

Why I Love Anovite Colostrum

People say the way I eat is not like the way they eat. I eat more wild salmon than average and a lot more tofu than most guys. But that's only the start. Take my nutritional love affair with Anovite colostrum. I eat colostrum like some people eat food. I prefer my colostrum powdered in an economy-sized jar, and I consume two to three tablespoons daily.

Recently, I ran out of colostrum and experienced a delay in replenishing my supply. Do you know where I noticed the effect most?

My teeth.

The most immediate benefit of eating powdered colostrum was my dental health. I noticed that, without colostrum, my gums began to hurt.

Not so Alone in Observation

I'm not the only one who has noticed this benefit of colostrum on dental health. Researchers from the Institute of Dentistry and Turku Immunology Center, at the University of Turku, Finland, have studied what I am talking about.

Take one recent study. Colostrum from cows immunized with the cavity-causing bacterium *Mutans streptococci* was used as a mouth rinse in a short-term human study. Since it was a colostrum from cows purposefully exposed to the bacterium, it was rich in *Mutans streptococci*-specific antibodies. The relative number of *Mutans streptococci* in the oral cavity "significantly decreased" with this special colostrum, the researchers found. "Thus," they note, short term rinsing indicates "favourable effects" of bovine immune colostrum on human dental plaque.

"Bovine antibodies may also provide protection against dental caries," notes Professor Hannu Korhonen, of the Agricultural Research Center, Jokioinen, Finland. "It has been shown that a colostrum-based immune milk concentrate has significant antimetabolic potential against *S.*

mutans, and that such a preparation actively inhibits *in vitro* the adherence of these bacteria to hydroxyapatite and supports the natural antimicrobial systems present in the saliva."

So far, only a few clinical human trials have been reported on the use of anti-cavity colostrum antibodies derived from colostrum of hyperimmunized cows. "The results obtained encourage continuation of such studies and development of innovative commercial products, which contain active antibodies," says Dr. Korhonen.

More Than Antibodies

There's more to colostrum than simply being a rich source of antibacterial antibodies. I believe its growth factors and immune components work together to beneficially influence dental health.

I base this on current research, which shows that colostrum has rejuvenating effects on the gastrointestinal membrane. In fact, so remarkable is its ability to restore the integrity of the gastrointestinal lining that colostrum is now being recommended by doctors to their patients who are taking typical painkillers, such as aspirin and ibuprofen. These medicines are known as non-steroidal anti-inflammatory drugs (NSAIDs). One of the notable side effects of use of NSAIDs, even for a short while, is damage to the gastrointestinal membrane, leading to ulcers and internal bleeding. These disorders sometimes require hospitalization.

I believe that colostrum has simi-

lar beneficial effects on the gums. The many growth factors in colostrum strengthen the lining of the gums, rejuvenating their vitality.

Wide-ranging Benefits

The human mouth is one of the main routes of entry of foreign microorganisms into the body and, therefore, orally transmitted diseases are widespread and common in human populations. Colostrum appears to also enhance saliva-mediated protection against dental diseases, as well as other orally transmitted infections. This has a far-ranging benefit to our health.

For example, heart disease is now known to be related to oral health. Responsible also for gum disease, the bacterium *Porphyromonas gingivitis* is now also known for its damaging effects on the linings of the arteries. According to the work of Dr. Raul Garcia of the Boston VA Outpatient Clinic and part of the VA Normative Aging Study, over a 25-year period some 1,100 men were studied. They were healthy at the start, but the men with the worst gums had twice the heart-attack rate of their peers with healthy gums and odorless breath. Their stroke rate was three times as high. The bacterium has also been found at the scene of the crime: in diseased carotid arteries.

Why I Prefer Anovite Colostrum

I've looked at a lot of different colostrum products, and I've been impressed with Anovite Colostrum. Not only do I appreciate the fact that Anovite has

its own dairy herds, which are producing an organic (although not yet certified) product, I also know that Anovite is that rarity among colostrum products in that it is derived from the true first milking. This is important.

If colostrum is not removed from the udder during the first eight to twelve hours after birth of the calf, the mother's system begins to reabsorb the biologically active components back into her circulation. Therefore, the only colostrum that contains all of the biologically active components in the appropriate proportions is that which is obtained at the first milking within 12 hours after birth. Major American dairy producers are keenly aware of this and most maintain maternity wards, separate from the main herd, to support the birth of their calves.

For those of us who are interested in the best quality colostrum, the *first milking* is the only time it can be obtained in an undiluted state and before biological factors begin to be reabsorbed into the mother. This assures that it is still high in the immune and growth factors, which are of interest to us.

Misunderstanding the shift from production of colostrum to production of milk has caused many to believe that good quality colostrum can be produced and collected from the first five milkings of the cow. This is not the case.

One of the things I've noticed in recent years is that consumers purchase colostrum seeking to obtain the same healing powers documented in many clinical studies but they come away disappointed with their colostrum experience. That is because altogether too many so-called colostrum products being peddled today are not colostrum but transitional milk.

It is difficult to determine where to draw the line between true colostrum and what has been



The Doctors' Prescription

By taking care of your dental health with colostrum, you're also taking care of many other aspects of your health. Anovite Colostrum (my preferred brand) is available at natural health centers and from health professionals nationwide. I think you'll find colostrum, when consumed orally in powder form, is great for your gums. I have found it quickly alleviates pain, throbbing and other problems.

Compliments Of:

called transitional milk. At what point in time is colostrum no longer pure colostrum?

This is why many widely advertised colostrum products on the market today *are obtained from the first five milkings—as much as 72 hours following the birth of the calf.* Such products, although widely sold and labeled as colostrum, are not a true or complete colostrum. We really do need better labeling requirements when it comes to aiding shoppers to make smart choices about their nutritional supplements, including colostrum.

It is worth noting that researchers who use colostrum in clinical trials

usually seek first milking colostrum because they recognize that potency and quality are diminished with time. To expect similar results with adulterated colostrum or transitional milk being marketed as colostrum would be unfair to both consumers seeking the health benefits of colostrum and to those producers of true first-milking colostrum. Anovite is a first-milking colostrum. That means a lot when it comes to selecting a quality formulation. ❖

REFERENCES

Loimaranta, V., et al. "Effects of bovine immune and non-immune whey preparations on the composition and pH response of human dental plaque." *Eur J Oral Sci*, 1999;107(4):244-250.

**DID YOU KNOW?
Drug Names May be too Similar**

More than 1,000 U.S. drugs have names so similar that health workers can get them confused. "It's easy to mistake a doctor's scribble or blurry faxed prescription for the wrong drug, or for a hurried pharmacist faced with alphabetized bottles on a shelf to simply grab the wrong one," reports Associated Press. An estimated 1.3 million Americans are injured each year from medication errors, such as administering the wrong dose or wrong drug, says the news service. Nobody knows how many injuries are caused by drug name mix-ups, although some studies suggest name confusion is to blame for 30 percent. If in doubt, **double check with your doctor to make sure your pharmacist is dispensing the proper medication at the required dosage.**