

Colostrum Helps “Clear the Air” for Asthma and Allergy Season



by Alex Muniz

The number of Americans with asthma and/or allergies is likely to make you gasp. According to the Allergy and Asthma Foundation of America, one in five of us—60 million people—now suffer from one or both of the conditions.

Asthma, nasal allergies and their attendant sinus problems—like infections and irritation—all stem from roughly the same root cause: The immune system overreacts to airborne irritants (dust, pollution, pollen, etc.) and produces too much of the antibody, immunoglobulin E (IgE), which in turn releases the inflammatory compound, histamine, ultimately causing excessive mucous production, watery eyes, and inflammation and constriction of airways.

The good news is you don't have to hold your breath waiting for a natural supplement to arrive and help balance this immune response. A wide range of research shows that supplementing regularly with bovine colostrum may help protect the body against asthma, allergies and sinus problems by supporting normal healthy functioning pathways.

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. As a rapidly growing, but immune-deficient newborn's first meal, 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 methylsulfonylethane (MSM).

IGF proteins aid in the growth of cells, and when it comes to helping regulate immune response, IGF proteins stimulate the thymus organ. From birth through early adulthood, the thymus is responsible for organizing and directing our body's immune system, but the thymus slowly weakens with age. A laboratory study, appearing in the August 1993 *Journal of Clinical Investigation*, found that IGF-1 supplementation increased the weight and size of the thymus in adult subjects, leading researchers to conclude that IGF is “of potential benefit to the functioning of the immune system.”

Similarly, the PRP in colostrum has been shown to inhibit the overproduction of T-cells, lymphocytes

and other immune cells, thus supporting a more balanced immune response to foreign invaders. A study appearing in the March 2008 *International Archives of Allergy and Immunology* found that PRP specifically lowered the body's overproduction of IgE, in turn helping prevent the inflammation and closing of the airways associated with severe allergies and asthma attacks.

Further aid in combating allergy and asthma-related inflammation, as well as sinus pain, comes from the sulfur compound, MSM, of which colostrum is a rich, natural source. The April 2002 *Journal of Alternative and Complementary Medicine* published a study of 55 seasonal allergic rhinitis (SAR) sufferers receiving 2,600 mg of MSM daily. Researchers reported that upper and lower respiratory symptoms were “significantly improved” among this group after 30 days of supplementation and that MSM may be “efficacious in the reduction of symptoms associated with SAR.”

Finally, owing to its development within domestic cattle, bovine colostrum also contains allergen antibodies that are cross-beneficial to humans and help support a balanced allergic response and healthy sinuses. Results of a lab test published in the 1991 *International Archives of Allergy and Applied Immunology* observed that bovine milk and colostrum contained antibodies for ryegrass pollen, house dust mites, aspergillus mold, and wheat proteins, among others.

Alas, not all colostrum supplements are created equal, nor do all provide colostrum's most beneficial components at optimal concentrations. When choosing a colostrum supplement, it is most important to find a brand made from colostrum collected within hours of a birth, and that the colostrum is “complete,” with no components 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 contains zero fillers. Furthermore, the bovine colostrum of Colostrum6 is recovered from cows within zero-to-six hours of them giving birth. As a “first-milking” colostrum, all of Colostrum6's nutrients are intact, including natural chymosin, an enzyme that helps ensure the bio-availability of colostrum nutrients.

Breathe easier through dry weather allergies, a sinus infection or an asthma attack by balancing your body's allergic and immune response with Anovite's first-milking Colostrum6 products. ■



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