



Newsletter June 2010

Hi All,

Firstly a big thank you to all customers to my Colostrum4health Online Shop and I hope this newsletter finds you well and making great improvements in health and wellbeing from our products.

My newsletter this time is about maintaining good health as opposed to the last two newsletters which concentrated on degenerative disease. I hope it is of some benefit and you are able to make better informed choices about healthy living. *Remember the hospital bed is not a good place to wish you had done things differently!*

Changes to The Website and Pricing. I have changed some of the images on the website as I want to reflect the quality of our environment where our colostrum is produced as well as wellness. The more I look at this whole issue of good health I become acutely aware that the environment we live in or grow things in is very important especially later in life. I can't help but feel that as we age we reflect all those factors of where we lived, what we ate and how active we were. I have also changed the way we price our products to better reflect quantity purchases. You will see the new pricing system when you next shop online. In general prices have come down to reflect this new system.

The Reasons To Keep Your Immune Level High.

In a past newsletter we talked about the immune system becoming over active or under active and the importance or keeping it in that neutral position and healthy so that is ready to work when needed.

The reason we need to keep our immune level up as we get older is that our bodies produce less cytokines which are responsible for regulating responses to invading organisms or metabolic processes. Cytokines are like the "Generals" who musters the armies and decide what sort of response will be best suited to the threat.

Colostrum contains a number of key ingredients such as: Immunoglobulins (IgG, IgA, IgD, IgE, and IgM) substances that neutralize toxins, viruses, and bacteria, in the digestive and respiratory systems.



Cellworx Oral Spray is full of the peptides that stimulate a cascade of antibodies. Cellworx teaches your immune system to work again.

Hence the importance we place on the IgG content. Alpha Lipid capsules contain 91mg of IgG. To give you an idea how much this is I did some research on the Internet but it was hard to find the actual amount of IgG specified on most products making it difficult to make a comparison. However in all case the recommended dosage of colostrum (As high as 8 capsules a day) as stated was a lot higher than our 2, indicating to me much lower levels of IgG.! Amongst those key colostrum ingredients are: Growth Factors such as IGF which are responsible for cell growth, muscle and bone development. Cytokines. These are the proteins that affect and enhance communication within cells and regulate immune response.

Lactoferrin which neutralizes bacteria and helps with cytokine releases.

Our bodies are full of Immunoglobulins (we call them antibodies) which are ready and waiting to recognise invading organisms and attack them, they also recruit other cells to assist. Some do it differently such as one type of IgG is designed to protect the mucous membrane from invasion (the mouth, nose, throat and bowel) while others protect the circulatory system.

The more you understand this process the more amazing colostrum becomes as a natural product because not only is it a huge source of all these wonderful properties it is taken via the stomach where the body mostly sources and feeds the immune system. Man has always instinctively known and about getting most of our vitamins and minerals from food which is why we like to eat food rich in certain elements such as fresh Vegetable & Fruit etc. It has also been discovered that the better the gut flora is the greater the uptake to the immune system which stands to reason as anyone who has had a long course of antibiotic's will attest. Therefore I suggest eating lots of yogurt heavy in probiotics. Our Lifeline breakfast drink contains 1 billion CFU (colony-forming units) per tin and this may have been one reason why this product has been so effective with degenerative disease sufferers.

Another important consideration is to keep the gut and intestine impermeable (leaky Gut Syndrome) so that all that good nutrition is available to your blood and immune system and not lost to the system. We know that colostrum works so well in the gut repairing the stomach, acting as an antibiotic and enhancing the immune system. It is therefore very important for even healthy people to develop a long term regime of taking the Lifeline Breakfast Drink.



Lifeline contains 1 billion CFU per tin for keeping you gut flora in good health

Salt Intake. There seems to be little point of trying to improve your overall health by dietary means without being aware of all the other contributing factors. One that has been troubling me is my excessive salt intake especially if you start to study the effects of salt on our bodies.

We hear no end of comment about how bad salt is for us and how we eat far too much. People constantly tell me I eat far too much and will have a heart attack. So I decided to look at this very question and see just how much salt I actually eat. The World Health Organisation recommended daily intake is about 1 teaspoon of salt for an adult. I buy very little from the supermarket except for milk and butter, some bread and odds and ends. Being a fisherman and hunter and living on a rural block I have my own hens, venison, mutton, vegetable garden and a forest for wood. I have a huge potato patch, fruit trees and so on so I am able to survive quite happily without the usual mass produced supermarket foods with all their chemicals and sprays. Don't get me wrong I am no zealot and quite happy to buy a cooked chicken or sausages every now and again. However I don't eat serials for breakfast, ready made meals, sausages, tinned foods, biscuits and so on. Most packets of processed foods list an "average serving" and the salt content per serving is shown. However, I asked four adult men to put into a bowl what they would usually serve of serial and then I weighed each to see just how much the "real average serving" is. It was on average four times the "average serving" as suggested by the manufacturer. This meant that each person was in reality taking 14% of their daily salt limit with their breakfast serial and it wouldn't for one second occur to them that they were taking any salt.

Did you know the average serving of baked beans is 200g. ie that is 2.2 peoples serving per tin! Gosh I would starve at a portion that size. Half a tin of baked beans equals 950mg of salt. Have that on toast, 2 slices of a quality grain bread has about 12% of your daily allowance, butter 1% per slice, add some salt and

pepper for taste and you have likely exceeded most daily recommended limits for salt intake and that is just at breakfast. What about lunch and dinner and maybe some chips or salted peanuts or biscuits for a snack during the day. Suddenly we see the problem.!! Processed foods are full of salt and they are pushing our bodies to the limit!

My solution was to get a small bowl and add the daily recommended 1 teaspoon of salt each day. I would only use that to season my food and within two weeks I was getting close to overflowing the bowl with what was left over each day. I am sure I was a lot more conscious of adding salt to my food by pinching it from the bowl and so long as I keep off the processed foods I hope I have dramatically lowering my salt intake. This is an exercise you too should try.



Colostrum capsules:
Take 2 capsules daily
to ward off colds and
flu

Colds and Flu.

The study that was release a couple of years back in Spain which showed Colostrum was as effective as the flu jab does not sit that well with me and the reason is that I have seen a few people on colostrum get a cold/flu. I am not sure I know how to tell colds and flu apart, however the people I know have only got a cold if they have come into direct contact with someone in the midst of a bad event. What was most noticeable is that they recovered really quickly. Their immune system is so strong it works quickly in repelling the invaders and I have seen people who are on colostrum recover within 4 days with no other medication. I personally take my colostrum every day, have not had any flu injections and have been lucky not to catch a cold or flu as yet. Recently I was on a plane where the child in front of me coughed and spluttered everywhere and I was so sure I would get something, but I didn't and I can only put that down to my strong immune system. (You can read that article here at <http://www.colostrum4health.com/resources/preventionofinfluenzaandcolostrum.pdf>)

Aging.

One of the interesting side effects of taking colostrum is the changes to the feel of your skin and many people tell me their skin feels smooth and fresh. Well that is because one of the great properties contained in colostrum is its ability to heal and regenerate cells. Skin cells are also undergoing those same transformations that are taking place inside your body. I am sure as time goes on it's anti aging benefits will become more and more recognised.

After all it is now well accepted that colostrum can

1. reduce inflammation and rheumatoid Arthritis;
2. Reduce Obesity as we get older because it allows us to better digest and utilize food;
3. fight cancer as discussed previously and of course repair cells.
4. Repair skin cells and reduce the visual effects of aging.

It does offer a lot of future prospects for researchers to come up with the "ultimate fountain of youth."

I do hope this newsletter has been informative and I look forward to hearing some good stories of improvement in health and wellness from you all. Cheers

Alan Simmons

www.colostrum4health.com

