

Can Colostrum Help MS?

“I am walking and jogging freely, feeling energetic, being creative, determined and confident again in life itself.” - Shauna Mclean

Several people with MS in Australia and New Zealand have claimed amazing results from taking the supplement Colostrum. What is it and how might it help MS? Ian Cook finds out.

Colostrum - also known as first milk - is the special milk produced during the very early days of breastfeeding. It is yellow-orange in colour, thick and sticky, low in fat but high in carbohydrates, protein and antibodies - all which help to keep new-born babies healthy. There are various ways it might help in MS.

Colostrum & Stem Cells

Colostrum may help promote the growth of stem cells - unspecialised cells capable of turning into many different cell types in the body. Stem cell levels decline with age.

It has been known for some time that breast milk contains stem cells. In 2008 Dr Mark Cregan, from the University of Western Australia cultured cells from human breast milk and found a population of cells that tested positive for the stem cell marker Nestin. Further analysis showed that these cells could potentially be reprogrammed to form many types of human tissue. (Ref)

Like breast milk, it is believed Colostrum can help activate stem cells and direct them to sites of damage. However, not all types of Colostrum have this powerful effect and some researchers believe it may



be the combination of Colostrum with other natural ingredients that yield the best results.

Colostrum & The Immune System

Colostrum is also believed to improve the working of the immune system. Colostrum contains Proline Rich Polypeptides (PRPs) which are known to assist immune cells with cell recognition and the accurate identification of foreign cells. PRPs regulate the production of leukocytes (white blood cells) which are a principal part of the inflammatory response.

PRPs also regulate natural killer (NK) cells - a specialised type of hunter-killer lymphocyte which is the first responder in case of an infection and which will attack and destroy anything encountered that is not identified as self. Certain types of Colostrum contain small molecules which help teach the immune system self recognition.

Colostrum & The Blood Brain Barrier

Colostrum may also help protect the blood brain barrier. Its role here may be similar to that it plays in helping build a new born baby's

gastrointestinal tract. At birth a baby's gastrointestinal tract is very leaky but Colostrum helps seal it.

Colostrum & Antioxidants

Finally, some Colostrum supplements also contain Resveratrol, a powerful antioxidant which is thought to interact with stem cells and may also have a role to play in helping to improve brain function. (See NP 61 -May/June 2010 p7).

Case: Shauna Mclean



Shauna Mclean

Shauna Mclean, 52, was diagnosed with relapsing remitting MS in 1994. A former professional ballerina and mother of two grown-up daughters, she

lives on Australia's Gold Coast with husband Neil. She began taking Colostrum in 2009 and now rates herself as 97% recovered from the symptoms of MS.

“By March 2009 I was in extremely poor condition. Although I could walk aided for a few steps I was in a power wheelchair. I had muscle spasms, pins and needles

up to my waist, zero control of my hands, needed help to dress myself and had bladder control issues. I had no control of my arms and would choke on food or drink. My memory and speech function were highly depleted.

In 2009 I discovered Colostrum and the improvements started quickly. After about four days, the double vision simply came into single vision – that was quite a moment! From there it became a progressive 'steady up' from a balance point of view and I became progressively stronger, more alert, more 'with it' and the MS brain fog began to lift.

After more than one year on a range of all natural Colostrum stem cell enhancing products I am now doing a plethora of things I could not do before. I can see clearly enough to read small print – a breakthrough, along with my eyes now looking 'normal' and straight as opposed to them looking in different directions and seeing double. My taste returned along with feeling in my face. I am walking and jogging freely, feeling energetic, being creative, determined and confident again in life itself.

Seeing the world through straight and focused eyes has reignited my passion to venture up and out of the MS abyss I have lived in for so many years. The joy it has brought to me and those around me has rippled out like a beacon in the night to beam nourishing light to many dark places.

Recently my husband and I became Wellness Ambassadors for the New Zealand Company that sells Colostrum products. In the last year my "Meet Shauna" tours have toured New Zealand, Australia and South Africa. I speak about my

recovery, the hope that it is bringing to others and how the products have helped me and many others. Any tour would have been out of the question early in 2009."

Husband Neil says: "We never thought in a million years that Shauna would recover in the way she has. To us it's a miracle that she is doing the things she is able to now. Shauna has become an able bodied person, much to the delight and joy of the many people around her who have closely observed her recovery.

We were of course highly cynical at the start having tried so many other things with little success. There has never been anything come along that has made this impact, not only for Shauna, but for the dozens of people following her pathway directly."

What natural supplements Shauna takes

- **Alpha Lipid Lifeline – a breakfast drink containing Colostrum that tastes like melted ice cream.**
- **Colostem capsules that contain Colostrum and Resveratrol.**
- **Cellworx – a mouth spray containing bioactive compounds found in Colostrum. These three products cost around \$AUS 150 a month – about £120.**

Case: Lila Petersen

Lila Petersen, 52, has had relapsing-remitting MS for 25 years with difficulties with walking and spasticity. She is a writer, married with one daughter and lives in

Dunedin, New Zealand.

"I learned about Colostrum from a magazine article about Shauna Mclean who says she went



Lila Petersen

from using a wheelchair to running in the park. I met Shauna when she came to my home town of Dunedin. I then began taking a preparation of Colostrum called Colostem. I was taking 4 pills a day which worked wonders and another product called Cellworx. Now I am down to taking two; only because at the moment four are too expensive for me.

But even with taking only two pills a day, every day in every way I am still getting better and better. I don't have any spasticity. I don't have parts of my body going numb. I still get tired but even my energy is slowly returning and I have a new pushbike!"

Info Box

There are many products on the market which contain Colostrum – usually taken from cows (bovine). Some combine Colostrum and phospholipids derived from milk which also contain Sphingomyelin – a substance within myelin which helps nerve cells send messages to other nerve cells and may also have some effect on circulating adult stem cells.

The products which Shauna and Lila use are from Colostrum4health

http://www.colostrum4health.com/shop/more_info/colostem.pdf

Reference 1

Identification of nestin-positive putative mammary stem cells in human breast milk. Cregan MD, et al. Cell Tissue Res. 2007 Jul;329(1):129-36. Epub 2007 Apr 18.