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What Doctors Have to Say About Colostrum

When I first heard the claims about colostrum I dismissed them. Now, after seeing the research, and seeing patients' results for myself, I'm a believer.

-Dr. Donald Henderson

In my practice I use colostrum to manage a variety of conditions, including lowered immune function, chronic or recurring infections, auto-immune diseases, colds, flu and allergies.

-Dr. Nikki Marie Welch

I use bovine colostrum successfully for upper respiratory infections of all types, especially for sinusitis, which is a frequent health difficulty in Sedona where I practice. For example, a carpenter, age 42, consulting me for the treatment of sinus congestion, which comes on him once annually, responded right away to my prescribing capsules containing bovine colostrums.

-Dr Lester Adler

Colostrum has a virus antibody that acts against viral invaders. A wide range of antiviral factors were acknowledged to be present in colostrum. This research was done at the US Government's Center for Disease Control in Atlanta, Georgia.

-Dr. E.L. Palmer, et.al.; Journal of Medical Virology

Colostrum contains Non Specific Inhibitors that inhibit a wide range of respiratory illness, notable Influenza viruses. Colostrum is specifically cited for its unique effectiveness against potentially deadly outbreaks of Asian Flu viruses that emerge from animal/human mutations.

-Drs. Shortridge, et. al.; Journal of Tropical Pediatrics

Glycoproteins, in bovine colostrums, inhibit the attachment of the Heliobactor Pylori bacteria that cause stomach ulcers. Colostrum contains significant amounts of Interlukin ---10 (a strong inflammation inhibitory agent), found significant in reducing inflammation in arthritic joints and injury areas.

-Dr. Olle Hernell, At the University of Ulmea, Sweden; Science

Colostrum and breast milk (from cows and humans) stimulates the newborn's immune system; as yet, unidentified proteins speed the maturation of cultured B Lymphocytes (type of white blood cell) and primes them for production of antibodies.

-Dr. Michael Julius Of McGill University, Montreal: Science News

Human clinical study: Immune factors in cow colostrums, when taken orally, are effective against disease-causing organisms in the intestinal tract. Ingestion of bovine colostrum's immunoglobulins may be a new method of providing passive immunoprotection against a host of gut-associated disease causing antigens (viral and bacterial).

-Dr. R. McClead, et. al.: Pediatrics Research

Studies with human volunteers found that the preservation of the biological activity of IgG (Immunoglobulin), in the digestive secretions of adults receiving bovine colostrum orally, indicates passive enteral (intestinal) immunization for the prevention and treatment of acute intestinal diseases.

-Dr. L.B. Khazenson; Microbial & Epidemial Immunobiology

Colostrum stimulates the lymphoid tissue providing benefits in aged or immunodeficient people. Nature has used the oral route for the development of the immune system since the origin of mammals (safe and effective). Oral administration of immunofactors is simple, inexpensive, free of side effects and may be vastly beneficial in veterinary and HUMAN medicine, to correct immunodeficiency.

-Drs. Bocci, Bremen, Corradeschi, Luzzi and Paulesu; Journal Biology

Immunoglobulin from bovine colostrum effectively reduces and prevents viral and bacterial infections in immune deficient subjects: bone marrow recipients, premature babies, AIDS, etc.

-New England Journal of Medicine

Researchers reported that colostrum stimulates maturation of B Lymphocytes (type of white blood cell) and primes them for production of antibodies, enhances growth and differentiation of white blood cells. Similar activity in cow and human colostrum can also activate Macrophages.

-Dr. M. Julius, McGill University, Montreal: Science News

Immunoglobulin in colostrum has been used to successfully treat: Thrombocytopenia, Anemia, Neutropenia, Myasthenia Gravis, Guillain Barre Syndrome, Multiple Sclerosis, Systemic Lupus, Rheumatoid Arthritis, Bullous Pemphigoid, Kawasaki's Syndrome, Chronic Fatigue Syndrome and Crohn's disease, among others.

-Dr. Dwyer; New England Journal of Medicine

PRP, in bovine colostrum, has the same ability to regulate activity of the immune system as hormones of the Thymus gland. It activates an under-active immune system, helping it move into action against disease-causing organisms. PRP also suppresses an overactive immune system, such as is often seen in the autoimmune diseases. PRP is highly anti-inflammatory and also appears to act on T-cell precursors to produce helper T-cells and suppressor T-cells.

-Dr. Staroscik, et al., Molecular Immunology

PRP was found not to be species specific (transferable for human use). Turns white blood cells into functionally active T cells. Results were shown in treatment of auto-immune disorders and cancer. An important Immune modulator stimulates an under-active immune system and tones down an overactive one.

-Drs. Janusz & Lisowski; Archives of Immunology

Bovine Colostrum contains TGF- β which has an important suppressive effect on cytotoxic substances (anti-inflammatory). Inhibits cell growth of human Osteosarcoma (cancer) cells (75% inhibition). Mediator of fibrosis and angiogenesis (healing of heart muscle and blood vessels), (Roberts et al., 1986), accelerates wound healing (Sporn et al., 1983) and bone formation (Centrella et al., 1987).

-Cancer Research Inst. Kanazawa Univ. Japan

Only Retinoic acids, found in colostrum, conferred protection and reduced colonization of the Herpes Virus. Although not a cure, Retinoic acids effectively reduce the Herpes Virus to levels (1/100 to 1/10,000 viruses remained active after treatment) where the body's immune system could fight off an outbreak.

-Dr. Charles Isaacs, et. al.; Experimental Biology; Science

Growth factors in bovine colostrum were found to be very effective in promoting wound healing. Recommended for trauma and surgical healing. External and internal applications.

-Dr. Sporn, et. al.; Science

IGF-1, found in colostrum, stimulates bone and muscle growth and nerve regeneration. Also found: topical administration to wounds resulted in more effective healing.

-Drs. Skottner, Arrhenius-Nyberg, Kanje and Fryklund, Acta. Paediatric Scandinavia, Sweden

High age is associated with reduced levels of growth hormones: GH and IGF-1. Induction of GH and IGF-1 increase body weight through muscle growth of aged subjects.

-Drs. Ullman, Sommerland & Skottner, Dept. of Pathology and Pharmacology, Univ. of Gothenburg, Sahlgren Hospital & HabiVitrum AB, Stockholm, Sweden

Cartilage Inducing Factor-A, found in colostrum, stimulates cartilage repair.

-Drs. Seyedin, Thompson, Bentz, et. al.; Journal of Biological Chemistry

Clinical studies show that IgE (Immunoglobulin), found in bovine colostrum, may be responsible for regulating allergic response.

-Drs. Tortora, Funke & Cast; Microbiology

Immunoglobulins (found in colostrum) are able to neutralize the most harmful bacteria, viruses, and yeasts.

-Dr. Per Brandtzaeg; Annals of the New York Academy of Sciences

Reducing viral levels in the body and stimulating natural immune capabilities holds the most promise in helping our immune systems contain the HIV virus.

-Drs. Nowa and McMichael; Scientific American

Colostrum contains Retinoic Acid which helps fight Herpes Virus. Also contains Glycoprotein (kappa casein) that protects against the bacteria that cause stomach ulcers.

-Dr. Raloff, Science News