

The stove-top flash-heat 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. Pasteurization is not sterilization. Sterilization eliminates all living microorganisms, while pasteurization does not destroy all organisms or bacterial spores.

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/>

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. Now the milk is ready for use!

You can store the milk up to 24 hours in your refrigerator in the same glass jar with a clean cover on it. Do not refreeze. **Please 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.