

# A Food Supplement Helps Autoimmune and Immune-Deficient Patients



Your immune system can be friend or foe. When it is balanced, your body is able to distinguish self from nonself and fight off a wide range of biological and chemical threats. But when your immune system is damaged, it can be either underactive or overactive, resulting in susceptibility to infectious disease, cancer and other signs of poor health, or it can

actually attack the body's own organs, particularly the pancreas, liver and kidneys.

To take care of your immune health, supplement with a high-concentrated first-milking colostrum.

First-milking colostrum is one of the very best foods for your immune health. Colostrum benefits people with low immunity or who are suffering from autoimmunity (when the body attacks its own organs as in lupus).

One of the reasons Anovite, Incorporated Colostrum has been used so successfully by persons with immune system disorders—including immune deficiency, multiple sclerosis, rheumatoid arthritis, lupus, scleroderma, chronic fatigue syndrome, and allergies—is that it is a particularly rich source of bioactive immune factors. These many immune factors in Anovite, Incorporated Colostrum work together to provide incredibly valuable immune-support benefits.

First-milking colostrum provides immunoglobulins (A, D, E, G and M). These are some of the most abundant of the immune factors found in

colostrum; immunoglobulin G (IgG) neutralizes toxins and microbes in the lymph and circulatory system. Meanwhile, IgM destroys bacteria; IgE and IgD are highly antiviral.

Lactoferrin, another immune factor, is an antiviral, antibacterial, anti-inflammatory, iron-binding protein with therapeutic support benefits in cancer, HIV, cytomegalovirus, herpes, chronic fatigue syndrome, candida, and other infections. Lactoferrin helps deprive bacteria of the iron they require to reproduce, and releases iron into the red blood cells, enhancing oxygenation of tissues. Lactoferrin modulates the release of messenger proteins known as cytokines, and its receptors have been found on most immune cells including lymphocytes, monocytes, macrophages and platelets.

Many drug manufacturers have even tried to isolate and synthesize individual immune factors found in colostrum, including interferon and gamma globulin. But there is no question that for many persons, the whole intact immune complement found in colostrum is far superior to medical drugs.

"Historically, Ayurvedic physicians have used bovine colostrum therapeutically in India for thousands of years," reports Zoltan P. Rona, M.D., M.Sc., in the March 1998 issue of the *American Journal of Natural Medicine*. "In the United States and throughout the world, conventional doctors used it for antibiotic purposes prior to the introduction of sulfa drugs and penicillin. In the early 1950s, colostrum was prescribed extensively for the treatment of rheumatoid arthritis. In 1950, Dr. Albert Sabin, the polio vaccine developer, discovered that colostrum contained antibodies against polio and recommended it for children susceptible to catching polio."



**Dianne M. Tumbers, of Tucson, Arizona, had suffered from chronic fatigue syndrome for 14 years when she was diagnosed with primary immune deficiency.**

"I knew that I needed the immunoglobulins that were in colostrum and I had been trying brand after brand without success," she says. "I was becoming very pessimistic because I knew the immunoglobulins were absolutely necessary for me." she adds. When she tried Anovite

colostrum, "I was greatly surprised because there was no asthma." (She is allergic to milk; the other brands of colostrum had caused both stomach troubles and asthma.) "In fact, the 'first-milking' colostrum eventually solved the milk allergy almost entirely "Seven hours after taking those first capsules I stopped getting

worse, and within several days I was back to 'normal.' The colostrum seemed to help even more than another immunoglobulin product I had used. Also, my digestion, which had been an almost continuous problem for 11 years, is now more than 95 percent better than it was. Many supplements and medications give

applied topically, helps the skin problems caused by the other substances. I am not yet totally well and I am continuing to take other supplements and medications (although I was able to cut back on some). I know that Anovite colostrum is an essential part of the improvement I am enjoying and I feel

## HELP FOR UNDERACTIVE OR OVERACTIVE IMMUNE SYSTEMS

Readers may have noticed that we stated colostrum may be used for both overactive immune system problems, as well as those involving under-active immune function. An overactive immune system has been implicated in autoimmune diseases such as multiple sclerosis, rheumatoid arthritis, lupus, scleroderma, chronic fatigue syndrome, and allergies. An underactive system is implicated in increased risk for infectious conditions, cancer and bacterially related heart disease.

Colostrum benefits both conditions because it is more correctly thought of as an immune system “normalizer” or “modulator.” Its health-giving immune factors work intuitively on a biological level.

This is thanks in part to being a rich source of another immune factor, proline-rich polypeptide. Also known as PRP or colostrinine, proline-rich polypeptide is a hormone that regulates the thymus gland, stimulating an underactive immune system or subduing an overactive immune system. In a 1979 study published in *Immunology*, it was shown that proline-rich polypeptide from colostrum could either stimulate or suppress the immune response.

Proline-rich polypeptide causes the body’s immune cells to produce cytokines. Cytokines are proteins that regulate the duration and intensity of the body’s immune response.

When it comes to overactive immune system function, PRP “has been demonstrated to improve or eliminate symptomology of both allergies and autoimmune diseases (MS, rheumatoid arthritis, lupus, and myasthenia gravis),” notes Dr. Rona, adding that proline-rich polypeptide “inhibits the overproduction of lymphocytes and T -cells and reduces the major symptoms of allergies and autoimmune disease: pain, swelling, and inflammation.”

## IMMUNE DEFICIENCY HELP

Meanwhile, when it comes to immune deficiency, PRP has also been shown to be of benefit. In a 1998 study conducted at the Laboratory of Virology, Institute of Immunology and Experimental Therapy, Polish Academy of Sciences, Wroclaw, Poland, it was shown that when proline-rich polypeptide isolated from colostrum was added to the immune cells found in the membrane lining the abdominal cavity and viscera immediately after virus adsorption or one day before or after viral infection, weakened cells were better able to inhibit virus replication.

This is critically important and we shouldn’t underestimate the significance of this experimental study. Two volunteers were given tablets containing 100 or 200 micrograms of proline-rich polypeptide orally once daily for two to three weeks. The oral dosage was found to be “active in humans and may have therapeutic value,” say these scientists. Immune cells found in the gastrointestinal tract produce about 75 percent of the antibodies in the body. Since colostrum stimulates the immune cells in the gastrointestinal tract, it has great potential to support strong and protective immune function.

## THE DOCTORS’ PRESCRIPTION

Anovite Incorporated specializes in supplements for immune health. Their “first-milking”

colostrum is taken from dairy cows within the first 6 to 8 hours. (In fact, it is the same colostrum formerly available from Anovite, a leader in producing the nation’s highest quality colostrum.) This is important to know. True colostrum is produced before the actual 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 less 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 factors. Unfortunately, much of what today is sold as colostrum—especially imported brands and those sold on the mass market and over the Internet by companies that purchase it as simply another bulk commodity item—comes from the first four to six milkings after the birth of the calf and is as old as 72 hours. ■

## Resources

Anovite develops and distributes a variety of high-quality products which focus primarily strengthening the immune system. Anovite’s first-milking colostrum comes in capsules, powder, chewables and lozenges. The usual dosage is six capsules or chewables daily. If using powder, take 1/2 teaspoon twice daily with water.



**Compliments Of:**

**You might say that hairdresser Michael Chavez of Concord, California, works in a very hazardous occupation.**

Many studies have shown hairdressers to be at relatively high risk for toxic exposures that damage their cellular DNA due to the numerous toxic chemicals used in cosmetic and personal care products. “After years of exposure, my immune system had taken a beating,” says Chavez. “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 Chavez discovered Anovite Colostrum, he had been ill for a very long time and had begun to miss so many appointments “that it was beginning to be a real problem.” His colleagues strongly suggested that he try Anovite.

“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,” he says. “The colostrum has also cleared my lungs and I can breathe deeply again. Now I run around here at work and everyone wonders what has happened to me.”