

COLOSTRUM OPTION: The Life Link Needed For a Healthy, Vital Life Part II: The Leaky Gut Syndrome

Introducing readers to the wonders of Colostrum, an incredible healing food that gives an amazing boost to the body's immune system, as well as helps repair much of the damage caused by both diseases and aging, is the book: Colostrum: Mother Nature's healthy alternative for every generation! Written by Dr. Lance S. Wright and Anthony Kleinsmith.

Colostrum is actually a non-milk substance secreted by the mammary gland of all female mammals during the later months of pregnancy. This secretion increases dramatically just before the mother gives birth, and then stops at birth, either it is used by the baby or reabsorbed by the mother, at which time, regular breast milk begins to be secreted. Thus, the first real meal of most babies is the perfect combination of all the necessary immune and growth factors. In fact, these components are not naturally found anywhere else in such high concentrations. Besides jump-starting the baby's immune system, and stimulating growth, colostrum also promotes very rapid healing. All in all, it is estimated that the ingredients in colostrum work to activate at least fifty different physical processes in the newborn body, all of which are vital to health and growth.

Not only does colostrum fight disease by boosting the immune system, blocking and destroying dangerous pathogens, strengthening the body's own systems, and speeding healing, its many antibodies also focus their energies where an overwhelming majority of diseases and infections enter the body – the mucousal surfaces. The largest of these is the gastro-intestinal (GI) tract. In healthy conditions, the antibodies along with many varieties of helpful bacteria produced and located in the intestinal tract, destroy pathogens and stop disease. However, years of antibiotic use combined with additive-filled diets have weakened the defenses, thereby allowing pathogens to enter the body and cause disease. This condition that precedes most other conditions is known as leaky gut syndrome.

Leaky gut syndrome is the name given to a very common health disorder in which the intestinal lining is more permeable than normal. The abnormally large spaces present between the cells of the gut wall allow the entry of viruses, bacteria, fungi and other toxic material into the bloodstream. In healthy circumstances the toxic material would be repelled and eliminated. In addition, undigested protein and fat also pass through the “leaky” intestinal wall where, instead of being used to aid the body, they now present a health risk.

Leaky gut syndrome is at least as common as all the immune system diseases put together. Basically, it is caused by inflammation of the gut lining. This inflammation can be brought about by antibiotic use, alcohol and caffeine, foods contaminated by parasites, chemicals in fermented and processed foods, prescription corticosteroids, and an abundance of refined sugars.

Leaky gut syndrome creates a long list of mineral deficiencies because the various carrier proteins needed to transport minerals from the intestine to the blood are damaged by the inflammation process. Also associated with a leaky gut are bloating, cramps and gas. Eventually, however, nutritional deficiencies can also lead to systemic complaints like fatigue, headaches, memory loss, poor concentration or irritability.

Since the immune and growth factors in colostrum do not break down during the digestive process, they are able to work their magic in the intestines, and are very effective at combating leaky gut syndrome. Several factors, including the immunoglobulins and lactoferrin, attack the pathogens in the intestines, inhibiting their reproduction, and preventing their attack on the intestinal wall. Colostrum growth factors are also anti-inflammatory and play a huge role in treating a leaky gut. In addition, they repair damaged cells and keep the mucous layer of the intestines sealed and impermeable to toxins. This is evidenced by colostrum's ability to control chronic diarrhea.

Healing the leaky gut reduces the toxic load the body has to combat, and greatly improves nutritional uptake. We can help out by eating a nutrient-rich diet, and one that has adequate fiber. For the healthy individual or the athlete in training, colostrum supplementation enhances the efficiency of amino acid and carbohydrate fuel uptake by the intestines. More nutrients are then made available for muscle cells and other vital tissue and organs. The more efficient uptake of nutrients causes a boost in energy.