

# GRASS FED RAW GOAT MILK

Raw milk is nature's perfect food — it is the only food that exists for the sole purpose of nourishing and thus contains every nutrient needed for optimal health. The nutrients in grass fed raw goat milk are in their most usable form — the body doesn't need to work to absorb and utilize them. Our milk recipes do not "improve" grass fed raw goat milk — it is impossible to improve perfection — rather, they add various elements to target specific bodily functions or health concerns.

- Happy, grass-fed goats on regenerative pastures
- Full fat raw goat milk
- Eco friendly packaging
- No synthetic or isolate ingredients
- Enhanced and protected by fermented foods
- Optimal source of fat, protein, vitamins, minerals, probiotics, and enzymes



# Tummy Butter Tea



Traditionally, Butter Tea is used in Tibet to replenish the nutritional deficiency caused by the lack of produce in the plateau environment. It is believed that the nutritional properties of raw milk and butter can strengthen one's physique, nourish the intestines and stomach, and energize the body. The aromatic substances in Butter Tea can dissolve fat and help digestion. Tummy Butter Tea is formulated to soothe inflammation of the digestive tract, benefiting nutrient absorption, mental health, metabolic health, and endocrine health.



# Tummy Butter Tea: ingredient overview



Peppermint

Peppermint contains menthol, which coats the lining of the digestive tract and temporarily “anesthetizes” it. This can relieve discomfort caused by spasms and burning within the stomach and intestines.



Chicory

Also known as “inulin”, chicory is a prebiotic polysaccharide that feeds and nurtures probiotic bacteria.

# Tummy Butter Tea: ingredient overview



Aloe Vera Leaf

Aloe Vera contains many enzymes that support digestion by breaking down sugars and fats. It has also been shown to temporarily increase the permeability of cells and tissues, allowing for improved nutrient absorption.



Ginger

In addition to being highly anti-inflammatory and antioxidative, ginger also improves the metabolic cycle and can help soothe abdominal pain and nausea. Ginger has also been shown to inhibit the activity of 5-HT, which is a neurotransmitter that plays a role in almost every single biological function. In times of stress, the body can be overexposed to 5-HT, causing irreversible and fatal elevated body temperature.

# Tummy Butter Tea — Feeding Tips



## 1. Thaw At Room Temperature

Our raw grass fed goat milks are cultured with raw whey from our cheese making process — at room temperature, these wild cultures will grow and thrive, feeding off the lactose sugars and converting them into lactic acid. This fermentation protects the milk from pathogens and contributes to a balanced gut microbiome, among many other health benefits, such as increased dietary enzymes.

## 2. Refreeze Leftovers

While our raw cultured milks have a 30 day shelf life once thawed, we do recognize that you may not use through a carton in a comfortable time frame. If this is a concern for you, just portion your preferred amount of milk into a glass container and refreeze the rest! Research shows that refreezing results in roughly 1% nutrient loss, so we recommend only doing it once in order to keep this negligible.

## 3. Expect Variance In Presentation

The color, taste, texture, and smell of our foods are highly variable. We are using raw, unpasteurized, non-homogenized fermented foods. Unlike other food companies, our commitment to the nutritional integrity of our ingredients is greater than our commitment to the presentation of them. Real food changes seasonally and even batch to batch, and this rotation is an important aspect of continued health.

