

Benefits Of Raw Milk: From Digestion To Maintaining Bone Health And More!

Did you know raw and unpasteurized milk also has quite a few benefits to offer? If you didn't know this already, it is time we unveil some of them

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Highlights

- Cow's milk makes one of the most nutritious and popular foods
- Raw milk is believed to be an understated superfood
- It is loaded with nutrients and enzymes that help boost immunity

Cow's milk makes one of the most nutritious and popular foods around the world, thanks to its versatility; you make butter, cheese, yogurt, smoothies, shakes and ice-cream out of it. It can also be enjoyed as it is as a refreshing drink boasting of innumerable health properties. Most of us may be consuming pasteurized milk

that has its own health benefits. However, did you know [raw and unpasteurized milk](#) also has quite a few benefits to offer? If you didn't know this already, it is time we unveil some of them, but first, know what raw milk is. [Raw milk is believed to be an understated superfood](#) that is produced from grass-fed cows and is considered to be raw because it skips the process of pasteurization, a process that heats milk to high temperatures in order to kill pathogens that may be present due to contamination. It is loaded with nutrients and enzymes that help boost immunity, helping alleviate allergies. It is also much lighter to the pasteurized milk that is easy to digest.

Let us look at some benefits of raw milk:

1. Helps control blood pressure

Raw milk contains excess amount of proteins that are made of casein that can help maintain healthy blood pressure and increase the absorption of minerals. Drinking raw milk will provide you with sufficient vitamin D and calcium, both of which are known to help reduce high blood pressure.

(Also Read: [7 Surprising Foods That May Be Giving You High Blood Pressure](#))



Benefits of raw milk: Raw milk contains excess amount of proteins that are made of casein

2. Excellent for your gut bacteria

[Raw milk is super-rich in healthy bacteria and makes for a great probiotic](#) drink that can benefit your digestive system. It has various enzymes that may help improve the digestion of nutrients from other foods.

3. Full of natural vitamins

The fat present in raw milk has soluble vitamins including vitamin A, K and E. It is also rich in water soluble vitamins like C and B complex that are generally destroyed by being exposed to excessive heat. Commercially speaking, pasteurized milk is mostly fortified with vitamins.

(Also Read: [Should You Boil Milk Before Drinking It?](#))



Benefits of raw milk: The fat present in raw milk has soluble vitamins including vitamin A, K and E

4. Helps maintain healthy bones and teeth

Milk is touted as one of the best sources of calcium. Raw milk contains a good quantity of calcium as compared to pasteurized milk. Calcium helps build stronger and healthier bones and teeth. In fact, calcium from raw milk is easily absorbed by the body.

5. Raw milk for skin

Raw milk acts as an excellent skin toner and moisturizer. It can be used in winters to make your skin soft and supple. Using it regularly on your face and skin may make it glow. Make sure you add more raw milk in to your skin care routine.

(Also Read: [DIY Raw Milk Face Packs For Flawless Skin](#))



Benefits of raw milk: Raw milk acts as an excellent skin toner and moisturizer

These benefits of raw milk may encourage you to use it more often; however, it is always good to consult your doctor before switching as it may have quite some drawbacks too. Raw milk may contain certain bacteria that may eventually cause health hazards, so ensure you are buying raw milk from a reputable place.