

# FASCINATING COLOSTRUM: An Ancient Food for Modern Times

By John Heinerman, Ph.D.

**DEDICATED TO Doug and Kaye Wyatt: Stalwart pioneers of good health and devout believers in Nature's most "perfect food" COLOSTRUM, the substance of Life!**

## COLOSTRUM IN THE ANCIENT WORLD

### Historical Evidence

Colostrum was used in ancient times by different cultures for both nourishment and remedial purposes. In an apocryphal work entitled "The Book of Sirach" (written sometime between 300-275 BC), this "first milk" from a female animal who had just given birth, was ranked up there with wheat, honey, salt, water, fire and iron as being some of the "necessities of life." (R.H. Charles' The Apocrypha and Pseudepigrapha of The Old Testament (Oxford: Oxford University Press, 1976; I: 459).

Among the Hebrews the term halab had as one possible meaning, a reference to the "new milk" that animal and human mothers routinely produced for their newborns. "Halab" occurred more than forty times in the Old Testament alone, signifying that this form of "nature's perfect food" occupied an important position in the diet of these ancient people. (Rev. T. K. Cheyne and J. S. Black, Encyclopedia Biblica (London: Adam and Charles Black, 1902; 3:3088-89).

Colostrum in those times was derived primarily from cattle and goats, the latter being especially prized on account of its taste and richness (see Proverbs 27:27). The fresh colostrum was usually stored in leather skins which modern translators have referred to as "bottles" (see Judges 4: 19).

### On The Other Side of the Flood

Scholars refer to the time before the Great Flood as the Antediluvian Era, and the people who lived in such a period of time as antediluvians. One of the most popular and reliable ancient histories, which briefly discuss these people, is Antiquities of the Jews by Flavius Josephus. (Two of the best translations

are by the Englishman William Whiston and the Frenchman Arnauld D' Andilly; the former is more common, while the latter is more difficult to find.)

In recounting the well-known story of Cain and Abel, Josephus mentions that "Abel presented *new milk* [or colostrum], and the firstlings of his fold" as a sacrifice to God; while "Cain offered the fruits of his labors and planting." Interestingly enough, while Cain's produce was rejected as being unacceptable, Abel's offerings were highly approved of! Undoubtedly the inclusion of sheep colostrum must have had something to do with it!

### Is Colostrum the "Food of Youth"?

We now come to another equally interesting discussion, which Josephus made concerning the extensive age of many of these antediluvians, which ran into the *hundreds* of years. He declared that their incredibly advanced age was true and that we shouldn't question it just because of "our present age and the shortness thereof"; nor should we be comparing the puny lengths of our brieflives "with the long life of those ancients ... who were beloved of God, and newly created by him."

Josephus attributed so many centuries of living to several factors. First, most of those antediluvians were virtuous people and taught the principles of virtue to their children. Secondly, they kept themselves busy and their minds occupied with useful pursuits and "the sciences of astronomy and geometry, which they had invented."

But the *primary* reason for such sustained longevity was due to "a kind of nutrient agreeing with their natures, and proper to prolong their lives" (D' Andilly translation) or "because their food was then litter for the prolongation of life" (Whiston version). I prefer the Frenchman's rendering of Josephus' original Greek to that of the Englishman, for I think "a kind of nutriment is more *singly* specific than the plural implications which 'food' holds."

It doesn't take much mental exercise to see that D' Andilly' s reference to "a kind of nutriment" is a *direct* inference to colostrum, plain and simple! Since colostrum is so renowned for its "renewal" qualities, is it any wonder that people lived for many *centuries* in the Antediluvian Era? This *has* to be the "Food of Youth" if anything ever was!

### IGF Factors for Body Renewal

In subsequent chapters you will learn more about some of the major constituents in colostrum.

But for our discussion here I'll mention one group of them now; these are the Insulin-like growth factors (IGFs), which represent a family of very significant peptides. One of them is designated as IGF -1. It is recognized as being a potent stimulator of growth at the cellular, skeletal and muscle/nerve tissue levels. Bovine colostrum is extremely rich in this and related growth peptides.

As our bodies grow older they tend to lose much of this IGF-I, as well as growth factor (GF) itself.

The most obvious physical signs of such depletion are manifested in a thinning of the hair and skin, wrinkling of the face, pouches beneath the eyes, sagging cheeks, thinned lips, gingival retraction, thinned jawbones, loose skin folds under the chin, less muscled shoulders, dropping triceps, meager wrinkling of hands, less muscular buttocks, sagging inner sides of both thighs, floppy belly and fatty cushions above the knees. But when doctors, who specialize in treating old age symptoms, administer both IGF-I and GF to such elderly patients, most of these things eventually disappear!(Drs. Ronald M. Klatz and Robert Goldman, Anti-Aging Medical Therapeutics (Marina Del Rey, CA: Health Quest Publications, 1997; p. 12).

### The Longevity Secrets of Russian Centennials

From this evidence the logical conclusion can be made that colostrum's numerous growth hormones and anti-aging compounds will continually rejuvenate older tissue mass and create a look of fullness to otherwise wasting flesh. Back in 1979 when the Soviet Union was still intact, I had the opportunity to go there along with some other scientists for a period of almost two months. As invited guests of the Soviet Academy of Sciences, we were given special privileges and broad freedoms to pretty much go where we wanted in order to do our research, which just happened to be in the area of geriatric medicine, with a particular focus on longevity. In company with other colleagues (and several translators provided for our group), I visited several Soviet republics (most notably Abkhasia, Azerbaijan and Georgia) where there were known to reside quite a number of centenarians. Many of those whom we met had verifiable ages well over 110. I spoke with nineteen different men and women who ranged in years from 114 to 126.

The majority certainly didn't show their extreme age in the same way that most very elderly Americans presently do. In fact, aside from some gray hair and occasionally wrinkled skin, virtually none of them suffered from any obvious wasting of muscle tissue. For the most part they looked as hale and hearty as a bunch of well-fed seventy-year-olds here in the States.

Eager to know their "secret" for being so remarkably well-preserved, I investigated further and discovered several food items common to all: black rye bread, dark raw honey, green onions and garlic cloves *and* frequent helpings of fresh colostrum! During every interview I always remembered to ask if anyone ever suffered from indigestion, heartburn, diarrhea or constipation. To my amazement *not one* of them did! I concluded that it undoubtedly had been the colostrum from assorted domesticated mammals, which has been responsible for their excellent state of health. (Years later I compiled much of this research data into a national best-seller, Heinerman's Encyclopedia of Anti-Aging Remedies (Englewood Cliffs, NJ: Prentice Hall, 1996.)

### The 'Perfect Food' for Balanced Health

It was largely due to these first-hand observations with genuine centenarians in the former USSR that I later became convinced that colostrum was "a kind of nutriment" for the antediluvians. Josephus declared this to be "agreeing with their natures, and proper to prolong their lives." In my opinion, colostrum is, indeed, the "food of youth".

But more than this, it is the perfect food for balancing body health. Illness, or the disease state of anything, is merely a reflection of things being out of balance. At least this is what the ancient medical systems of China and India have maintained for several thousand years. Think of good health as a playground teeter-totter on which children sit at opposite ends. If kids of the same height and weight sit down simultaneously, the thick board straddling a metal pipe will remain evenly balanced on both ends. But if height and weight of either participant varies slightly, there will be an obvious shifting up or down on one end. This may be likened to a process of sickness.

But unlike the deliberate imbalance of the playground apparatus, which creates fun for kids, the health imbalance within the body isn't such a happy prospect at all. Pain, misery and great discomfort ensue. The only thing that will bring relief and solve much internal distress is an agent that can *restore balance* to everything. This is where colostrum comes in. Working at different biochemical levels, it can gradually, but effectively, tone the eleven different body systems in each of us (see chapter two). Once their necessary readjustments back to normal have been made, the physical equilibrium of the *entire body* is brought into balance again.

This is the *ultimate* hope, which colostrum faithfully promises to deliver as scheduled. There is no better way of achieving this, that I know of, than with colostrum - "the perfect food for balanced health."

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## CHAPTER ONE

# COLOSTRUM AND THE MEANING OF LIFE

### Origins and Purposes

Of all the varied forms of life upon planet Earth, none are as unique or special as mammals. They are warm-blooded creatures. And except for egg-laying monotremes such as the platypus or spiny anteater, all other mammals give birth to live young. Land-based mammals include the horse, cow, sheep, goat, pig, camel, antelope, deer, cat, dog, wolf, bear, lion, tiger and so forth. Man, along with the monkey, ape and lemur belong to that class of mammals known as primates. Aquatic mammals include the whale, porpoise, dolphin, manatee, seal, sea lion and walrus.

Besides giving birth to live young, one other unique feature distinctive *only* to mammals is that *all* females have mammary glands, which secrete vital substances important to the health and well being of their newborns. Immediately before and right after the delivery of the young, all mammalian milk secreted by females, whether land-based or water-dwelling, contains a thin protein-rich substance known as *colostrum*. This "green milk", as some have been apt to call it, usually lasts for two to four days.

The highly readable two-volume work, Milk: The Mammary Gland and Its Secretions (1961) by editors S. K. Kon and A.T. Cowie, explains in a very comprehensive way the tremendous importance of this pre-milk substance. Colostrum is incredibly rich in essential amino acids, those protein building blocks that are a definite requirement for growth, development and protection against bacterial and viral infections.

As explained in this monumental study on milk in general, life really couldn't go on for very long without the introduction of colostrum into the young bodies of mammalian newborns. Regardless of whether it be a colt, calf, lamb, kitten, puppy, human boy or girl, or infant whale or baby seal, *every single* mammalian offspring requires that form of colostrum peculiar to its own species.

Usually within 48 to 96 hours following parturition, the colostrum in most mammals has become transitional milk. Mature milk is then secreted some ten days after delivery. An ironic twist of creation, however, makes humans dependent upon colostrum *later* in their adult lives; whereas *no* other land or aquatic mammal will require it as they grow and mature. This *later need* for more colostrum in man is due

in large part, believe it or not, to his extremely complex system of living arrangements and the various stresses which such a sophisticated life style obviously imposes.

It would be fair to say, based on what we know about mammalian colostrum in general, that without it newborn life of *any* kind would have a very short existence - measured in a few days or weeks at the most. Zoologists, with whom I have spoken concerning the role of colostrum in Mammalia, have been unanimous in their belief that it *defines* the physical and mental development of life after birth *better* than any other substance in those first critical days upon arrival.

### Colostrum Moustache?

In 1998 the National Fluid Milk Processor Promotion Board launched with (wouldn't you know) federal tax dollars (roughly \$97 million), one of the most highly successful marketing campaigns ever conducted in the history of American advertising. About 92 famous celebrities from every walk of life were featured in numerous television, billboard and print ads sporting little white "milk moustaches" on their upper lips with the two-word caption below, "got milk?" (Ironically, milk consumption didn't soar as expected and taxpayers everywhere were taken for another "ride" down that awful memory lane of wasteful government spending.)

Well, those who sell high-quality colostrum might just want to consider painting small "colostrum moustaches" on the presumed portraits of Neanderthal men and women living in the very latter part of the Pleistocene epoch (a geological time frame stretching from two million to 11,000 years ago). During the end of the ice age and when a wide variety of large mammals such as the saber-toothed tiger, woolly mammoth and giant sloth were roaming the planet, an exceptionally robust regional variant of archaic Homo Sapiens emerged. These were the Neanderthals, and they were unlike any other human being before or since their time.

Discovery of one of their skeletal remains in 1856 in the Neander Valley (Neanderthal in German) near Dusseldorf gave them their famous name by which they've become known. They've managed to intrigue the world ever since. The Neanderthal race lived during times when the climate was cooler in their habitat. They hung out mostly in Western Europe, but some did manage to wander as far as Palestine.

Neanderthals had big brains in keeping with their larger body size. However, expanded cranial capacities didn't necessarily equate to higher IQs. Besides bigger noses, larger jaws, stronger teeth, denser bones and more closely compacted muscle tendons, the women had wider pelvises and birth canals; 20% bigger than their modern American counterparts. Neanderthal females were capable of delivering heavier babies, averaging 12 to 15 pounds -- after nearly a year's gestation!

Furthermore, according to the book In Search of the Neanderthals (New York: Thames & Hudson Inc., 1993) by paleoanthropologists Christopher Stringer and Clive Gamble, Neanderthal bodies were built "unbelievably strong". What they didn't make up for in height (averaging 5 and 5 ½ feet usually), they certainly compensated for in very tough and lean body mass. This short and stocky physique is somewhat reminiscent of that modern Inuit (formerly Eskimos), albeit more extreme. In fact, as both authors have correctly noted, we seem "very puny" in comparison to these physically overbuilt and super strong human beings.

Such facts, of course, raise the question as to how they managed to get this way in the first place.

There is enough evidence to suggest that they may have had frequent access to a variety of mammalian colostrum throughout much of their limited life spans. Neanderthals were definitely *not* vegetarians, as many of their common hunting sites have demonstrated. The great variety of animals they hunted included bison, giant deer, red deer, pig, ibex, antelope, wild sheep, musk ox, gazelle, wild goat and woolly mammoths. It appears from the great frequency of bones in certain locales (up to 90%) that these people had a definite preference for aurochs, or giant primitive cattle, and reindeer.

Scientists who've specialized in studying such things have interpreted these large skeletal remains in different ways. Some anthropologists (including myself) are of the opinion that these aurochs and reindeer were kept for *other* food purposes besides their basic meat value. Several Icelandic studies have reported that reindeer colostrum is one of *the* richest in the world in terms of nutrients. The same could also be inferred for auroch colostrum, though they have been extinct for several thousand years. A few evolutionary biologists have also bought into the "colostrum feeding" habits of these Neanderthals, even going so far as to insist that these people regularly consumed the pre-milk substance whenever it became available. And some paleontologists think that the fairly consistent combination of lean red meat and mammalian colostrum may have contributed to the extreme bone mass density and incredibly strong striated muscle tissue for which these people were so famously known.

Additionally, the bone marrow, brains, hearts, livers, kidneys, stomachs and other choice internal parts were highly desired and consumed with obvious relish. All of these organs are intensely concentrated with key trace elements critical to human health needs.

### Muscle Growth & Energy Output

In order to better appreciate how the Neanderthals may have acquired their unusual muscle mass and high energy output through the regular consumption of various mammalian colostrum, it is necessary to look at several of the potent growth stimulators found in it. These miniature proteins or peptides promote muscle growth and energy expenditure in a really big way.

A while back, a report in the popular ultra-athletic publication Ironman Magazine (August 1992) identified what these various "revolutionary" colostrum growth components were:

Insulin-like Growth Factor one (IGF-1) -- Clearly the most significant and potent of the two insulin-resembling peptides.

Insulin-like Growth Factor two (IGF-2) - The second of the pair, but not as dynamic as the first.

Basic Human Growth Hormone (bHGH) -- Better known as somatotrophin, this pituitary originating protein hormone is usually lacking in those who are extremely undersized for their years as well as in those elderly people who really show their age.

Basic Fibroblast Growth Factor (bFGF) - An essential growth hormone produced in cooperation with the hypothalamus and pituitary glands, which forms all of the body's tendons and connective tissues.

Epidermal or Epithelial Growth Factor (EGF) - This cell transforming peptide occurs in the salivary glands and normal and pregnancy urine of most mammals. It frequently drops from the tongues of grazing cattle and results in more dynamic pasture growth. And when animals are injured in some way, they will instinctively lick their wounds with some of this EGF, thereby greatly accelerating the healing process.

There is a great deal of science involved in the explanation of how all of these various growth factors and hormones in mammalian pre-milk substance (particularly bovine colostrum) work inside the system to promote skeletal growth, lean muscle mass and energy expenditure. A more simplified version, therefore, seems prudent.

The curious and wonderful way in which any living organized body works is called by science, *metabolism*. This represents the sum of the many different chemical changes occurring within that unspecified body. Essentially there are two basic forms of metabolism: anabolic (to build up) and catabolic (to use up). The speed at which such changes happen is known as basal metabolism.

On the anabolic side of things, a living body converts substances generated within or delivered from without into other useful components for the construction (growth) and well being (maintenance) of itself. While over on the catabolic side, there is a constant breaking down in that body of numerous complex chemical compounds into simpler ones, which is generally accompanied by the liberation of physical energy. These "used up" substances are eventually excreted through defecation, urination, perspiration and sometimes expectoration.

Looked at another way, anabolic metabolism converts small molecules of matter into large ones, while catabolic metabolism changes these big molecules back into small ones again. Probably the very best example of such constant bio-transformations within the living body is the conversion of amino acids into proteins for energy, only to be broken down later on in the liver and excreted as urea in urine discharges.

The *combined* effect, which the foregoing growth stimulators found in ancient mammalian colostrum had in the biological systems of Neanderthals and other prehistoric humans, was nothing short of amazing! Here you have people who lived towards the end of the ice age, when the climate was mostly cool, if not downright cold, much of the time. They had to continually hunt for sufficient food to keep them alive and well. Those times were tough and the living was rough, to say the least. Meat didn't always fill the nutritional bill, but mostly satisfied hunger and gave quick energy.

That is why other food items entered the picture from time to time. Mammalian colostrum, especially that obtained from long since extinct giant primitive cattle, was an obvious backup choice. Its various growth components helped to build thick stout bones, tough muscle sinews and fuel a very rugged and robust human engine in general. In fact, had it not been for a variety of mammalian colostrum, these and similar Paleolithic races (such as the Cro-Magnon) would surely have perished well in advance of when they actually did.

It is really no different today with modern athletes who favorably compare in some of the physical activity levels that these ancient Neanderthals did. A variety of stresses, physical, social and environmental, often hastens the catabolic side of metabolism, while the nurturing anabolic reactions sometimes are unable to

keep up. Mathematically speaking, the health equation during strenuous activity should be: AI=AO (Adequate Input = Adequate Output).

Some sports medicine doctors, coaches and athletes already understand this. For example, a recent study from Finland, published in a 1997 issue of the Journal of Applied Physiology (83(4): 1144- 1151), demonstrated the wonderful potential of bovine colostrum in nine male sprinters and jumpers. These athletes underwent three randomized eight-day treatments separated by two weeks and one day. The volunteers were given either 25 milliliters (ml) or 125 ml of bovine colostrum, or a placebo of normal milk whey. The bovine colostrum, in both the low and increased doses, produced significant elevations in body IGF-I concentration during the period of supplementation. This showed the Finnish biologists that colostrum IGF-I isn't denatured in the gut (as formerly believed) and that athletes can actually *endure* greater physical challenges due to increased muscle and organ stamina during extreme energy expenditures.

Similar testing has also been going on with athletes in the land "down under." Researchers from the University of South Australia in Adelaide have had 40 athletes on daily doses of cow colostrum for up to two months with incredible results. One exercise physiologist reported to the London-based Reuters News Agency that "our boys have run longer, covered greater distances and done more work" than before supplementation began. Greater stamina is demanded during popular sports such as soccer and Australian Rules football (which permits breaks in the game that American football doesn't allow, making recovery time important). And another study by the same university has shown preliminary benefits in building muscle mass and reducing body fat in combination with a weight-training program for athletes in such power sports as discus-throwing, shot-put and sprinting.

### The Meaning of Life

Quite frankly, life can be absolute boredom without frequent physical activity of some kind. The Neanderthals were more into survival than we are, but certainly had their own peculiar leisure pastimes. In any event, they were *always* expending great amounts of physical energy. In order to do so confidently and normally, it seems without a doubt that they turned to mammalian colostrum quite often to make such demanding actions possible.

We are no different today in our pursuit of physical pleasures that excite the human spirit and thrill the mortal heart and mind. Men and women of every age often engage themselves in some type of sport or

gaming activity which will relieve for a while the incessant mental and emotional stress under which all of us must labor from time to time.

The ability to endure what we *don't* like and the capability to enjoy vigorous things that we *do* like requires a reasonably strong constitution to endure and the energetic wherewithal to carry out. But if our biological systems simply can't tolerate or even minimally perform what we enjoy, then the true purpose of our existence comes into question. And, for that matter, the entire meaning of life itself gradually moves from the sun into the shade.

Colostrum, by definition, is that substance which immediately follows birth in the mammalian mother. For a brief space of time the newborn is pumped full of different growth factors to assist in its development, maturity and *maintenance!* Because the human species has been so uniquely designed by an all-wise and very loving Creator, it requires constant maintenance at *all* phases of life with nature's "perfect food."

Thus, if colostrum can be counted on to do just *one thing* for you it would be this - to carry you daily from dawn to dusk with a smile on the outside and *pure* satisfaction on the inside that everything is going better than it did before and will continue the *same way* for the rest of your earthly stay.

*No* greater promise of health can be made for a natural product so beloved as this. Indeed, it can be truthfully said that colostrum nicely maintains the physical *elegance of life*, which, believe it or not, also happens to be its meaning as well.

## CHAPTER TWO

# PROTECTING BODY SYSTEMS WITH COLOSTRUM

### Health Lessons from Ancient Egypt

As mankind evolved into civilized societies some of the practical health knowledge from prehistoric times carried over. The use of colostrum as a therapeutic agent for different medical problems was one of these. Of course it went by other names, but the healing integrity of the substance remained the same.

From the world's oldest known surviving medical text we know that colostrum was frequently employed by surgeons when treating different types of wounds in 2800 BC. The famous Egyptian language scholar, James Henry Breasted, translated the remaining fragments and included his own scientific commentaries in a two-volume work entitled The Edwin Smith Surgical Papyrus (Chicago: The University of Chicago Press, 1930).

The papyrus was so named after the young American Egyptologist, Edwin Smith, who saved the document from ultimate destruction by purchasing it in several different pieces from some 19th century tomb robbers. Based on a single reference to it in another later medical papyrus (Ebers), Breasted believed that the Smith Papyrus was anciently called "Secret Book of the Physician," and was around in the latter part of the Old Kingdom period of ancient Egypt.

Other Egyptian medical papyri invariably contained elements of magic and mysticism among their numerous remedies, but not so with Smith's document. It was unique because of its strict scientific discipline-no prayers to any Egyptian gods could be found in it at all.

In all, 48 cases were preserved in this treatise, beginning at the top of the head and proceeding downward to the thorax and spine, where the document unfortunately breaks off. The surgeon writing up each case must have had background experience with embalming, for his methods of stitching; bandaging, splinting and casting surely reflect the knowledge of someone who worked in funeral preparations at one time.

The Smith Papyrus contains different "one-of-a-kind" items that no other Egyptian medical papyri have:

Taking a patient's pulse is mentioned 2,500 years before it appeared in Greek medical treatises.

For the first time in recorded human speech, the word "brain" occurs. That word never surfaced again until some 2,000 years afterwards in Greek medical documents.

At least 2 ½ millennia before the Greeks, Egyptian surgeons understood the heart to be the governing force in the cardiac system.

Muscles, tendons, ligaments and blood vessels were known to the Egyptians in 2800 BC. It wouldn't be until around 400 BC that the Greeks would discover these things for themselves.

Medical schools existed at least 2 ½ millennia longer in Egypt than they did in the time of the Greek "father of medicine", Hippocrates.

In the Egyptian medical system of 2800 BC there was always a clear distinction between doctor and *surgeon*. (*The Smith Papyrus was exclusively for surgeons*)

#### Colostrum Following Surgery

The most common injuries reflected in this medical treatise are fractures and broken bones. Little wonder, when consideration is made of the tens of thousands of mechanics and workmen employed on the vast public works projects such as temples, palaces and pyramids, where accidents must have been plentiful indeed! Therefore, it isn't difficult to understand why there are 33 cases of injured bones among the 48 cases mentioned in this treatise.

After resorting to surgical measures, the ancient surgeon's two favorite remedies for an injury were "fresh meat" and "new birth milk." (Cows were abundant in Egypt as suggested by the 41 st chapter of Genesis.) The repaired injury was first rinsed with "new birth milk" or colostrum, after which a piece of "fresh meat" was applied, but only for the first day. It was bound on and then usually followed by an application of lint saturated with ointment composed of a little "new birth milk", melted animal fat and honey, which was also held on with elaborate bandages. The treatise suggests that "new birth milk" or colostrum be given to the patient internally to prevent tetanus from occurring in cases of serious injury to the skull.

Some of the other interesting *materia medica* mentioned in The Edwin Smith Surgical Papyrus are a decoction of willow (essentially salicin from which aspirin was first derived), employed as a disinfectant; eil ammoniac application for allaying inflammation; and for astringent purposes, a solution containing salts of copper and sodium.

In a 1983 issue of Endocrinology (112 (6) 2215-7: 13-18), doctors specifically mentioned that the oligo- and polysaccharide compounds in colostrum bind many types of bacteria and prevent them from attaching to or entering the body through the mucosal membranes. Talk about a déjà vu experience! The surgeon author of Smith Papyrus had "already been there, done that, and moved on" numerous times to other patients some 4,800 years ago from our present time!

### **Help for Different Body Systems**

**The entire body is composed or made up of 11 various systems. These can be semi-dependent to some extent, but still interconnected enough to function as a whole for general well being.**

**Colostrum is good for all of them, only in different ways.**

Drawing from my own personal experiences as well as evidence from numerous medical and scientific journals, I've compiled a fairly good, compact but thorough, list of therapeutic uses for the body's different operating systems. I've chosen to approach the matter in this manner instead of attempting to deal with the many individual maladies, which plague each or several systems. I believe that by doing so the reader may have an expanded understanding of just how comprehensive in coverage colostrum may be. The usual method of associating colostrum with this, that or another disease type is too self-limiting. My approach tends to cover broader ground, both in a treatment as well as a preventative sense.

### **BODY SYSTEMS and COLOSTRUM BENEFITS**

**1. CARDIOVASCULAR:** consists of the heart and blood vessels by which blood is pumped and circulated.

Many cardiac diseases are the result of immune sensitization to cardiac antigens. Such immune mediated injury results in the presence of inflammatory cells within the myocardium, leading to myocarditis. New England Journal of Medicine 330 (7):1129 (April 21, 1994). Colostrum immunoglobulin can prevent this from happening.

**2. CIRCULATORY:** flexible channels through which blood and nutrient fluids circulate and form a closed route of delivery that starts and ends at the heart.

Certain colostrum compounds are effective against different types of amoeba, some of which infect the blood. Advances in Experimental Medicine & Biology 216B: 1347-52 (1987). In the latter half of 1988, I recommended Sovereign Laboratories colostrum LD capsules (10 per day) to a 32-year-old white woman

who contracted the naegleria ameba from an indoor chlorinated public swimming pool. In two months of steady therapy her blood infection was satisfactorily arrested. Colostrum also helps to prevent blood platelets from becoming sticky and bunching up like clusters of grapes which could eventually lead to a stroke.

3. DIGESTIVE: the organs here can be separated into two principle groups: (A) the alimentary canal and (B) the accessory digestive organs. The alimentary canal is perhaps better known as the gastrointestinal (GI) tract and includes the mouth, pharynx, esophagus, stomach, small intestine (small bowel) and large intestine (large bowel). The accessory digestive organs are the teeth, tongue, gallbladder and a number of large digestive glands-the salivary glands, liver and pancreas. This system basically stretches from the mouth all the way down to the rectum. One practitioner, Dr. Bernard Jensen, classified part of these organs (the upper and lower bowels) as a separate system, which he designated as the *eliminative* system.

Medical science has pretty much determined "that the gut can be a reservoir for systemic infections." Archives of Surgery 125:403 (March 1990). Pathogenic bacteria can move from the gut into the circulatory system with very little effort when the health of the GI tract has been compromised in some way. This sets the stage for inflammatory joint diseases like rheumatoid arthritis. Clinical & Experimental Rheumatology 8:75-83 (1990). However, "immunoglobulin from bovine colostrum contains [significant] antibodies [that are used] against a wide range of bacterial, viral and protozoa pathogens as well as against various bacterial toxins" that lurk in and spread out from the GI tract. Clinical Investigator 70:588 (1992). Colostrum also effectively protects the gut against *Helicobacter pylori* bacteria, which has been implicated in most primary duodenal ulcer disease. Journal of Infectious Diseases 177:955-61 (April 1993).

4. ENDOCRINE: this consists of a series of ductless glands that secrete messenger molecules called hormones into the circulatory system. The major organs here in terms of importance are: the pituitary gland, the thyroid gland, the parathyroid glands, the pineal gland, the pancreas, the thymus and the gonads (male testis and female ovary). Through the many different hormones generated by these organs, the endocrine system controls and integrates the functions of other organ systems in the body. In playing a general integrative role, this system resembles the nervous system, with which it closely interacts. Other endocrine structures may also be found in the GI tract, kidneys and skin.

Hormones are molecular triggers in that they initiate a wide array of physiological responses in many different organs and glands scattered throughout the body. These numerous integrated responses keep the body in a state of wellness at all times. However, as we become older the quantity of such vital hormones tends to diminish quite a bit. The most common evidence for this is the "decrease in the lean body mass, the increase in adipose-tissue mass and the thinning of the skin." These conditions are brought about, in part, by diminished secretions of human growth hormone, insulinlike growth factor one (IGF-I) and corresponding hormones. But when they are reintroduced into the body through supplementation, fat tissue subsides, lean muscle mass is reacquired and the skin becomes thicker again. New England Journal of Medicine 323:1-6 (July 5,1990). Colostrum contains significant levels of human growth factor, IGF-I and related compounds which reintroduce key hormones to the body that trigger physiological responses favorable to its well-being. Journal of Biochemistry 251:95-103 (1988); Comparative Biochemical Physiology 94A (4):805-08 (1989).

**5. INTEGUMENTARY:** the skin and its appendages (sweat glands, oil glands, hair and nails) make up the body's outer organs.

Pathogenic viruses and bacteria require iron for reproduction purposes. Lactoferrin is one of the components found in mammalian colostrum. It binds up the iron needed by such pathogenic agents, thereby denying them the ability to spread more. Colostrum lactoferrin has successfully inhibited human herpes simplex virus-1 in vitro infection and its replication in human embryo lung host cells. Japanese Journal of Medicine, Science and Biology 47:73-85 (1994). Epidermal growth factor, essential for healthy skin and muscle tissue, is another hormone stimulator occurring in colostrum. Gann,75:109-12 (Feb. 1984); and Biol. Neonate 57:35 (1990).

**6. LYMPHATIC:** this system is closely related to the cardiovascular system. It actually is made up of two semi-independent parts: 0) the lymphatic vessels and (2) the lymphoid tissues and organs. The lymphoid organs -- the lymph nodes, the spleen, the thymus, the tonsils, the aggregated lymphoid follicles in the small intestine (Peyer's patches) and the appendix are important components of the immune system.

A prominent microbiologist has declared that "colostrum has ... a systemic effect on the immune system." In his opinion colostrum is "clearly one of the richest immunological cocktails" ever produced in the mammary glands of dairy cows. (B.M. Ley, Colostrum: Nature's Gift to the Immune System Temecula, CA: BL Publications, pp.68-69, (997). Colostrum strengthens the body against rotavirus, which has been

routinely implicated in acute diarrhea in infants and young children. Acta Paediatr. 84:995-1001 (1995). Cryptosporidia<sup>1</sup> diarrhea is common to AIDS patients and usually leads to malnutrition and eventual death but can be successfully contained with regular bovine colostrum treatments. AIDS 4: 581-84 (1990). Even as far back as 1950, the Polish-American microbiologist, Albert Bruce Sabin, the inventor of the oral polio vaccine, presented convincing scientific data showing the presence of poliovirus inhibitory factors in colostrum. American Journal of Diseases of Children 80: 866 (1950). Some years later he reported a major advance in cancer research, claiming to have evidence in support of the viral origin of human cancer and the possible role of colostrum in its prevention only. M. Magnusson and R. Goring, Editors, Chambers Biographical Dictionary Edinburgh: W. & R. Chambers Ltd., p.1282 (1993). One of the dramatic cases of a severely compromised immune system was that of Kaye Wyatt of Sedona, AZ. At one point in her long struggle she declared, "My immune system was losing its fight against continual bacterial and viral infections -I was *dying!*" But a naturopathic physician introduced her to colostrum and completely turned her life and health around for the better. Daniel G. Clark, M.D. and Kaye Wyatt, Colostrum, Life's First Food (Salt Lake City, UT: CNR Publications, 1006; pp. 3,7).

7. NERVOUS: there are three distinct but interconnecting systems which comprise the whole: (1) the central nervous system (CNS), (2) the peripheral nervous system (PNS) and (3) the autonomic nervous system (ANS) which is divided into the sympathetic and the parasympathetic. The CNS comprises the brain and spinal cord. The PNS lies outside of these two and accounts for sensation, and the movement of skeletal and visceral muscles. The ANS causes movement of the smooth muscle, cardiac muscle and glands. Its two divisions counterbalance each other with contractions/secretions (the sympathetic) and rest/relaxation (the parasympathetic) to conserve energy.

Deep within the brain is the choroid plexus. This tissue secretes most of the cerebrospinal fluid (CSF) which flows from the upper brain downward into the third and fourth ventricles or cavities near the brain stem. From there it either wells up over the brain's surface or flows down the spinal canal. Ultimately it is absorbed into the bloodstream. CSF is a clear, colorless liquid that constantly bathes the brain and spinal cord. Scientists now think that its currents carry important signals for sleep, appetite and sex.

Proline is a nonessential amino acid occurring in the brain and CSF. It is believed to have an important role in brain and nerve functions. E. R. Braverman, M.D. and C.C. Pfeiffer, M.D., The Healing Nutrients; New Canaan, CT: Keats Publishing; pp. 211; 217(1987). An immunologically active polypeptide that is rich in proline has been found in colostrum. Molecular Immunology 20:1277 (1983). This means that

colostrum can be very useful for the function of the central nervous system (CNS). Additionally, cerebrospinal fluid (CSF) contains such sleep-inducing substances as interleukin-1, a protein involved with immune system functions. Science News 151 :356; (June 10, 1995). It is believed by some scientists that colostrum antibodies help to initiate the production of body interleukin-1, if not to actually contribute it, or, quite possibly, to do both through a specific RNA (ribonucleic acid) peptide known as "transfer factor". Progress in Drug Research Basel: Birkhauser Verlag, 42:310-91 (1994). This undoubtedly helps to explain why those who take bovine colostrum regularly every night before retiring enjoy such deep and restful sleep as compared with those who don't supplement in this manner. Multiple sclerosis (MS) is a progressive disease of the CNS. In one particular study MS patients were orally administered IgA-rich bovine colostrum every morning for one month with daily dosages of 100 milliliters. Doctors in charge of this experiment noticed that patient disabilities decreased somewhat and a general improvement in their conditions became evident. Medical Microbiology & Immunology 173 (2): 87-93 (1984) Thus, we can discern from the selected pieces of evidence given that colostrum is of great value for all three types of nervous systems at different levels of performance.

**8. REPRODUCTIVE:** all other body systems operate almost continuously for the general maintenance of good health. But this particular system "slumbers" until puberty, after which it awakens in adulthood for the common purpose of producing offspring in both sexes. The primary sex organs are the male testes and the female ovaries.

Reproduction is as basic a function as sleeping and eating. Scientists suspect cerebrospinal fluid may influence it as well. Various studies have reported that gonadotropin-releasing hormone (GnRH) appears in the CSF of animals and humans, suggesting that it influences sexual behavior in both types of mammals. The brain's pineal gland secretes the sleep-inducing, reproductive activating and biorhythmic controlling hormone melatonin. This is secreted directly into the CSF. Science News 155:59; (Jan.23, 1999). Colostrum undoubtedly assists in the release of both of these hormones (GnRH and melatonin), since it is known to give "enhanced sexual performance" and "shockingly younger" sexual energy in those who faithfully use it. Dr. Morton Walker, Townsend Letter For Doctors, Issue No. 189, (April 1999); and Kaye Wyatt in Dr. Daniel G. Clark's Colostrum: Life's First Food, Salt Lake City: CNR Publications, p.9 (1998).

9. RESPIRATORY: the chief organs here include the nose and nasal cavity, the pharynx, the larynx, the trachea, the bronchi and their smaller branches and the lungs, which contain terminal air sacs. Air oxygen is inhaled and waste carbon dioxide is exhaled to keep us alive.

Those who are afflicted with asthma usually have hypersensitive lungs that are easily provoked into constrictions. But the potent immune-boosting proline-rich polypeptide found in colostrum can help to regulate or reduce this respiratory sensitivity, thereby making airflow normal and uninterrupted.

Beth M. Ley, Colostrum: Nature's Gift to the Immune System; Temecula, CA: BL Publications, p.44 (1997). Those who have used bovine colostrum from Sovereign Laboratories report wonderful improvements in other types of respiratory ailments. Ronna Lee Hoffman of Parkersburg, West Virginia, gave one capsule daily to her five-year-old daughter to "treat her allergies" (handwritten testimonial dated September 1997). Pat Newson of Salt Lake City, Utah started taking *one half* teaspoon three times daily and got "over my cold on the third day" (handwritten testimonial dated September 26, 1995). (Both testimonials courtesy of The Center for Nutritional Research; in Sedona, AZ).

10. SKELETAL: strong yet surprisingly light, it consists of bones, cartilage, joints and ligaments. Together these comprise almost 20% of human body weight. The 206 known bones of the body's skeleton are grouped into the axial and appendicular skeletons. The first forms the long axis of the body and includes the skull, spinal column and rib cage. The latter consists of the bones of the upper and lower limbs, including the girdles (bones of the shoulder and hip) that attach the limbs to the axial skeleton.

At least one major alternative medical journal has proposed that colostrum be used in conjunction with spinal manipulation for a more satisfying chiropractic treatment. The justification given for this is that several colostrum compounds (including IGF- I) help to reduce muscle tension and inflammation; promote cartilage repair; and generally ensure better overall skeletal health. The American Chiropractor, pp.4-5 (Nov. 1991).

11. URINARY: this is the body's purification plant, which allows internal fluids to be constantly filtered of waste contaminants that are frequently voided as urine. The major components of this system are kidneys, ureters, urinary bladder and urethra.

From childhood through late middle age, most problems that affect the urinary system are infections. *Escherichia coli* produces 80% of all urinary tract infections. But the various immunoglobulins in colostrum

protect the urinary tract from this type of enteropathogenic bacterium. Journal of Medical Microbiology  
13(2): 265-71; (1980).

## CHAPTER THREE

# COLOSTRUM AND DISEASE RESISTANCE

### Nature's "Perfect Food" Antibiotic

For many years the immune boosting capabilities of colostrum have been extensively studied by scientists the world over. Laboratory evaluations and work with both animal and human models have clearly demonstrated the efficacy of colostrum against potentially harmful bacteria and viruses which can lead to many unpleasant discomforts.

There are far too many reports to include in this small booklet. A few selected ones have been cited to help prove the point that when put inside the body on a fairly regular basis, colostrum will accomplish many wonderful things for the benefit of those wise enough to use it.

Not only does colostrum work hard against infection by assisting the immune system in the performance of its duties, but it also greatly helps in the management of those several problems that are the outcome of infection. Conditions for which colostrum has proven itself especially useful may be summarized in this manner:

1. **LACK OF ENERGY:** colostrum assists the digestive systems in producing more energy for physical and mental needs.
2. **INFLAMMATION:** the wide range of antibodies in colostrum helps to reduce general and specific inflammations.
3. **INFECTION:** the high level of immunoglobulins in colostrum permits a wide range of passive immunity against gut and lung encountered bacteria, viruses and yeasts.
4. **ELIMINATION:** colostrum helps restore friendly microbes to the digestive system for normal waste evacuation. It also enables the urinary system to void fluids without pain or difficulty.
5. **RANGE OF MOTION:** colostrum keeps the skeletal and nervous systems and accompanying muscles in good working order so that the body isn't too confined in its routine physical movements.
6. **APPEARANCE:** through the work it does internally, colostrum makes the skin look a lot better outwardly. It helps to reduce wrinkles and tone the integumentary system by restoring luster and elasticity lost through aging. In short, colostrum can make a person feel young and well again or help to maintain any present levels of such for a very long time.

## Disease Resistance

Colostrum is known to contain a number of exciting components, which offer tremendous front-line defenses against a wide variety of pathogenic microorganisms. Some of the most significant of these immune factors are sulphur-based immunoglobulins. They make up close to 45% of the proteins in human blood serum. There are five classes of them found in all mammalian life. They always begin with the abbreviation Ig (short for immunoglobulin, of course) and are easily distinguished from each other by one of several capitalized alphabet letters that follow them e.g. IgA, IgD, IgE, IgG and IgM.

Each one has its own peculiar structure and duty to perform in the body. This class of immune factors consists of protein chains that are each made up of hundreds of different amino acids. Colostrum carries all of these immunoglobulins in different amounts. IgG happens to be the most abundant one and moves around primarily in the circulatory and lymphatic systems. There it can be of the greatest effect in neutralizing chemicals, toxins and other foreign invaders. IgA is secreted naturally by the body in tears, saliva and by mucus membranes. A second kind of IgA operates in the blood serum. IgM is known to vanquish bacteria. IgE and IgD are heavy artillery in stopping invading armies of nasty viruses.

Other immune-boosting components in colostrum are lactoferrin, proline-rich polypeptide (PRPs), insulin-like growth factors (IGFs), cytokines, lymphokines, glycoproteins, trypsin inhibitors and saccharides. Lactoferrin is an iron-binding protein that occurs on the surface of mucosal tissue and in the circulating plasma. It plays a major role in cancer prevention. Proline-rich polypeptide (PRP) is the chief regulating hormone for the thymus gland. It is vital for the prevention and treatment of autoimmune diseases and allergies. The biological activities of the IGFs, especially IGF-I, are varied and many of these include accelerated tissue healing, blood sugar normalization, increased muscle growth, slowing or temporarily halting the body's use of muscle protein and stepping up fat metabolism for physical energy needs. Cytokines and lymphokines are extremely powerful immune components that work aggressively against harmful bacteria and viruses. Glycoproteins and trypsin inhibitors, among other things, prevent bacterial invasion of the mucosal lining of the digestive tract, which could lead to stomach ulcers. Finally, certain colostrum saccharides bind to pathogenic bacteria and keep them from adhering to the gut wall.

All of which goes to show just how wonderfully antibiotic this "perfect food" can be in protecting the overall health of the human body.

## Body Systems and Wellness Maintenance

In the previous chapter an examination was made of 11 different body systems and ways in which colostrum might play an active role for each of them. But since the vast majority of health conscious consumers still operate at a "disease conscious" level, I thought it best to accommodate them by mentioning a number of physical problems for which colostrum can be used. However, I took the additional liberty of alphabetically arranging them under one or several of the different body systems to which they rightfully belong.

Bear in mind, though, that while colostrum is going to be of some definite assistance to each of these disorders, it in no way suggests that this bovine substance serves as an actual treatment for them. Only medical doctors are qualified enough to diagnose and prescribe. But what can be realistically expected from colostrum is this: it will fortify each one of these **11** different systems to varying extents, thereby relieving much of the physiological stresses that they experience while in an ill state of affairs.

The amount of colostrum to be used at any given time depends, in part, on the condition(s) for which it is being employed. Generally speaking, however, two to four 480-mg capsules twice daily on an empty stomach with 8 ounces of water or other fluid is suggested. For children and pets, 1-2 capsules twice daily may be opened and sprinkled over a small amount of food for them. The powdered colostrum may be taken twice daily, one teaspoon placed under the tongue and held there for 30 seconds, followed with 8 ounces of water. 1/2 -1 teaspoon twice daily sprinkled over food is recommended, though, for young children and pets.

## Colostrum Therapy for Physical Problems of Different Body Systems

Colostrum therapy works, as numerous individuals all over North America and elsewhere in the world will readily testify. It is more than a placebo and exerts very *definite* actions upon the various body systems each of us has. It would, of course, be irresponsible to say that colostrum is the "wonder drug" or "miracle food" for the 21<sup>st</sup> century. We're not talking about the mysterious waters of Lourdes in southwestern France, to which tens of thousands of sick and disabled journey annually in hopes of getting well again once they bathe in or drink from it.

But application has demonstrated, and science has backed up to a certain extent, that colostrum is quite capable of assisting the body in various degrees of recovery from different ill states and of renewing the life and vitality of its assorted systems.

### BODY SYSTEMS AND THE PHYSICAL PROBLEMS THAT COLOSTRUM BENEFITS

**CARDIOVASCULAR:** Cardiomyopathies, carditis, congestive heart failure, endocarditis, Lyme disease, myocarditis.

**CIRCULATORY:** Blood clots, candidiasis, pernicious anemia, phlebitis, pus, septicemia, sickle cell anemia, thrombophlebitis, and varicose veins.

**DIGESTIVE:** Alcoholism, appetite loss, cavities, cholera, chronic fatigue syndrome, constipation, diabetes, diarrhea, dry mouth, dysentery, edema, environmental illness, gastroenteritis, hepatitis, hypoglycemia, irritable bowel syndrome, leaky gut syndrome, mouth sores, obesity, oral thrush, pancreatitis, parasites, peptic ulcer, rotavirus infection, "stomach flu", food poisoning.

**ENDOCRINE:** Addison's disease, Cushing's disease, diabetes, Grave's disease, hyperthyroidism, parathyroidism.

**INTEGUMENTARY:** Acne, athlete's foot, boils, carbuncles, cold sores (fever blisters), dermatitis, eczema, herpes simplex, lupus erythematosus, melanoma, psoriasis, rash, scleroderma, skin ulcers, sores, typhoid/typhus, wounds.

**LYMPHATIC:** AIDS, appendicitis, breast cancer, chicken pox, Hodgkin's disease, human immunodeficiency virus (*HN*), lymphagitis, lymphoma, measles, mononucleosis, mumps, syphilis, and tonsillitis.

**NERVOUS:** Amyotrophic lateral sclerosis (Lou Gehrig's disease), diabetic neuropathy, encephalitis, fibromyalgia, herpes simplex, infectious paralysis, meningitis, myasthenia gravis, multiple sclerosis, muscular dystrophy, myelitis, neuralgia, neuritis, neuropathy, parasthesia (burning or tingling numbness), polio, shingles, tetanus, typhoid/typhus.

**REPRODUCTIVE:** Breast cancer, endometriosis, ovarian cancer, prostate cancer, prostatitis, and sexually transmitted diseases.

RESPIRATORY: Allergies, asthma, bronchitis, common cold, croup, influenza, nasal polyps, pneumonia, sinusitis, sudden infant death syndrome (SIDS), tuberculosis, whooping cough.

SKELETAL: Ankylosing spondylitis, arthritis, bone cancer, bursitis, cartilage injury, Lyme disease, osteoarthritis, osteoporosis, rheumatism, and rheumatoid arthritis, sprains, tendonitis.

URINARY: Bladder cancer, Bright's disease, cystitis, kidney infection, sexually transmitted diseases.

## CHAPTER FOUR

# THE CELEBRATION OF LIFE: TESTIMONIES FROM COLOSTRUM USERS

### Colostrum May Be the Only Supplement You'll Ever Need

For many people good health is something they've worked hard to achieve. Their state of wellness wasn't handed to them on a silver platter by any means. They exercised, dieted, meditated and supplemented themselves into a wonderful life of feeling great mentally, emotionally and, of course, physically! But while a certain amount of effort is obviously necessary for the first three things, the last item of supplementing can be made fairly simple.

Having been one of America's most recognized experts in the health food arena for over a quarter of a century now, I can tell you as a fact that you *don't need* most of the products being avidly promoted by the supplement industry in thousands of health food stores, large and small, scattered all over North America. Some years ago a student of mine presented me with a gift he had made in his woodworking class. It now hangs in my office above my desk. On a plain piece of varnished white pine that he later framed in a darker wood he had engraved these words: "Simple is better. Excess is stupid!"

Each time I look at it I am reminded of the purchasing excesses that many health-conscious consumers are guilty of. They are being inundated with self-help books, alternative health data and TV/radio talk shows. I attempt to educate my audiences with smart shopping advice when it comes to health food supplements.

If the digestive system is not working properly, distribution of nutrients is going to be impaired. First the supplements must be absorbed into the gut. Then they are assimilated throughout the body. It is estimated that only 30-40% of all supplements ingested on a daily basis actually work the way they are supposed to. Therefore, the main thing to keep in mind when shopping for supplements is the digestive system.

Look for items already packaged by nature, meaning man has had little involvement in its preparation. Some of these items would be raw honey, cooked oatmeal, goat's milk, organic carrots *and* bovine colostrum. Untreated honey has more enzymatic action than the best enzyme pills on the market. Cooked

oatmeal with goat's milk will give you enough fiber to regulate your system and keep your heart healthy. Beta carotene (provitamin A) comes from carrots, while Vitamin C can be obtained from the green tops of the carrots.

And if you desire something that has multiple-purpose uses, then think of bovine colostrum.

In some ways it's equivalent to one of those famous Swiss army pocketknives-it's a can opener, screwdriver, scissors, pliers, fork and knife all rolled into one! As we have seen from previous chapters, colostrum works in all eleven major body systems, but *especially* with the digestive tract. Whatever colostrum is taken with will be absorbed better and assimilated more completely than without it. Colostrum, in fact, is known to give greater mileage to every *other* health food supplement around.

For years on television there have been an endless variety of infomercials touting the wonders of different types of gas additives. Just put a little in your fuel tank every time you fill up at a service station and watch those miles-per-gallon rise dramatically, or so the commercials tell us.

Bovine colostrum is the fuel additive for everything your body vehicle consumes on a daily basis in the way of food, liquids and assorted supplements. Not only will you feel better, but everything ingested will go a lot further in giving you the energy, stamina and vitality your systems so richly deserve.

An old adage of yesteryear claims that "the proof is in the pudding." There is something to be said for first-hand information given in-person. Besides my own selected experiences from those whom I've put on colostrum, there are also others, equally verifiable. Some of the better experiences have been placed here towards the back for the benefit of those who may be reading this little booklet now. These stories are true and the people relating them are just as genuine as you or I.

No one paid them to say these things. Such actions were purely voluntary because everyone who has used bovine colostrum came away with a positive assurance that something fine from nature works like a charm inside the human body. And when convictions about a substance this good run so deep, there is bound to be a self-motivated desire to want to share with others that thing which you have become fully converted to!

## A Tale from the Crypt

My all time favorite story about the healing wonders worked by colostrum comes from a mortician who works for a large funeral home that owns a private cemetery and mausoleum. Because of a confidentiality agreement made with this fellow, neither his name nor employer, nor the city they reside in can be identified. Allowance was only made for the use of his initials J.R. This man's wife came to one of my health lectures delivered in the late fall of 1998 in a large major metropolitan city of America. After I was finished speaking, she came up and sought for some private nutritional advice regarding some of her husband's health problems.

In such situations I always try to act responsibly and remind people that the doctor in my title is a Ph.D. and not a M.D. I deliberately do this so they can differentiate between the two. Having said this, I cordially invited her to share with me whatever she felt like saying. To neatly sum up her long and drawn out narrative, she informed me that *J.R.* was "43 pounds overweight for his size (he stood 5 foot 9 inches tall); has a very high blood pressure (his last reading was 160/100 mmHg); complains of migraines; suffers from borderline diabetes (Type II or non-insulin dependent); hypoglycemia (low blood sugar); possibly congestive heart failure (her guess, not mine); and irritable bowel syndrome (his doctor told her so following a colonoscopy on him)."

After catching her wind a few times, she sat down, pulled out a big yellow legal-sized pad with ruled paper, and with pen in hand said matter-of-factly, "Okay, go ahead ... I'm ready." Undoubtedly she figured that I was going to suggest an arm's length list of things for her to get at her local health food store. But I told her to put away her pad and pencil, explaining that I worked from the philosophy of "less is better than more!"

I retrieved a bottle of colostrum capsules from my briefcase. I presented these to her with instructions to have her husband take nine capsules every day; three per meal, for 3-4 months. I also advised that *J.R.* walk more; drink a greater amount of water each day; and eat less fried and deep-fried foods. Other than that there was nothing else recommended.

She was, to put it mildly, quite astonished at such a simple program. In fact, she appeared slightly miffed that my plan wasn't more involved and heavily detailed. But she agreed to implement the counsel given right away. I handed her a business card and asked if she would let me know in a few months how things were going.

About five months later I got a call one afternoon from this undertaker's wife. She was happy to report that *J.R.* had experienced a complete "health makeover" (as she aptly phrased it) with colostrum, walking, water and "greaseless diet". A synopsis of his miraculous health turnaround appears below:

-- J.R. lost 29 pounds in 4.5 months.

-- His latest blood pressure reading indicated a near ideal rate of 127/82 mmHg.

-- His constant headaches cleared up.

-- The man's blood sugar level was nicely balanced.

-- Less shortness of breath, a slower heartbeat, reduced swelling in the lower extremities, and more energy was evident.

-- All symptoms of diarrhea, gas, bloating and cramping had virtually disappeared.

"He's a well man again. Thank you so much," she said with obviously sincere appreciation. Thanks to colostrum, exercise, fluids and prudent eating habits, *J.R.* had definitely cheated death out of another victim for many more years to come. After all, in his line of work it wouldn't look good if he were caught falling down on the job, now would it?

#### She Sleeps Well and Looks Terrific With Fewer Health Products

"My name is Mary Ann H. Dissinger. In the spring of 1998, I started using New Life Colostrum. In just two weeks I have noticed some changes, although I'm in relatively good health. First, I felt warm at night, indicating an improvement in my circulation. A few days later I noticed the blood starting to circulate in my face, healing damaged nerves from an auto accident I suffered 30 years ago.

"My elimination has greatly improved. It is now more regular and moves quite frequently. Also, my skin has become more supple. I sleep better, too, and have started to dream again! My blood pH has become alkaline instead of acidic (as it used to be) in just 10-12 days. I need fewer other health products while on colostrum. *It does work!* I believe that it helps each person's body make needed changes to stay or become healthier. Thank you." (From an original typed and hand-signed letter dated 3/21/98.)

### The Flu Flew Far From This Fellow

"I'm Robert Wright of West Valley City, Utah. As of today (11/2/1995) I have consumed one bottle of colostrum. My stomach/intestinal tract has never felt better. I have had many problems with bloating and indigestion. There were so many types of foods I simply could not eat. Now, I don't have those kinds of problems anymore. I can eat just about anything I darned well please.

"Oh, and one other thing .. I have noticed lately that the flu bug that everyone is getting seems to be passing me by. Heading south, I guess, for the winter." (From an original handwritten document dated 11/12/1995.)

### Yoga Class Resumed When She Became Free of Arthritic Pain

Yoga is a specific type of Hindu philosophy which has prevailed since 2000 BC. It is usually accompanied by a set of stretching, breathing, sitting and meditating exercises, done under the careful guidance of a trained teacher. The ultimate purpose for this highly disciplined activity is to hopefully purify the soul, calm the body and detach the mind from the external world. Through such efforts the highest state of ascetic peace may be achieved.

Here is one woman's story of how colostrum helped her to obtain "peace without pain."

"My name is Sharon Goodman. My tale is quite simple. I have been practicing yoga for years and enjoyed the bliss it helped me to attain. That is, until I was diagnosed with arthritis in my knees and given a prescription by my doc for pain pills, which I never took anyway. That's bad karma, to be taking junk like that!

"I also had stiffness in my hands and sat each day working them by stretching them out and then squeezing a small, soft rubber ball in each palm. But my inner peace became the pits-I was like all frustrated because I couldn't connect anymore with my inner self on account of the intense pain I suffered.

"Then a dear friend introduced me to colostrum. The very first day I took 3 capsules in the morning, 3 in the afternoon and 3 again at night. I repeated this procedure again the next morning and the day after that. It wasn't until the morning of the third day that it finally dawned on me the stiffness and soreness in my knees were gone for good. Also, I noticed that my hands no longer ached and hurt like they used to.

"I immediately went back to my yoga in a very happy frame of mind, buoyed up by the confidence which this colostrum has given me. I've been using it faithfully now for almost a year. And feel there can be no sweeter path to the bliss each of us are seeking than through yoga and this particular brand of colostrum." (Related to the author in New York City in September, 1998.)

#### "Praise the Lord" (and Pass the Colostrum)

Certainly, one of the most colorful anecdotes came from a dear, sweet lady in Houston, TX who just asked me to use her first two names. Clara Beth is 57 years of age. Her husband is a "ball-of-fire" Pentecostal minister and can really "whup the Devil good when he has a mind to," she exclaimed. "I used to accompany him around to all the tent revivals until arthritis set into my hips. I then had to get around on a little motorized scooter, which his ministry bought and paid for.

"It didn't look good," she continued, "for him to be up there on the platform healing all of those sick folks, while right off to the side was myself, his wife, sitting there on my car. I guess it was one of those 'physician heal thyself' situations, but folks knew better than to ask him so he didn't raise much of a fuss with me about it.

"Well, sir, during one of his 'hellfire-and-damnation' services, one of the young wives of an associate pastor slipped over to where I sat off in a corner of the tent and whispered into my ear about colostrum. I asked her to go out and buy me some, which was done. I started taking 8 capsules a day and stopped using the Indisol, which my doctor had prescribed.

"To tell you the truth, I was more willing to try just about anything at that point in my life. Not only was the pain intense, but the emotional embarrassment which my problem caused for my husband, who himself was unable to heal me, vexed me to no end. The good luck I had with colostrum was truly a miracle! The arthritis in my hips went away, I lost weight and felt better too.

"When I related this to my husband, he simply looked heavenward with both hands outstretched and raised, and loudly exclaimed, 'Praise the Lord!' At the same time he did this I said a soft prayer in my heart, thanking God for leading me to this health-saving miracle."

## Recuperation Time Cut In Half

William J. Wyatt of Salt Lake City, Utah wrote these words in a testimonial sometime ago (dated 9/12/95):

"Four weeks ago I had a total left knee replacement. I had been taking colostrum for the past 2 ½ months. The healing from this surgery has been unbelievable. Much to the surprise of my doctors, I went to a dance just 14 days after the operation and have danced several times since. The doctors had originally given me a month's recovery time."

## APPENDIX

### PRODUCT INFORMATION

For more information on bovine colostrum:

Center for Nutritional Research, visit [www.CenterForNutritionalResearch.org](http://www.CenterForNutritionalResearch.org) or send inquiries to [mail@icnr.org](mailto:mail@icnr.org)

To reach Dr. Heinerman for personal health questions or to order any of his 57 different health books, enclose with your inquiry an SASE (self-addressed, stamped envelope) for a response.

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