

Colostrum fine-tunes the immune system with proline-rich polypeptides or PRPs that regulate the underactive or subdue overactive immune responses. Overactive immune systems result in attacks on the body's own tissues to cause muscle soreness, inflammation and internal organ scarring. Conditions that are typical of autoimmunity include rheumatoid arthritis, multiple sclerosis and lupus.

Hairdresser Michael Chavez of Concord, California, works in a hazardous occupation. Hairdressers have been exposed to a wide range of harmful chemical products, says a study in the October 2011 issue of *Environmental Toxicology*. To determine the possible genetic damage to hairdressers, as a result of their occupational exposure to combinations of different chemical factors, this study looked at different aberrational genetic changes in control and exposed groups.

STIMULATE CELLS TO REPAIR TISSUE

Chavez was the poster boy for chemical exposures: "After years of exposure, my immune system had taken a beating. At one point in my career I participated with other hairdressers in a study to determine the long-term effects of the chemicals we use. I had blood tests, allergy tests, and white cell counts under varying circumstances. In the end, it was determined that I was on toxic overload with very little I could do about it if I continued as a hairdresser."

When he discovered that it was his immune system requiring assistance, he used first-milking colostrum. Colostrum repairs tissue, stimulating cell expression and tissue proliferation. Chavez had been ill for a very long time and had begun to miss appointments, "that IT was beginning to be a real problem. I had a runny nose for about 10 days when I began taking the colostrum and then things started to clear up and I noticed energy—not a 'speedy' feeling but real deep-down energy. The colostrum cleared my lungs and I could breathe deeply. Now I run around here at work and everyone wonders what has happened to me."

RESTORE PEPTIDE BUILDING BLOCKS

The PRPs found in colostrum have been studied for over three decades and found to restore immune intelligence, growth factors, and peptide building blocks that aid in tissue repair, regeneration and restore thymus size.

In a 1979 study published in *Immunology* it was shown that PRPs could either stimulate or suppress the immune response. They cause the body's immune cells to produce cytokines, proteins that regulate the duration and intensity of the body's immune response. They also are responsible for cell-to-cell communication, boosting T-cell activity and stimulating the body's production of antibodies.

PEPTIDES' IMMUNE MANAGEMENT

Just how do PRPs impact the immune system? PRPs, small chains of 10 amino acids or fewer consisting primarily of proline, attach to receptors on the thymus gland to alter its genetic activity so that it releases suppressor or TH1 cells, which counter the activity of TH2 helper cells that promote inflammation via stimulation of B lymphocytes. These white blood cells rely on antibodies to eliminate pathogens. When B lymphocytes become too numerous and antibodies accumulate

in the bloodstream, the body's inflammation levels skyrocket, leading to autoimmune disorders. Under the influence of PRPs, the immune system is still effective in defending against viral and bacterial pathogens, yet also now inhibits the initiation of inappropriate inflammatory cascades associated with allergy, chemical sensitivity and autoimmune responses.

FATIGUE LEAVES TOGETHER WITH ACNE

Jackie S (name changed to protect privacy) of North Altamonte Springs, Florida was diagnosed with active Epstein Barr virus, an inflammatory disease. "I was tired and achy all the time. I had swollen glands and a constant sore throat. I did my best to stay as active as possible and I was faithful about a healthy diet—including my daily green drink. Although I was never actually bedridden, the continual fatigue was trying."

When she began taking "first-milk" colostrum, she initially felt very sick, experiencing a Herxheimer reaction, characterized as accumulation from dying organisms and their toxins in the blood. "I got a fever and was even more tired for a couple of days. Then I got my strength back and I felt more energy than I had in three years. The aches and pains subsided and the perpetual sore throat went away. The acne I used to get on a monthly basis has disappeared and my skin is much smoother than it has been in a long time.

"I actually quit taking the colostrum to prove to myself that there was a difference. Sure enough, in about five days the aches and pains began again and I felt that familiar sore throat coming back. Within a couple of days after taking colostrum again the symptoms disappeared. I'm so happy to know what it's like to feel healthy again."

EFFECT ON MULTIPLE SCLEROSIS

Previous virological and immunological studies have suggested that multiple sclerosis (MS) is an autoimmune disease triggered by a virus infection. In a study published in 1984, specially-produced colostrum was orally administered every morning to 15 patients with MS at a daily dosage of 100 milliliters for 30 days. Measles-negative antibody control colostrum was orally administered to five patients. As a result, among seven high-symptom patients, five recipients improved and two remained unchanged. No side effects were observed in colostrum recipients, suggesting the efficacy of orally administered anti-measles colostrum in improving the condition of MS patients.

ANTIOXIDANT POTENCY

First-milking colostrum is taken from dairy cows within the first 12 hours of their birth. True colostrum is produced before the birth of the calf and can only be collected for a short period of time without being diluted by the subsequent production of milk. At the time of birth, potency is at its peak. The active elements such as immune factors, growth factors, antioxidants and anti-inflammatory agents are at their highest concentrations. However, in fewer than 12 hours, the concentration of these components is only half of what it was at the time of birth. What this means is that the sooner the colostrum is collected, the less diluted it is with milk and the greater the concentration of beneficial elements. Some products sold as colostrum come from the fourth to sixth milking after the birth of the calf, as old as 72 hours. ■

PEPTIDES

AS INTELLIGENT IMMUNE MANAGERS

From Multiple Sclerosis To Skin Tightening



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