

First-Milking Colostrum Helps Arthritic Joints Feel Young Again



Here's a statistic that'll make you rub your knuckles: more than 20 percent of Americans suffer from some form of arthritis.

Whether it's osteoarthritis, caused by wear and tear, or rheumatoid arthritis, caused by an overactive immune system turning against its own tissues, joint pain is so common, most of us just consider it an inevitable fact of aging.

But it doesn't have to be that way. New research is showing that we can support our body's health against arthritis by ingesting a substance we usually encounter only when we're very young: colostrum.

Colostrum, also known as "first milk," is a fluid produced in the mammary glands of female mammals in late pregnancy and the first hours after giving birth. The first "meal" for a rapidly growing, immune-deficient newborn, colostrum is rich in the insulin-like growth factor (IGF-1) super family of proteins, as well as immune factors like proline-rich polypeptides (PRP), and anti-inflammatory sulfur compounds, like methylsulfonylmethane (MSM).

IGF proteins aid in the growth of cells, thereby helping to generate new tissues and repair damaged ones. Research appearing in the July 2012 Scandinavian Journal of Rheumatology found that sufferers of rheumatoid arthritis had lower plasma levels of IGF-1 compared to non-sufferers, indicating that IGF supplementation may help to support one's health against arthritis' symptoms.

On the immune-supporting front, colostrum's PRP has been shown to regulate immune response by inhibiting the over-production of T-cells, lymphocytes, and other immune cells. Lab tests of PRP have demonstrated its ability to stop the progress of overly aggressive immune responses, thereby relieving the pain and inflammation common to rheumatoid arthritis.

Further aid in combating inflammation comes from the sulfur compound, MSM, of which colostrum is a rich natural source. MSM is a well-established analgesic and anti-inflammatory. In a double-blind, placebo-controlled study of 118 osteoarthritis sufferers appearing in the 2004 Clinical Drug Investigation, scientists concluded that MSM

"significantly improved signs and symptoms of osteoarthritis compared with placebo."

In combining tissue regenerating growth factors then both of those with pain-relieving anti-inflammatory components, colostrum provides a holistic natural supplement to support one's health against arthritis. And, unlike non-steroidal anti-inflammatory drugs like Tylenol and aspirin, colostrum will not inflame the lining of your intestines.

The overuse of NSAIDs has been shown to trigger a condition called "Leaky Gut Syndrome," wherein the spaces between the cells lining the intestinal wall widen, allowing bacteria, viruses, fungi and other toxins to enter the bloodstream. A study in the May 1999 journal GUT found that bovine colostrum may be an effective way to support against NSAID-caused Leaky Gut Syndrome.

Alas, not all colostrum supplements are created equally, nor do all provide colostrum's most beneficial components at optimal concentrations. When choosing a colostrum supplement, you should be certain it is only made from colostrum collected within hours of a birth, and that the colostrum is "complete," with none of its components having been removed.

Only Anovite's Colostrum6 fulfills these demands, as it's the only colostrum supplement to be certified by associates of Cornell University as "true colostrum." Colostrum6 is low heat spray-dried, chemical-free, and uses no fillers. Furthermore, the bovine colostrum that goes into making Colostrum6 is recovered from cows within zero-to-six hours of them giving birth. Since it is a "first milking" colostrum, this means all of its nutrients are intact, including natural chymosin, which helps enter the gut. Help your body move and feel young again with the joint health-supporting benefits of Anovite's first-milking Colostrum6 products.

- Alex Muniz



REFERENCES

- Calnan D. et al. Bovine colostrum is a health food supplement which prevents NSAID induced gut damage. *Gut*. 1999 May;44(5):653-658.
- Dhaunsi G Haider M Uppal S. Insulin-like growth factor-1 gene polymorphism in rheumatoid arthritis patients. *Scandinavian Journal of Rheumatology*. 2012 Jul [Epub ahead of print].
- Naidu MU and Usha, PR. Randomised, double-blind, parallel, placebo-controlled study of oral glucosamine, methylsulfonylmethane and their combination in osteoarthritis. *Clinical Drug Investigation*. 2004;24(6):353-63.
- Zimecki M. A proline-rich polypeptide from ovine colostrum: colostrinin with immunomodulatory activity. *Advances in Experimental Medicine and Biology*. 2008;606:241-50.

Compliments Of:

