



Our Goal:

Bringing the freshest, locally produced, organic milk from our farm to your table at an affordable price.

OUR HISTORY:

Manchester-Farms was founded in 1797 by Isaac Manchester. Today it's owned by Isaac's great-great-great-great-great granddaughter, Margie, and is one of the best-preserved small farms in America, located amongst rolling hills of Southwestern, Pennsylvania.

OUR PRODUCT:

At Manchester-Farms we raise **organic, kosher, antibiotic and hormone-free** dairy cows, certified by Pennsylvania Certified Organic. We pasture feed our girls, because grass produces the most flavorful milk as possible. Our milk is the only organic milk produced in the **local Pittsburgh** area, and the only organic milk that comes the old-fashioned, natural way...with cream on top! Like Isaac we produce dairy products of the highest possible quality and freshness!

HEALTH BENEFITS:

Our milk is un-homogenized. Studies have shown that un-homogenized milk, with its digestible fat is **healthier** for you. Our milk is also pasteurized under high temp short time, to insure that the milk is of the highest quality. Simply put our milk tastes better!

According to Anne Mendelson's enlightening book, *MILK*, she says, "that milk should have some solidier selling point than simply being "Organic" ---- for example, also being un-homogenized, or coming from small dairy operations".

Please visit us at www.manchester-farms.com

Times have changed a lot since Isaac's day, but Manchester-Farms hasn't!

Manchester-Farms LLC 52 Manchester Lane Avella, Pennsylvania 15312
www.manchester-farms.com

Natural and Organic Dairy, Beef and Pork Products

What is homogenization?

An industrial process where milk is pumped through narrow tubes at high pressures to create turbulence that breaks up the fat globules into much smaller particles than are found in natural milk. This process creates an even consistency in milk.

The original milk fat globule membrane naturally created by the cow is lost in this process. Some authorities suggest that incorporating a greater portion of casein and whey milk protein in the new fat globule increases the allergenicity of processed milk. The new smaller fat globules contain an enzyme called xanthine oxidase that may be metabolized abnormally and damage a body lipid called plasmalogen, found in heart and nervous tissue. Kurt Oster, physician and biochemist theorized that the damage to plasmalogen led to the development of atherosclerosis.



Homogenization of milk became widespread in the 1930s and correlated with the rise in deaths from atherosclerosis in epidemiological studies. Death rates for US and Finland where milk was homogenized were 244.7 and 211.8 per 100,000 people respectively. In Switzerland and France, where milk was NON-homogenized the death rate was 41.7 and 75.9 per 100,000 people respectively.

From *The Untold Story of Milk* by Ron Schmid

Also see www.realmilk.com

www.shetlermilk.com/healthymilk.htm

<http://milk.procon.org>

Why is pasteurized –minimally processed milk preferred?

When milk fat is removed the natural forms of fat soluble Vitamin A and Vitamin D are also removed. These vitamins are replaced in 1% , 2% and skim milk with synthetic vitamins. Vitamin D is often added to milk from cows that live in barns without exposure to the sun. (This may happen with some 'organic cows ' that are fed organic grain but do not graze outside on grass in the sun.)

Dry milk in powdered form is added back to homogenized milk to create a smoother consistency. The dry milk contains an oxidized cholesterol.

Why Milk from GRASSFED Organic Dairy Cows??

GRASS FED dairy cows make milk that is up to 5 times higher in conjugated linoleic acid (CLA) than milk made by conventional cows. CLA is an omega 6 fatty acid found in meat and milk. According to "The Organic Center, in its June 2004 article, "The Health Benefits of Conjugated Linoleic Acid (CLA), available at www.organic-center.org:

"Milk, most dairy products, beef, lamb, and pork are the major dietary sources of CLA (conjugated linoleic acid). The 'magical properties' of CLA include reducing the propensity to store fat (especially abdominal fat), inhibiting tumor development, promoting sensitivity to insulin in cells, increasing immune response against viral antigens, and modulating inflammatory processes... Milk from dairy cows on organic farms, particularly pasture-based operations, contains significantly higher CLA levels". also from milk.procon.org

From milk.procon.org

Robert Cohen, Executive Director of the Dairy Education Board, wrote in his article "Homogenized Milk: Rocket Fuel for Cancer" access November 28,2007 on www.health1010.org

"Homogenization is the worst thing that dairymen did to milk. Simple proteins rarely survive digestion in a balanced world.

Milk is a hormonal delivery system. With homogenization, milk becomes a very powerful and efficient way of bypassing normal digestive processes and delivering steroid and protein hormones to the human body (both your hormones and the cow's natural hormones and the ones they were injected with to produce more milk).

Through homogenization, fat molecules in milk becomes smaller and become 'capsules' for substances that bypass digestion. Proteins that would normally be digested in the stomach or gut are not broken down, and are absorbed into the bloodstream... Homogenized milk, with its added hormones, is rocket fuel for cancer.

From Thomas Levy, MD Associate Professor at Capital University Of Integrative Medicine wrote in 2001 book, *Optimal Nutrition for Optimal Health: The Real Truth about Eating Right for Weight Loss, Detoxification, Low Cholesterol, Better Digestion and Overall Well-Being*:

"So what's the harm in homogenization? Cow's milk contains an enzyme of large molecular size called xanthine oxidase(XO). XO is normally attached to the fat globules in milk. However, when these fat globules are in their natural large sized state prior to homogenization, they are not easily absorbed by the gut wall. After homogenization, the milk fat is easily absorbed and the attached XO gains much greater access to the bloodstream. Some researchers(such as Dr Kurt Oster and Dr Donald Ross) have asserted that XO, after getting into the bloodstream, directly promotes hardening of the arteries by replacing a substance called plasmalogen that is normally found there. ..."

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