

The stove-top method of pasteurization described below has been shown in international research to kill HIV, E. coli, Staph aureus and Strep A & B, while protecting important vitamins and nutrient composition of the milk. You can read research details here: http://www.berkeley.edu/news/media/releases/2007/05/21_breastmilk.shtml
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2779733/>

Pasteurization is not sterilization. Pasteurization does not destroy all organisms or bacterial spores; sterilization eliminates all living microorganisms.

While alternative methods of pasteurization require considerable expenditure, time and/or skill, the 8-step method described below is universally accessible and does not even require a thermometer.

Step 1: Wash hands with warm water and soap; rinse and dry with clean, dry towel.

Step 2: Place thawed breastmilk into a clean **glass** jar.

Step 3: Place glass jar into a pot.

Step 4: Pour COLD water into the pot (not the glass jar). The amount of cold water in the pot should be 2 finger-widths higher than the amount of breastmilk in the glass jar.

Step 5: Place the pot containing the jar on the stove or other heat source and bring the water to a boil.

Step 6: Remove from heat after the WATER (not the milk) reaches a rapid boil.

Step 7: Place the jar uncovered on your counter-top and allow to cool for 5 minutes.

Step 8: Place the jar in a cold water bath until milk is completely chilled. This final rapid-cooling step is essential to prevent overgrowth of heat-loving bacteria.

Store the milk up to 24 hours in your refrigerator in the same glass jar with a clean cover on it. Do not refreeze.

Note: you may skip Step 7 and place the jar of milk directly from the stove into a cold water bath, but this practice may result in glass breakage and milk wastage.