

RAW GOAT MILK IS A SUPERFOOD!!!

Prebiotic and Anti-Inflammatory

Goat's milk contains powerful anti-inflammatory molecules that:
prevent pro-inflammatory bacteria from collecting on stomach and intestinal lining;
promote the growth of healthy "friendly" bacteria (prebiotic).
Friendly bacteria are crucial for healthy digestion, immune function, weight loss/obesity-prevention, insulin sensitivity, diabetes-prevention and more.

GI Friendly

Customer that experience discomfort from cow's milk often have an easier time digesting raw dairy from goats. (I do!)

It's associated with fewer incidences of gas, bloating and diarrhea

Like Mama's Milk

Because it's closer to human milk and it lacks alpha-casein, infants who tend to spit up cow's milk may have an easier time with raw goat's milk.

Many of my customers have had great success with goat's milk for their littles.

Just remember if your little is under a year it needs to be fortified with vitamin B12 and folic acid

A Complete Protein

Raw goat's milk contains all essential amino acids in the optimal amounts, making it a complete protein, vital for carrying out countless biological processes from digestion to transporting nutrients and building tissue.

One of my customers has done a raw goat milk cleanse with our milk and felt amazing during it.

A Treasury of Vitamins, Minerals and More

Goat's milk is rich in essential fatty acids, vitamin B6, niacin, potassium, vitamins A, E & D, and healthy cholesterol (vital for proper brain function, sex hormones and more). It provides more calcium, phosphorus, iron, zinc, selenium, and K2 than cow's milk.

Vitamin K2 has of late gained special attention. The Vitamin K2 in goat's milk helps to protect your heart by ensuring that calcium goes where it's needed.

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INFORMATION ADAPTED FROM BEWELLBUZZ.COM