

~ A Healthier You ~

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Is your Immune System up to par?
Colostrum will help!

Colostrum is the 'first milk' that the mother cow produces after giving birth - it is not milk, because its composition is different. However, it contains over 37 different immune factors, enough to keep the new-born calf healthy until its own immune system develops. It contains enough growth factors to enable the calf's body to grow bone cells, muscle cells, cartilage cells, etc. It is these growth factors that can help the human body carry on the natural processes of regenerating its cells.

The biologically active components in complete first-milking colostrum are divided into categories based on the health aspect where they exert their greatest influence. The major category is the Immune Helpers. The others are Growth Factors (tissue repair helpers) and Metabolic Factors (aid utilization of carbohydrates and weight control). A few of the components in the Immune Helper category are:

Immunoglobulins (antibodies) - neutralize pathogens in the lymphatic and circulatory systems. It also has an effect on the ones that invade the intestinal tract, causing diarrhea and gastrointestinal illness.

Lactoferrin - an iron-binding protein that aids the body in utilizing iron as it also exerts anti-microbial and antiviral activities and cell-growth regulation.

Transferrin - a mineral binding carrier protein that can impede the growth of certain aerobic bacteria, particularly in the gut.

Lysozyme - an enzyme that can break down the outer cell wall of certain bacterial organisms, thus inhibiting their reproduction and making them vulnerable to attack by other immune factors.

These are a few of the Immune Helpers in Colostrum that have very technical/biological names. To put it into more layman terms - Colostrum is a rich source of many health-promoting compounds. Research results show that it may support your body's own cell-regenerative processes as it aids the immune system and overall good health and well being. It is a whole food that is only minimally processed and comes either in capsule form or powder for adults and fruit flavored chewables for children.