Colostrum Regulates Glucose Utilization and Appetite

by Thomas E. Stone ND, CNHP

Also, colostrum contains proline-rich polypeptide, shown to balance the overactive immune response. Rather than suppressing the immune system as drugs do, colostrum can stimulate suppressors and help immune cells to reduce the attack on pancreatic cells.

A study from the Clinical and Molecular Medicine Department, Sapienza University of Rome, shows that the administration of colostrum benefits subjects with Type II diabetes mellitus as it gradually regulates appetite, improves utilization of nutrients, especially glucose and leads to a significant decrease in body fat. Their study aimed at verifying a possible reduction in the use of insulin in 27 subjects with Type II diabetes who were treated with colostrum in the form of gastro-resistant tablets of 300 mg.

In subjects with Type II diabetes treated with insulin, the administration of colostrum “obtained a significant reduction of insulin dosage and normalization of blood glucose levels.” The effects of colostrum are presumably linked to increased levels of insulin-like growth factor-1 (IGF-1) “that improves the utilization of glucose, stimulates glycogen and protein synthesis.”

DIETARY INTERVENORS

The American Diabetes Association has estimated that in every 14 people in the United States either have, or will have diabetes during their lifetime. Diabetes is generally divided into two categories. Type I diabetes requires insulin. Type II does not require insulin although it can develop to the point where it is required.

Type I diabetes is often referred to as juvenile onset diabetes and can progress rapidly. Frequently, it develops as an autoimmune disease where antibodies attack the insulin-producing cells of the pancreas. One early treatment for this form of diabetes is the use of immunosuppressive drugs, which may cause other complications. Colostrum contains a substance known as proline-rich polypeptide, shown to balance the overactive immune response associated with autoimmune diseases. Rather than suppressing the immune system, colostrum can stimulate suppressors and help immune cells from the thymus that tamps down overactive immune responses to reduce the attack on pancreatic cells.

Diabetes requires careful dietary and exercise programs. Even though Type II is a milder form, it is not without secondary complications, including heart and kidney disease, atherosclerosis, vision and circulatory problems. Those with diabetes, regardless of the type, are five times more likely to develop cardiovascular disease than those without. Often diabetes is diagnosed for the first time following a heart attack. A 1990 publication in Diabetes suggested that colostrum supplementation would be a very beneficial treatment for diabetes based on the fact that IGF-1 can stimulate glucose utilization. Researchers found that IGF-1 levels were lower in diabetic patients than in healthy individuals. After administering IGF-1 to patients, doctors noticed a twofold increase in glucose transport to the muscles, potentially treating hyperglycemia and the dependence on insulin.

As a naturalopathic physician, I was using colostrum 20 years ago. Back then, I could get it from organic farmers in the Midwest. Today, I recommend first milking colostrum in capsules and lozenges. For diabetic patients, within months, everyone either greatly reduces levels of insulin or they have eliminated the need altogether. That’s quite a track record, but it’s true. Of course, they are also drinking plenty of good water, exercising and eating an enhanced diet of “live whole foods,” but it is the colostrum that makes the program work effectively.

Given time, colostrum can in some cases eliminate the need for insulin. It balances the pancreas just as it does the thymus so that blood sugar levels are able to normalize.

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