

# Healing the Leaky Gut with Colostrum

*If you use painkillers, imbibe alcohol or are concerned, as we recommend you should be, with runaway bodily inflammation, then caring for your gastrointestinal health with first-milking colostrum should be part of your health promotion program.*

For centuries, colostrum has been one of the world's most revered healing foods. Ancient Indian ayurvedic and European traditions both embrace the anti-aging, rejuvenating merits of first-milking colostrum. But for anyone with gastrointestinal problems—especially leaky gut syndrome as well as those people taking non-steroidal anti-inflammatory drugs or who imbibe alcohol—colostrum could be a lifesaver.

## Leaky Gut Syndrome— Serious & Widespread

What on earth is a leaky gut? And why should we be concerned with this condition? Well, leaky gut is a serious condition and probably far more widespread than we might realize; even if you are clinically healthy today and don't know you have leaky gut, it could well put you at risk for serious disease.

"A major task of the intestine is to form a defensive barrier to prevent absorption of damaging substances from the external environment," says Daniel Hollander, M.D., of the Harbor-UCLA Research and Education Institute, and one of the

nation's leading experts on inflammatory bowel disease.

This protective function of the intestinal mucosa is called permeability. Clinicians use inert, nonmetabolized sugars such as mannitol, rhamnose, or lactulose to measure the permeability barrier or the degree of leakiness of the gastrointestinal lining.

Ample evidence indicates that permeability is increased in most patients with Crohn's disease and in ten to twenty percent of their clinically healthy relatives.

Permeability is also increased in celiac disease and by trauma, burns, and use of non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen.

Alcoholics and people who imbibe would also do well to be concerned about leaky gut. Only 30 percent of alcoholics develop cirrhosis, and new research suggests that the development of alcohol-induced liver injury is caused in part by a leaky gut, say researchers at the Department of Medicine (Division of Gastroenterology), Loyola University

Medical School, Maywood, Illinois. Animal studies have shown that gut-derived endotoxin is a critical factor in causing cirrhosis. Increased intestinal permeability has been shown to cause endotoxemia, and it is now believed increased gastrointestinal permeability (leaky gut) contributes to alcoholic liver disease. "Because only

the alcoholics with chronic liver disease had increased intestinal permeability, we conclude that a 'leaky' gut may be a necessary cofactor for the development of chronic liver injury in heavy drinkers."

## Leaky Gut— Inflammation Connection

Many of the pathogens that make us sick enter the body through the food

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we eat. This means that an individual with leaky gut syndrome is much more vulnerable to infection than someone with a healthy gastrointestinal tract.

The activation of immune cells within the huge surface area of the gut lining can cause a systemic inflammatory response—and overall bodily inflammation, we are now learning, is a key to many different disease states, including heart disease, cancer, arthritis, and diabetes. The passage of bacteria and toxins through leaky gut mucosa may amplify or perpetuate this systemic inflammation.

Inflammation causes damage to the tissue, resulting in excess permeability and unusually large spaces between the cells of the mucosal lining, which allows bacteria, viruses, fungi and other potentially toxic materials to enter the bloodstream. The widened spaces can also allow undigested food particles to "leak" through the intestinal lining. This could pose a serious health risk since these particles may be considered "foreign" by the body and the immune system may try to destroy them.

### FYI:

#### Are You at Risk for Leaky Gut?

Leaky gut syndrome is a very common (often undiagnosed) condition in which the lining of the small intestine becomes inflamed. Many different things, including the following, can cause this inflammation:

- Alcohol and/or drinks containing caffeine.
- Overuse of antibiotics resulting in destruction of the "good" bacteria in the intestines.
- Foods contaminated by certain bacteria or parasites.
- Corticosteroids, such as prednisone, and/or non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin or ibuprofen.
- Consumption of large quantities of highly refined carbohydrates, (sugar and processed flour).

Under any of these conditions, you should be using first-milking colostrum as a means of prevention or to help the body to heal.

Thus, by this logic, leaky gut can be linked with a whole host of autoimmune diseases.

### How First-milking Colostrum Helps Heal Leaky Gut

Quality first-milking colostrum can be of substantial value to anyone at risk for leaky gut. The immune factors in colostrum contain a number of antibodies that bind to invading microorganisms and hold them in check while they are destroyed by white blood cells.

The growth factors in colostrum, are also of substantial benefit in leaky gut syndrome. It is well documented that growth hormone and the insulin-like growth factor superfamily of proteins, both of which are found in abundance in first-milking colostrum, aid in the proliferation of new cells.

These and other factors in colostrum can actually help repair the damaged mucosal tissues. Recent studies have documented how the use of bovine colostrum reduces excess permeability caused by the use of NSAIDs. The repair of the mucosal lining may also decrease the severity of some food allergies—especially those associated with undigested food particles leaking into the bloodstream.

### Colostrum & Painkillers

In June 2001, British researchers at the Department of Gastroenterology, Imperial College School of Medicine, London, demonstrated how important colostrum is to anyone using painkillers. It is well known that painkillers such as NSAIDs are effective analgesics and that some even reduce heart attack risk, but they also cause gastrointestinal injury. These researchers note the dearth of preventive measures for people on painkillers.

“Bovine colostrum is a cheap, readily available source of growth factors, which reduces gastrointestinal injury in rats and mice,” they say. They examined whether spray-dried, defatted colostrum could reduce the rise in gut permeability caused by NSAIDs in volunteers.

Healthy male volunteers participated in a randomized crossover trial comparing changes in gut permeability before and after five days of indomethacin therapy. In healthy volunteers, indomethacin caused a three-fold increase in gut permeability, whereas no significant increase in permeability was seen when colostrum was co-administered. “These studies provide preliminary evidence that bovine colostrum, which is already currently available as an over-the-counter preparation, may provide a novel approach to the prevention of NSAID-induced gastrointestinal damage in humans.”

More studies should be forthcoming. But this is certainly important for anyone using such painkillers.

### Benefits from a Healthy Gut Lining

There are many benefits that accrue to people who free themselves from leaky gut with the use of colostrum. Allergies and food sensitivities are markedly reduced. Risk

for heart disease, cancer, diabetes, and arthritis also decrease—along with overall bodily inflammation.

There are even nutritional benefits. Repairing the intestinal damage caused by leaky gut syndrome can improve nutrient uptake. Leaky gut syndrome results in significant mineral deficiencies because the same inflammatory process that injures the mucosal lining damages carrier proteins. These carrier proteins are the means by which many of the essential minerals are absorbed. The lactoferrin and transferrin found in high quality colostrum serve as effective carrier proteins for iron and copper. This is why many who have trouble with anemia find help when taking colostrum. In addition, the casein in complete colostrum is a carrier protein for calcium, allowing it to be effectively absorbed. Since the absorption of nutrients is so important to so many functions in the body, the resolution of leaky gut syndrome can have positive effects on many other conditions. ❖

### Prescription for Healing the Leaky Gut

There are many important steps to take for the health of your gastrointestinal tract. But one of the important things you can do is to bring quality first-milking colostrum into your diet. We highly recommend **Immune-Tree first-milking colostrum**.

Much of the colostrum sold today is what we would more accurately term “transitional milk.” It lacks the same amount and versatility of growth factors and immunoglobulins found in true first-milking products.

**Dosage**—Most people benefit from approximately six capsules of **Immune-Tree** colostrum daily. But many people purchase economy-sized jars and consume one to two heaping tablespoons daily for even greater benefit.

**Immune-Tree** has many different kinds of colostrum products from which to choose, including those for weight loss and bulking up. There should be one that is right for your needs.

**Availability**—**Immune-Tree first-milking colostrum** products are available at natural health centers and from health professionals. If you have any trouble finding a source, call Immune-Tree toll-free at (888) 484-8671 ext 2606. Health professionals can call (800) 916-3681 ext. 2606.

