



Newsletter Dec 2008

Its a while since we touched base regarding colostrum and its amazing benefits and I thought you might be interested in some case studies which I have summarised below. Please advise if you would like the full study paper emailed.

I have also attached to this email a small generalised booklet about colostrum that might be useful.

While we are in mid summer here in New Zealand I know its mid winter in the Northern hemisphere so the incidence of colds and the flu is high. Recently I was in London and it was snowing when I spoke to a person who desperately wanted me to get her some colostrum. She said that the moment she stopped taking it she got the flu and she was nearly finished her last supplies. I managed to get her some just in time! I was astounded that colostrum was not available in any of the health food shops I went into in London, in fact in every case the store assistant had not heard of it!

Please also note that the NZ Dollar now back to it's normal trading range which is the lowest for 3 years. This will result in huge savings for overseas buyers ie:  
nz\$50.00 = us\$29.00, uk19.00, au\$41.00

### **Study Of Flu Episodes And Vaccinations.**

This winter you should be aware of a study done in Italy to compare flu episodes after taking colostrum as opposed to the flu vaccination which makes interesting reading.

The study done by the Department of Biomedical Sciences, G D'annunzio University, Chieti, Pescara, Italy found that:

The efficacy of a 2-month treatment with oral colostrum in the prevention of flu episodes compared with anti influenza vaccination was evaluated.

Groups included healthy subjects without prophylaxis and those receiving both vaccination and colostrum.

After 3 months of follow-up, the number of days with flu was 3 times higher in the non-colostrum subjects.

The colostrum group had 13 episodes versus 14 in the colostrum + vaccination group, 41 in the group without prophylaxis, and 57 in non treated subjects.

Part 2 of the study had a similar protocol with 65 very high-risk cardiovascular subjects, all of whom had prophylaxis. The incidence of complications and hospital admission was higher in the group that received only a vaccination compared with the colostrum groups.

Colostrum, both in healthy subjects and high-risk cardiovascular patients, is at least 3 times more effective than vaccination to prevent flu and is very cost-effective.

### **Where Does Your Colostrum Come From**

Since the Melamine milk powder Scare in China recently it is important to know where your/our Colostrum comes from.

One of the best sources of bovine colostrum is from the early milk of pasture fed, non-immunized healthy New Zealand cows. New Zealand milk products are renowned worldwide for their quality and consistency in both manufacture and supply. Thorough quality management of the entire manufacturing process, from collection of the milk, through to packaging and storage, ensures the

colostrum is delivered in perfect condition, certified to be fit for human consumption. Testing laboratories and all manufacturing facilities are certified by international quality auditors to ISO 9001 standards.

### **Study of Colostrum From Pasture Cows verses Hyper Immune Milk**

In a study done at the Otago University Department of Microbiology they compared antibody specificity of a hyper immune milk product with that of a colostrum product derived from non-immunised New Zealand pasture fed cows which is where all of our colostrum comes from. The study compared the specific antibody concentration to a range of 19 different bacteria including food poisoning, Stomach ulcers, Thrush, Urinary Tract Infection, Acne, Meningitis, arthritis, Toxic Shock Syndrome and Multiple Antibiotic Resistance and many more. The results showed both the hyper immunised milk and the non-immunised High IgG colostrum possessed high levels of specific IgG antibodies to all the 19 pathogens tested however more interesting was High IgG colostrum from pasture fed cows had a higher level of specific antibody concentration to all the pathogens tested. The significance of these findings lies in the fact that this was a comparative study involving both a natural pasture fed colostrum versus a hyper immunized equivalent. The results suggest that pasture fed grazing and environmental factors far outweigh the benefits of active hyper immunization. It was of further interest that the antibody concentration was significantly higher in the non-immunised pasture fed colostrum. Add to this all the other bio-actives found in colostrum – immune factors, growth factors, hormones etc. All of this furthers the reasons why New Zealand colostrum is a must for anyone who needs certainty about the levels of effectiveness.

### **To End**

The list of testimonials and research is now endless. We get reports of incredible results from MS sufferers and other auto immune diseases such as rheumatoid arthritis, reports from people who's cat or dog has responded to colostrum, from athletes, about cures of bowel infections and skin complaints. High quality colostrum is certainly becoming a wonder food that is living up to many of the claims.

My biggest problem as a healthy person is that I don't see or feel any physical benefits. I do however know I have not had the flu in years, have had one mild cold while in Africa after a plane flight.

I have a milk shake each morning consisting of the Lifeline colostrum drink and a spoon of Fibremax. Unfortunately these are too expensive to ship overseas due to them being in a tin of about 420g. But a great alternative would be to make a milk shake up from wheat germ and or psyllium, a banana and break open a capsule of Alpha Lipid Colostrum or just swallow it! The end result in a healthy person is a great breakfast, increased immunity and plenty of fibre.

People often ask me why I became interested in Colostrum? I guess I became aware of it because my friend was one of the innovators of the modern colostrum and a need to stay healthy and fit in my work environment which was as a wilderness hunting and fishing guide in the mountains of New Zealand. My clients constantly arrived with the flu or colds caught off the airoplane and I certainly didn't want it. It's pretty hard to climb mountains all day when you can hardly breath because of the flu let alone live in a tented camp. Well I'm now 60 and still very healthy and fit and still working as a guide in that same environment. After 30 years as a guide I believe Colostrum has to have had a big part to play in my continued physical ability!

Don't forget to check out our online shop at [www.colostrum4health.com](http://www.colostrum4health.com)

Cheers

Alan Simmons

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