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Dr. Erynn Kay: Pasteurization. Basically pasteurization is heat treating foods and beverages, usually milk, to help kill off any potentially disease causing bacteria. So that sounds good, right? Why would that be problematic?

When you kill the bad bacteria, you kill the good bacteria with it, or the probiotics. Pasteurization also denatures live enzymes that are present in the dairy that help aid in the digestion of the milk. So if you don't have these enzymes, what do you end up with?

You end up with lactose farts. The Weston A. Price foundation actually did an informal survey of over 700 families and found that over 80% of people that were diagnosed with lactose intolerance no longer had symptoms after switching to raw milk.

Pasteurization denatures the immune complex proteins. It lessens the vitamins and minerals available for absorption. And because of these two issues, it increases the risk of several chronic diseases. This is a chart put together by the Weston A. Price society showing some of these immune complex proteins that are now reduced or inactivated by pasteurization.

There've been countless epidemiological studies out of Europe showing that children that are given raw dairy are much less likely to develop asthma, allergies and autoimmune disease. And this part of the reason why, are these immune complex proteins.

But another reason why is that there are probiotics present in raw dairy. You might be familiar with the hygiene hypothesis that basically states that a low-dose exposure to a wide variety of bacteria is beneficial to help balance our immune system.

So it is best not to be overly hygienic. Another reason why asthma, allergies and autoimmune disease are much less likely in farm folk is because there's a higher amount of Omega-3 fats in full fat grass fed dairy.

So if you can get a hold of raw dairy and I understand that can be a challenge, look for full fat grass fed to get the anti-inflammatory Omega-3 benefit.