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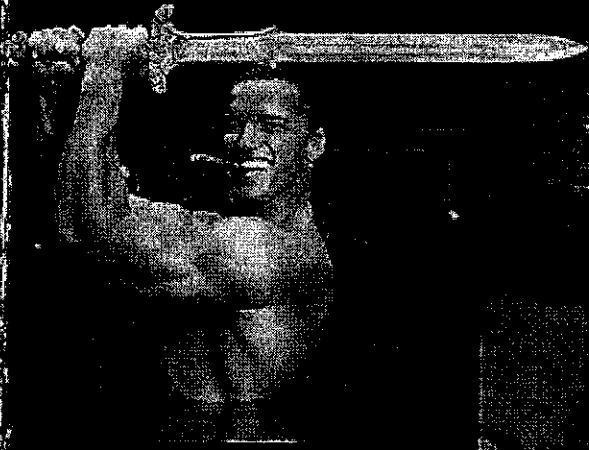
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## THE ANABOLIC COLOSTRUM

NATURE'S POWER POTION



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"AUSTRALIAN IRONMAN" Vol 13 No 8.

# Nature's

# GROWTH

# Serum

## Colostrum: First Milk for Fast Mass?

**It comes straight from nature, the first milk from the mammary of a feeding mammal. And it is jam-packed full of anabolic, immune boosting goodness. So how can supplementing with colostrum help you?**

**T**he primary nutritional requirements for a newborn are immune and growth factors. Because a baby is born with little or no immunity, colostrum provides a rich source of immune-enhancing proteins. Growth factors native to colostrum also enhance the newborn's rapid growth.

All female mammals secrete colostrum as the initial source of nutrition for newborns. Most proteins undergo rapid degradation in the gut, but colostrum contains protease inhibitors that prevent its premature digestion. Bovine, or cow, colostrum is four times richer in vital immune factors than human colostrum.

In ayurvedic medicine, the ancient medicine of India, colostrum has been used to treat health problems for thousands of years. Before the advent of antibacterial drugs, colostrum, along with garlic, was often used as a natural antibiotic. Dr. Albert Sabin, who developed the

first live vaccine for polio, found that colostrum contained antibodies that blocked the polio virus.

So what are colostrum's potent protective factors? They include the following:

### **Immunoglobulins**

Immunoglobulin G is a protein that works as an antibody and counteracts bacteria and viruses in the blood and lymphatic system. So do IgM, IgD and IgE. Colostrum contains a minimum of 16 per cent immunoglobulins.

### **Lactoferrin**

Also found in whey protein, lactoferrin deactivates bacteria by blocking the use of iron, which bacteria need to replicate.

### **Proline-rich peptide**

PRP modulates immune function by calming an overactive immune response and promoting a weak immune response. Research has



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found that a proprietary form of PRP derived from the colostrum of sheep works against Alzheimer's disease.<sup>1</sup> PRP promotes the release of gamma-interferon, a cytokine that inhibits the formation of the protein beta-amyloid, which is thought to be a cause of Alzheimer's disease.

**Growth factors**

Colostrum include insulin like growth factors 1 and 2, epithelial growth factor and transforming growth factors A and B, as well as growth hormone itself. IGF-1 is well known as a potent anabolic hormone. It's also involved in muscular recovery, repair and growth. The major controversy about supplemental colostrum is whether IGF-1 is absorbed into the body with oral colostrum supplements.

The most potent natural immune booster known to science, colostrum contains far more protective

factors than milk. One study found that human subjects who took oral colostrum supplements before being injected with the bacteria that causes dysentery did not develop the disease.

PRP, the immune-modulating protein, stimulates the development of thymocytes, which are white blood cells secreted from the thymus gland, into active T cells, which protect against viruses and cancer. An in vitro, or test-tube, study found that colostrum has about half the inhibitory activity of an antibiotic called gentamicin, but minus the side effects.

Colostrum's potent immune-promoting effects may make it a useful supplement for older people. As people age, immune response becomes blunted, making them more susceptible to diseases, including cancer. In the case of autoimmune diseases such as

rheumatoid arthritis and lupus, the body begins to attack its own tissues and organs. Women are more prone to those kinds of diseases than men. The PRP in colostrum may help mitigate autoimmune pathology.

Another unique benefit of colostrum is protection against some of the side effects induced by nonsteroidal anti-inflammatory drugs. NSAIDs inhibit the synthesis of prostaglandins, which are made from dietary fat and which are involved in pain and inflammatory reactions. Some prostaglandins, however, offer protective benefits.

One example of such protection is the maintenance of the mucous barrier that lines the stomach and intestines. Without that barrier, corrosive acids the body produces would lead to tissue ulceration. Unfortunately, the NSAIDs take a shotgun approach to prostaglandin synthesis, inhibiting both "good" and "bad" kinds. That's why certain NSAIDs, known as COX-2 inhibitors, are linked to adverse cardiovascular effects, including heart attacks in some people.

While the primary use of NSAIDs is to treat pain from such inflammatory conditions as arthritis, they're also used to treat pain that results from muscle and joint injuries common in athletes and bodybuilders. Noting that the drugs can cause gastrointestinal side effects, the drug industry

