

A Selection of Clinical Trials and Technical Papers Relating to Allergies and Raw Milk



Title	Authors	Published	Main Results
The protective effect of farm milk consumption on childhood asthma and atopy: The GABRIELA study	Georg Loss, MSc, Silvia Apprich, PhD, Marco Waser, PhD, et al. and the GABRIELA study group	Journal Allergy and clinical immunology Vol. 128, Num. 4	Questionnaire-reported consumption of unboiled farm milk was inversely associated with asthma, hay fever, and atopy. Higher levels of the whey proteins BSA, a-lactalbumin, and b-lactoglobulin in milk samples were associated with a reduced risk of asthma, but not atopy. Neither total viable bacterial counts nor the total fat content of the milk were related to asthma or atopy.
Consumption of raw milk and its effects on atopy and asthma in children and adult inhabitants in rural Poland	B. Sozanska, N. Pearce, K. Dudek & P. Cullinan	European Journal of Allergy and Clinical Immunology	Consumption of unpasteurized milk in the first year of life was inversely associated with atopy and asthma both among town and village inhabitants.
Which aspects of the farming lifestyle explain the inverse association with childhood allergy?	Michael R. Perkin, MSc, and David P. Strachan, MD London, United Kingdom	Journal Allergy and clinical immunology Vol. 117, Num. 6	Unpasteurized milk consumption was the exposure mediating the protective effect on skin prick test positivity. The effect was independent of farming status and present with consumption of infrequent amounts of unpasteurized milk.
Farm residence and exposures and the risk of allergic diseases in New Zealand children	K. Wickens , J.M. Lane , P. Fitzharris , et al.	Allergy 2002: 57: 1171–1179, United Kingdom	Conclusions: Despite finding a protective effect of early-life animal exposures, we found a greater prevalence of allergic disease on farms. Note: this study did not track consumption of raw milk, so the protective effect of raw milk is not related to living on a farm.
Can farm milk consumption prevent allergic diseases?	C. Braun-Fahrlander and E. von Mutius, et al.	Clinical & Experimental Allergy, 41, 29–35	Literature has emerged identifying consumption of unprocessed farm milk to be associated with the reduced risk of developing childhood asthma and allergy.
Which factors in raw cow's milk contribute to protection against allergies?	R. J. Joost van Neerven, PhD, Edward F. Knol, PhD, et al.	Journal Allergy and clinical immunology Vol 112	Raw milk contains many proteins and other constituents that might help in preventing asthma in infants and young children. These findings are highly relevant and could lead to the development of mildly processed milk products and toddler and infant nutrition, which could become a part of preventive strategies to reduce the incidence of allergic disease.

Exposure to farming in early life and development of asthma and allergy: a cross-sectional survey	Josef Riedler, Charlotte Braun-Fahrländer, Waltraud Eder, et al. and the ALEX Study Team	Lancet 2001; 358: 1129–33	Our results accord with findings of a lower frequency of asthma, hay fever, and atopic sensitization in children growing up on a farm. The timing of exposure to farm characteristics in, or even before, the first year of life, and amount and duration of exposure from the first to the fifth year of life are crucial for this protective effect. An inverse relation of exposure with asthma was independent of the state of allergic sensitization. The mechanism by which time spent in a stable and consumption of farm milk protect against development of asthma and atopic sensitization is not known.
Early life exposure to farm animals and symptoms of asthma, rhinoconjunctivitis and eczema. The ISAAC study	Brunekreef B, Erika von Mutius, Wong GK, Odhiambo JA, Clayton TO	International Journal of Epidemiology	Exposure to farm animals during pregnancy and in the first year of life was associated with increased symptoms of asthma, rhinoconjunctivitis and eczema in 6- to 7-year-old children living in non-affluent, but not in affluent countries.
Farm unprocessed milk contains high levels of transforming growth factor β that could protect from allergic disease development	D. G. Peroni, A. Coghi, G. Piacentini, L. Pescollderungg and A. L. Boner	Clinical and Experimental Allergy; 2011	All evidence suggests that persisting high levels of TGF- β in raw milk as a possible con-cause to explain protection from allergic disorders.
Consumption of unprocessed cow's milk protects infants from common respiratory infections	Georg Loss, Erika von Mutius, Markus Ege and the PASTURE study group	Journal of Allergy and Clinical Immunology; 2014	Early life consumption of raw cow's milk reduced the risk of manifest respiratory infections and fever by about 30%.