



## **Can Colostrum help Fibromyalgia and Chronic Fatigue Syndrome?** **by Thomas E. Stone, ND, CNHP**

The answer to the above question is a resounding, YES! But let's begin with a little background. There is a vast overlap between the signs and symptoms of fibromyalgia and those of chronic fatigue syndrome. Between 3 and 6 million Americans suffer from one or a combination of these two diseases, which are characterized by widespread musculoskeletal pain, stiffness and fatigue. More often than not, there is also a pattern of sleep disturbance which accompanies these problems. Fibromyalgia and chronic fatigue syndrome both fall into a class of diseases called autoimmune diseases and they are much more common among women than men. I believe women are more susceptible to these problems because of hormonal imbalances which are exacerbated by hormones in the food chain.

A majority of the patients I see with fibromyalgia and/or chronic fatigue syndrome also have something called leaky gut syndrome which has been linked to many of the autoimmune diseases. Among other things, leaky gut syndrome allows undigested food proteins to leak through abnormally large spaces between the cells of an inflamed intestinal lining. These proteins are considered foreign substances by the immune system and the ensuing attempt to rid the body of these foreign substances causes inflammation and pain. Autoimmune diseases result when an ongoing reaction of this nature is left unchecked. In the case of fibromyalgia, pain and stiffness are especially intense in the morning, but I know of several cases where individuals could not even stand the pressure of clothes or bedding touching their skin.

The healing of leaky gut syndrome, for which colostrum is noted, can be a major factor in cases of fibromyalgia and chronic fatigue. Additionally, colostrum contains several anti-inflammatory compounds which can help with a reduction of pain. Another factor contained in colostrum known as PRP, is a key to toning down the hyper-response of the immune system, lessening the whole autoimmune reaction.

Numerous studies have shown that patients with fibromyalgia have low tissue levels of magnesium - even with magnesium supplementation. This is an example of the effects of a leaky gut, where inflammation in the intestinal lining also damages the carrier proteins which carry minerals, such as magnesium, through the lining into the bloodstream. As a leaky gut is healed, nutrient absorption is balanced.

According to a 1995 article in American Family Physician, most patients with fibromyalgia have low levels of IGF-1. Those with chronic fatigue syndrome have a significantly diminished growth hormone (GH) level which is associated with fatigue and other symptoms. Both of these growth factors are contained in high quality colostrum products. They are successful in treating the symptoms of fibromyalgia according to the book, *From Fatigued to Fantastic* by Jacob Teitelbaum, MD. It is thought by some, that IGF-1 can also play a role in correcting the low levels of serotonin and its precursor, tryptophan, which are associated with the sleep disorders of both fibromyalgia and chronic fatigue.

In my own personal practice, I have found that fibromyalgia and chronic fatigue syndrome respond quickly to the use of colostrum. Many patients are women who are ready to give up - who have tried

everything else and don't know where else to turn. One particular woman had been bed ridden for 17 years with both chronic fatigue and fibromyalgia. Within weeks after she started using colostrum, she was out of bed and within a few months, she was symptom free. Now she works 8 to 10 hours a day, without any of her former symptoms. Another woman had been treated for 12 years with conventional therapies and no relief. She also was bed ridden and digressing when she began taking colostrum. After only 1 week, she was able to eliminate all of her pain medication and within 6 months she resumed a normal life.

With fibromyalgia and chronic fatigue syndrome, I usually suggest people take 6 capsules a day and triple that dosage over a period of 3 weeks. Since both of these conditions are typically accompanied with a low metabolic rate and low thyroid function, I always suggest that the first dose of colostrum be taken *immediately* upon rising. Colostrum has some really profound balancing effects on the thyroid.

All in all, colostrum has a unique blend of growth factors and immune factors which can produce relatively quick relief for those who suffer from fibromyalgia and chronic fatigue syndrome.

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