

# IGF-1 and Growth Hormone vs. Public Health Enemy #1

**Not all colostrum is created equal**, so make sure to select colostrum products that

- + contain only first-milking bovine colostrum collected within 0 to 6 hours of the birth of the calf
- + are complete (none of the components including fat have been removed)



## Resources

Immune Tree colostrum formulas, available at health food stores nationwide, are recognized for being among the very best and most nutritionally complete. For more information visit [www.immunetree.com](http://www.immunetree.com) or call toll-free 877-295-1269.

## References

- Troncoso, R., et al. Energy-preserving effects of IGF-1 antagonize starvation-induced cardiac autophagy. *Cardiovascular Research*. 2012 Feb 1;93(2):320-9.
- Donath MY, Zapf J. Insulin-like growth factor-1: an attractive option for chronic heart failure. *Drugs Aging*. 1999 Oct;15(4):251-4.

Full list of references available at [www.freedompressonline.com](http://www.freedompressonline.com).

## Colostrum helps heal the heart

"One of my patients had battled heart disease for 27 years. This patient had spent thousands of dollars on medications, treatments and hospital visits—not to mention the stress and trauma of it all. A year before I had contact with [the patient], he had been diagnosed with congestive heart failure and given only a short time to live. I had him start with 20 colostrum capsules per day, and within a short period of time he said he felt better. He is now working, and according to medical doctors, his heartbeat is normal."

—Thomas E. Stone, ND, CNHP

There are more than 650 muscles in the human body, including your heart. Indeed, the heart is like any other muscle, requiring blood to supply oxygen and nutrients to function. The heart's needs are provided by the coronary arteries, which begin at the base of the aorta and spread across the surface of the heart, branching out to all areas of the heart muscle.

Unfortunately, coronary heart disease is the most common cause of death in the United States.

As with any health challenge, "prevention" is the key. Although genetics play a role, you can significantly decrease the chance of developing heart disease by making lifestyle changes and having regular checkups with your physician. Supplementing with colostrum can also help maintain heart health.

Insulin-like growth factor 1, the same IGF-1 found in true six-hour colostrum, has the ability to regenerate (or regrow) muscle tissue. This is not limited to just the muscles in our arms or legs but also includes the heart. A recent study in the February 2012 issue of *Cardiovascular Research* demonstrates the cardioprotective actions of IGF-1 found in colostrum. The researchers found that IGF-1 was beneficial in mitigating damage induced by excessive nutrient-related stress and ischemic heart disease (IHD), which is caused by a reduced blood supply to the heart muscle. The study also found that IGF-1 could actually help reduce cell death and degradation in blood vessels, preventing the deterioration that contributes to cardiovascular disease.

A study in the October 1999 issue of *Drugs & Aging* shows that IGF-1 has positive effects in patients already suffering from heart failure. The study

found that patients suffering from heart failure could actually build heart muscle strength thanks to IGF-1.

The body naturally produces IGF-1, but with age these levels decrease, leaving us susceptible to cardiovascular health problems. IGF-1 has been shown to trigger muscle cell proliferation and work with growth hormone to build lean muscle.



Growth hormone (GH) is also present in bovine colostrum and has been shown to work in concert with IGF-1 in the function and repair of the heart muscle. Receptors for both GH and IGF-1 are found on all heart muscle cells, and scientific evidence indicates that GH may act directly on the heart, whereas the effects of IGF-1 may be indirect and operate through separate hormonal pathways. Research studies have also shown that both GH and IGF-1 have stimulatory effects on heart muscle cells, and it is believed that this occurs through the pathway by which the cells use calcium. It has also been shown that administration of GH to patients with congestive heart failure can induce a marked improvement in heart function and clinical status.

A pure colostrum (not the defatted kind) can help the heart patient in so many ways. It contains growth factors that can rebuild damaged muscle tissue; it contains immune factors that can reduce the levels of bacterial and viral pathogens in the system (which often contribute or cause heart problems in the first place); it contains essential fatty acids that are so important for the maintenance of a healthy heart; and it contains proline-rich polypeptides that can calm the overactive immune response often accompanying coronary damage. There are even studies that show that the growth factors contained in colostrum are important in lowering bad, low-density lipoprotein cholesterol levels and increasing good, high-density lipoprotein cholesterol levels.

Complete first-milking bovine colostrum is an excellent resource for both GH and IGF-1. It may be just what you need to support your heart health. ■