

Colostrum & Children

by Anthony Kleinsmith, PH.D.

Dr. Kleinsmith, is one of the world's leading authorities on colostrum's health benefits and its production.

RECENTLY, WE WORKED WITH A DOCTOR AND A DAYCARE CENTER in Salt Lake City to conduct a placebo-controlled study that would test whether our colostrum strawberry chewables for children could reduce the incidence of infectious disease in such a crowded setting. The study was never completed—but for good reason. Here's why.

It has to do with a little boy named Hunter Shepherd.

You see, Hunter, one of the participants in the study, was constantly sick. By the time he was 18 months old, he lived constantly with two sets of tubes in his ears for drainage due to chronic middle ear infections. He had never slept through the night. One of Hunter's close relatives was a pediatrician who offered to provide medical care for the child. So health care costs were not a problem. Yet, perhaps as a result of this well-intentioned relative, Hunter had been given just about every antibiotic known to humankind. Unfortunately, this, shall we say, abundance and overuse of antibiotics only served to further weaken his immune function.

Within three days of starting on first-milking colostrum, Hunter was sleeping through the night. Within seven days, the fluid buildup in, and drainage from, his ears, nose and back of throat had ceased. It was a miracle to Hunter's parents, but, frankly, it's what we expect from a first-milking colostrum formula. It was almost as if he had been given a vaccination against middle ear and other common children's infections. No wonder some health experts call colostrum the universal vaccine!

But there's more.

Hunter's story was not unique. After two months on the chewable strawberry tablets, the parents of the children receiving only the placebo chewables had begun to notice that the kids in the other group were almost all free from colds, flu, allergies, and other respiratory ailments. The parents noticed also that the children (suspected to be receiving the colostrum chewables) seemed happier and were developing better attention spans and listening skills.

The parents of the children on the placebo tablets demanded to know which children were receiving the real thing. When they learned that their children were not receiving colostrum but only placebo tablets, they demanded their children be given the real chewables. If not, they threatened, they would quit the daycare center. The owner could not bear to lose half her clients. We ended the study and put all of the kids on the strawberry colostrum chewables.

Colostrum for Children

The story points up the wonderfully important immune benefits of quality first-milking colostrum for all children. We usually think of as colostrum as important for the newborn and it definitely is. But consumption by humans of part of the colostrum produced when a dairy animal gives birth is an established tradition in many traditional societies to improve people's health. Modern researchers also recognize the multitude of immune factors in first-milking colostrum protect children of all ages (as well as adults) from infectious maladies.

At the Center for Studies of Sensory Impairment, Aging and Metabolism, Guatemala City, Guatemala, researchers are also very interested in first-milking colostrum as a means of protecting malnourished impoverished children worldwide.



"The growth, development and health conditions for children living under deprived conditions in developing countries are so adverse that immediate public health measures to reduce morbidity and improve nutrition are urgently needed," notes a report in the August 2002 issue of the *European Journal of Clinical Nutrition*. "Preventing and shortening the course of diarrhoeal episodes, eliminating protozoal colonization, and balancing intestinal microflora would all contribute to these goals. Recent advances in food technology in industrial dairying allow for continuous availability of stabilized bovine colostrum concentrate, both natural and hyperimmunized against specific human pathogens. This is safe for the calves of the producers themselves, for laboratory animals, and generally for humans, with the caveat of the milk-allergic." ♦

REFERENCES

Solomons, N.W. "Modulation of the immune system and the response against pathogens with bovine colostrum concentrates." *Eur J Clin Nutr*. 2002;56 Suppl 3:S24-28.

Prescription for Healthy Children

Children truly benefit from first-milking colostrum. Our strawberry chewables make taking colostrum easy. Don't think of colostrum, however, as simply a nutritional supplement. Rather, think of it as a whole food concentrate, for that's truly what our first-milking colostrum is.

If your child has recurrent respiratory illnesses, middle ear infections or too many other common infectious maladies such as colds or flu, you will be so happy to see his or her health improve with our strawberry colostrum chewables.

Dosage—Have your child chew two or three of our strawberry-flavored chew-ables daily, health centers and from health professionals. If you have any trouble finding a source for it.

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