

Colostrum

Colostrum is able to reduce high blood cholesterol levels. The growth factors and growth hormone in Colostrum appear to lower LDL (bad cholesterol), while raising the levels of HDL (good cholesterol). These growth factors in Colostrum repair the damage to heart muscles. Also, Colostrum supports the growth of new blood vessels in the part of the circulatory system that surrounds the heart.

Colostrum is a thick yellow substance, rich in protein, growth factors, and immune factors, that is produced toward the end of a female's pregnancy. It is emitted by her mammary glands during the first 24 – 48 hours after giving birth. An average cow produces approximately nine gallons of Colostrum during the first 36 hours after giving birth. It is a natural, safe, and non-allergic food supplement that is rich in healing compounds. Colostrum provides the following benefits for the body:

- It has the ability to destroy toxins, carcinogens, and other harmful pollutants before they can damage our body.
- It helps enhance the immune system and makes it better able to defend against tumor growth and viral invaders. It is effective as both a treatment and a preventive measure for the immune system. Colostrum is helpful for such conditions as sinusitis, flu, common colds, diarrhea, candidiasis, herpes, viral bronchitis, allergies, asthma, and ear infections. It protects against infections that can arise from injuries (such as cuts, burns, and fractures). In addition Colostrum contains some potent antioxidants that protect the body against the damage caused by free radicals. Simultaneously it also can balance an overactive immune system, and be useful for rheumatoid arthritis, lupus, multiple sclerosis, and other autoimmune health conditions (in which the body attacks its own healthy cells).
- It is very effective in promoting wound healing.
- Drugs can place the immune system in a severely vulnerable position, and Colostrum supplementation can help bring it back.
- Colostrum can help increase nutrient absorption, improve the effectiveness of nutritional supplements, and helped cure leaky gut syndrome.
- It contains several factors (growth hormone and insulin-like growth hormone) that help burn fat, build lean muscle mass, and is therefore useful for obesity.
- It is very useful for anti-aging. The combination of growth factors and immune factors found in Colostrum together create a potent anti-aging effect.
- It helps you maintain your energy level and well-being.
- It has anti-inflammatory abilities that reduce pain and swellings.
- It prevents viral and bacterial infections.
- It stimulates bone and muscle growth and nerve regeneration.

- It stimulates cartilage repair.
- It is able to neutralize the most harmful bacteria, viruses, and yeast.
- In addition it is useful for arthritis, bronchial pneumonia, Candida infection, upper respiratory infections of all types, coughs, cellulite (treated with topical and oral doses), colitis, diabetes, hepatitis, chronic fatigue syndrome, gingivitis, heart conditions, irritable bowel syndrome, hemorrhaging, scleroderma, warts, and parasites.

Colostrum is available in health food stores and on the Internet.

When you search for this supplement make sure the cows feed on naturally raised pasture, and that they have not been treated with any type of pesticide, fungicide, or herbicide. Also, cows should not be subjected to courses of antibiotics, steroids, and growth hormones. Another important point to consider is that many manufacturers freeze Colostrum because this makes it easier to store and transport. When the Colostrum is frozen, its molecular structure changes and its biological activity and effectiveness are greatly reduced. Also, it becomes very difficult for the body to assimilate it. New Zealand is the country with some of the strictest standards for dairy farming, and therefore many experts consider their Colostrum as a premium one.

Colostrum is available in capsule, powder, tablet, and liquid form. Capsules are probably the most convenient and are the recommended form to take. They are virtually tasteless and odorless and can be swallowed with water.

Most people who take Colostrum do not experience any side effects; however some people had temporary symptoms such as headaches, stomach and gastrointestinal distress in the form of gas and bloating, muscle ache or itching. Some of these symptoms are the result of the “die-off” of yeast and fungi. Usually all these symptoms disappear after 1 – 2 days. The general rule with Colostrum is that if you are not obtaining the expected results, increase the dosage gradually until you do.