

Colostrum

By Kim Balas

The use of bovine colostrum in medicine goes back thousands of years. Ayurvedic doctors have used it for physical and spiritual purposes throughout the history of time. Bovine colostrum has been used in the United States, and all over the world, for immune problems, prior to the discovery of sulfa drugs and antibiotics. In the 1950's colostrums was used by medical doctors for the treatment of rheumatoid arthritis. Colostrum is well known for enhancing immunity and encouraging tissue repair. Nature's Sunshine Colostrum comes from the mammary glands of bovine (cow) during the first 24 to 48 hours following birth and is free from hormones, antibiotics, nuclear contamination, or pesticides. The immune stimulating capabilities of colostrum are so strong that if a calf does not receive colostrums from the mother, they will die within a week's time. The unique property of the bovine colostrum, is that it is a universal donor for all mammals; this includes humans. Colostrum contains all of the immune factors necessary for protecting a newborn from bacteria, allergens, toxins and viruses. Colostrum also contains a balanced proportion of growth factors that are required for growth and healing. Current research shows that colostrum triggers at least fifty different functions in the newborn.

Colostrum contains Lactoferrins, which have natural antimicrobial activity and it contains polyproline-rich peptides, which are a regulator of the thymus gland (master immune gland) of the body. It establishes homeostasis in the thymus gland, by regulating an underactive or overactive thymus. The salivary amylase and HC1 in the stomach, potentiate their activity. Colostrum benefits the intestinal tract by sealing the holes by "painting" the gastrointestinal tract with a barrier which mostly prevents foreign substances from penetrating and possibly sensitizing a person foods and foreign allergens. In many cases colostrums would then be helpful in cases with leaky gut. Colostrum is also helpful for sluggish bowels due to the fact that it facilitates the balancing of the intestinal flora and stabilizes the immune status of the gut, and aids in digestion and increases bowel activity. Colostrum has been helpful for Irritable bowels, gastroenteritis, hemorrhagic enteritis, colitis, diarrhea, absorption deficiencies, pancreatitis, constipation and food allergies.

People who have joint issues and at first found relief with glucosamine and then found that it not longer gave relief often find improvement when adding colostrum to their daily regiment. IgF, is essential for the utilization of the glucosamine, and without adequate amounts, they do not respond. Colostrum is a good source of natural IgF.

Colostrum can actually work as a natural form of vaccinations. It contains large quantities of an antibody called secretory immunoglobulin A (IgA) boosting the immune system and passing the intelligence from mammal to mammal. Colostrum also contains high concentrations of leukocytes, protective white cells which can destroy disease-causing bacteria and viruses. Not only does colostrums support the immune system but is helpful to build back health of

those who have been on heavy antibiotic therapies. Colostrum contains 25 percent immunoglobulin (high-level IgG) and 37 different immune factors that are essential for maintenance of immunoglobulin, lactoferrin, Proline-rich polypeptides, trypsin and protease inhibitors, Oligo polysaccharides, glycoconjugates and cytokines. All of these 37 factors help to ward off immune and autoimmune disorders including: cholera, clostridium, aids, allergies, arthritis, asthma, bacterial infections, candida, chron's, fibromyalgia, graves, hashimoto's, rheumatoid arthritis and more.

Colostrum has a high source of IGF-1 that is helpful for weight loss. This factor helps to break down fat for energy and increase metabolism. As we age the level of IGF-1 diminishes and weight gain increases. Many athletes have been using colostrum for enhancement of performance. A study published in the British Journal of Sports Medicine, found that bovine colostrum was helpful to male cyclists by increasing energy during a bout of intense training. Subjects who injected bovine colostrum did perform at a higher level, with fewer signs of fatigue, during tests taken after the five-day run of intense training.

Colostrum contains Proline-Rich Polypeptides which are different types of proteins that work with the thymus gland to regulate the immune system, Cytokines to help to boost T-cell activity and help to regulate the body's response to exercise and other stimuli and B vitamins and essential amino acids.