

Nourishing And Life Giving Colostrum Is Vital To Newborns And Adults

All female mammals, including humans, produce colostrum soon after giving birth, and before proper milk is produced. It is a milk-like substance that provides newly born infants with a boost to their immune system and gives immediate protection against the germs with which they are about to come into contact.

It also, incidentally, promotes the child's first bowel movement to rid it of the large amount of dead blood cells created when it's blood supply was drastically reduced after the severing of the umbilical supply.

It is now believed that colostrum will help not only newly born infants, but also grown adults. If your immune system is weak or you are suffering from a condition that could be helped by a boost to your immune system, colostrum might be what you need to help you fight off what is ailing you. This has become clear after the way that colostrum works has been established.

Transfer factors were discovered in 1949 by Dr. H. Sherwood Lawrence of the New York University School of Medicine. He found that when he injected an extract of the leukocytes of somebody that had previously been infected with tuberculosis, the natural immunity was transferred from the donor to the recipient. He called this extract the 'transfer factor', and a means of transferring immune response factors between people was born.

However, the sharing of transfer factors between people suffering from serious conditions such as the HIV virus or hepatitis is a high risk action, and fifty years later, in 1999, bovine colostrum was discussed at a transfer factor conference in Mexico. Bovine colostrum contains large quantities of transfer factors such as IgG type immunoglobulins and hydrogen peroxide. The latter is commonly produced by our body cells to fight off invading pathogens, and immunoglobulins are very effective in fighting some diseases that can be fatal to AIDS patients. Take *Cryptosporidium parvum*, for instance. This microorganism causes a form of diarrhea that AIDS patients have no defense against but that colostrum can be particularly effective against, and it is also effective against rotavirus that is the main cause of diarrhea in young children.

Before discussing this further, let's go back a step and examine how bovine milk came to be included in the equation. At one time it was believed that a baby received its immunity from the mother while in the womb and that this was extended via the mother's milk. However, it was discovered that the milk contained no antibodies as such, only the colostrum, and these antibodies had somehow been transferred to the baby.

This was explained by the concept of the transfer factor. It is not the antibodies that are being transferred from mother to child, but the transfer factor. This modulates the immune system of the recipient and teaches it how to create antibodies against the specific antigens that the donor's antibodies protect against and to inform the recipient's immune system when these antigens are present.

The next step was to test the theory that the transfer factor should be able to be passed between species, and the cow was the obvious initial choice since not only are cattle exposed to many of the same antigens as humans, but we already use cow's milk as a food source – particularly for babies and children. It worked! It was found that when humans were fed cow's colostrum the specific antibodies were later found in the blood of the person given the treatment.

The next step was to determine the form in which this substance could be used, and injections of various types were tried without success. It was established that the only means of administering colostrum was by drinking it, or supplying it in capsule form. It can be drunk fresh or freeze dried to kill of living organisms and then fats and sugars removed and the resultant dried product encapsulated. It is even possible to remove all large molecules, antibodies, proteins, etc, and still retain the transfer factor. It is absorbed by the gut, and the resultant message passed to the recipient.

It is important to understand that it is not the immunoglobulins from the cow that are passed on, because these are species specific, and are in fact the source of most cow's milk allergies. There is no transfer of antibodies or any other specific parts of the immune system. What are passed on are the messengers, particularly the transfer factors that are not species specific. A cow's transfer factors would work just as well in a cat as in humans, only cats don't get the same diseases as cows and people.

The types of disease that colostrum can help to protect us from include viral and bacterial diseases, fungal diseases and parasites, and neurological and autoimmune diseases. If you have cancer, colostrum can help significantly since cancer and immune deficiency are related. Cancer cells are being formed all the time in your body, but your immune system generally disposes of them. However, if it fails to do this, then the cells can proliferate and lead to cancer as we know it. Colostrum can help your body to prevent cancer occurring, and if you have it, can help to reduce its spread.

Freelance journalist Sam Wainaina studied the effects of Ebola virus in Uganda after the 2002 outbreak, and concluded that had transfer factors been available during the outbreak to transfer immunity it might perhaps have been contained sooner than it was, and saved many, many lives. Although

transfer factors have been known of for 60 years, there is still a lot to be done in their application and studies on colostrum could help to accelerate this. Transfer factors alert immune cells to danger, train the system to generate the right type of immunoglobulins and boost NK cell activity to defeat the invaders. They can also moderate an over-active immune system that can be as much a danger to the body as an invading pathogen.

Colostrum can also be used to burn fat and create muscle tissue, and is popular with bodybuilders but it is for its healing and immunity-boosting properties that it is most used. Biotechnology companies are now boosting the colostrum's transfer factors by injecting cows with vaccines that create pathogens. Known as Ultra Colostrum this is an advance on the natural material.

About the Author

More information on [bovine colostrum](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanelonline.com/>

Source: <http://www.healthcrazed.com>