk in relation to human and animal health*
- **Professor Dr Marie-Caroline Michalski**, Univ. Lyon: *Effects of the homogenization process on raw milk*
- **Michael Schmidt**, biodynamic farmer, (Cn): *Fighting for fundamental food rights, the example raw milk in USA and Canada*

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Info: [www.fqh2011.org](http://www.fqh2011.org)  
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