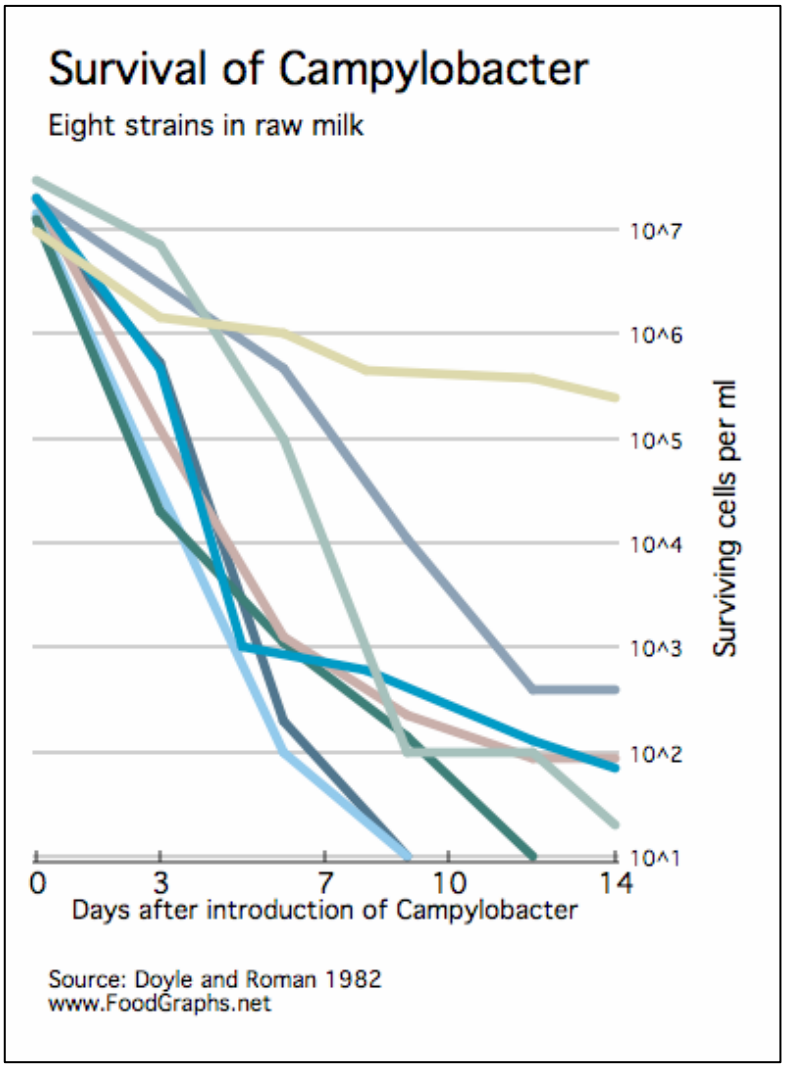
fourteen days. One strain showed a decline of *almost* five logs while one strain declined less than two logs.

The results are really rather impressive. In their comparison to sterile milk, the authors find that it takes quite a few more days to reduce numbers in sterile milk than in raw milk.



However, we need to ask whether this reduction of *Campylobacter* is sufficient to ensure the safety of raw milk. To do so, let's consider the infectious dose for *Campylobacter* and what levels of *Campylobacter* we would be exposed to if we were to consume milk from the Doyle and Roman experiment.

The infectious dose of *Campylobacter* may be as low as 500 cells, according to feeding experiments where volunteers intentionally consumed different amounts of *Campylobacter* (FDA *C. jejuni*) For our example, let's assume you need to be exposed to 2,000 cells to become sick. There are 240 milliliters in a one-cup serving of milk. Let's assume as well that you like to drink only one cup of raw milk daily.

Imagine that your milk took a day to get to the store, two more days to find its way into your refrigerator, and another three days before you actually consumed it. Most raw milk is likely consumed before it is six days old, but you give the milk a little more chance to work at killing pathogens. You consume it on the sixth day.