



# Colostrum Helps Combat Type 2 Diabetes



**W**e have all heard the alarming reports on the prevalence of type 2 diabetes, but do we know how it works? Or one of the most promising new ways to help fight it?

According to microbiologist Alfred E. Fox, PhD, "Type 2 diabetes is considered to be a metabolic deficiency treatable by exercise, dietary control and supplementation." One of the most important supplements to consider is high-quality first-milking colostrum, like that from Anovite. Colostrum contains important components to help support metabolism and thus help combat type 2 diabetes.

While type 1 diabetes occurs when the body does not produce enough insulin (a hormone that helps your cells use glucose properly), type 2 diabetes, or insulin resistance, is a condition in which the pancreas produces enough insulin, but the metabolic pathway for processing glucose (sugar that is a main source of energy used by the body) is impaired.

According to a study in the April 2009 issue of the *Journal of Nutritional Biochemistry*, "bovine colostrum can decrease levels of blood glucose and ketones [compounds that are produced when the body burns fat for energy or fuel], as well as reduce cholesterol and triglycerides, all of which may cause complications in type 2 diabetic patients."

Insulin-like growth factor 1 (IGF-1), which is a potent hormone that interacts with almost every cell in the body, is found abundantly in colostrum and may help fight diabetes. Fox explains that "IGF-1 is absolutely necessary for normal cell growth and for normal metabolism." Unfortunately, we do not have an endless supply of IGF-1. As we age, our body's ability to create an adequate supply of IGF-1 diminishes. "By eating a well-balanced diet and maintaining a constant supply of IGF-1 in our body, we can keep the ship moving at the right speed in the right direction," says Fox.

Leptin, also present in colostrum, is a hormone-like protein that may help suppress appetite and regulate metabolism of fats. Thus, Fox states, "We can conclude that making sure that we have sufficient quantities of IGF-1 and leptin in the bloodstream, as would occur by dietary supplementation with a high-quality first-milking colostrum, means assurance of more effective regulation of protein, carbohydrate and fat metabolism."

Colostrum, coupled with a well-balanced diet and exercise, may contribute to a leaner body mass and as a result decrease the likelihood of developing type 2 diabetes.

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"It is also very, very important to recognize that all colostrum products are not the same and, despite the claims made by their manufacturers, they do not all contain every beneficial component at an optimum concentration and, in many cases, they have been manipulated and may be missing some of the essential components," says Fox. "When choosing a colostrum product, you should be certain it is made from only first-milking bovine colostrum collected within six to eight hours after birth of the calf and that the colostrum is 'complete' and that none of the components have been removed, including the fat." Fox goes on to say, "I have personally been responsible for testing of several different brands of colostrums for human use and can attest that the results prove that the products distributed by Anovite contain the highest-quality complete bovine colostrums available today."



## References

Kim JH et al. Health-promoting effects of bovine colostrum in type 2 diabetic patients can reduce blood glucose, cholesterol, triglyceride and ketones. *J Nutr Biochem*. 2009 Apr;20(4):298-303.

