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The use of Colostrum for Gastrointestinal Disorders

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Most infectious organisms gain entrance in the gastrointestinal (GI) tract. In a healthy GI tract, the combination of antibodies which are produced there, and beneficial bacteria are able to fight off invaders. However, very few individuals have a truly healthy GI tract and they are therefore vulnerable to a host of infections and other GI problems.

One of the first things colostrum does is repair the damaged tissues in the intestines. Again and again, colostrum brings resolution to something called, leaky gut syndrome, a common health disorder which is at the root of a long list of difficulties, including, weakened immunity, mineral deficiencies, poor absorption, food allergies, and autoimmune disease. When health is brought to the intestinal lining, many other conditions are also resolved. As a result, the toxic load on the body is reduced, nutritional uptake is enhanced, food allergies often disappear entirely, and the first line of defense in the bowel is brought back to normal function. Because a healthy GI tract is so important to so many processes in the body, the healing of leaky gut syndrome can make a big difference in overall health.

Numerous gastrointestinal disorders are helped simultaneously with the healing of a “leaky gut.” These include, irritable bowel syndrome, yeast infections, Crohn’s disease, inflammatory bowel disease and ulcerative colitis. Each of these can be positively affected with the use of colostrum. Irritable bowel syndrome can be a very difficult problem to treat, especially when there has been surgery. Often individuals experience interchangeable bouts of constipation and diarrhea. In my experience, those with these difficulties often get relief from their symptoms in days or weeks - even when they have suffered for a long time. They are always surprised at how quickly they get relief from cramps, bloating, gas, diarrhea and/or constipation.

Another gastrointestinal difficulty is candida (yeast infections). Candida is not strictly limited to the GI tract and it can penetrate any area of the body if the balance of intestinal flora is compromised. I have used a lot of things in my practice to overcome yeast infections but I have never seen anything bring candida under control like colostrum - not even the acidophilus or friendly flora combinations. With colostrum, people who have suffered for a long time, usually begin to see improvement within weeks.

Chronic diarrhea is another GI disorder with many causes. It can deplete the body of electrolytes and fluids and begin a process called “wasting,” where the body literally has to use its own tissue to support bodily functions. Here again, colostrum can literally be a life-saver. Whatever the cause, diarrhea can be greatly helped with colostrum. On the other hand, individuals who suffer from chronic constipation find that colostrum softens their stools, providing more regular bowel movements. Both of these difficulties respond to colostrum’s *balancing* effects.

During the last few years, several studies have succeeded in identifying a glycoprotein, in colostrum which prevents the bacteria called *Helicobacter pylori*, from attaching to the stomach wall. This bacteria has been identified as the causal organism in ulcers and some forms of gastric cancer. In a 1998 article in the *Journal of Infectious Disease*, bovine colostrum was shown to inhibit the attachment of this bacteria to the receptors in the stomach wall. This is good news for those who suffer from ulcers and gastric cancer.

Since colostrum begins its marvelous work in the bowel, it can be almost miraculous for many who suffer from, or wish to prevent, a whole array of gastrointestinal disorders.

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