It’s a Gut Decision

“All Disease Begins in the Gut”
~Hippocrates, the Father of Medicine

The Solution: Bovine Colostrum ~ Life’s First Food

by Douglas A. Wyatt
Director, Center for Nutritional Research
It’s a Gut Decision

This book was written for EVERY individual who suffers from or may suffer from ANY disease, disability, pain, or even premature death. Foremost, I believe that no one should suffer unnecessarily, and I believe that there is a realistic way to avoid these conditions. It’s been sitting right in front of us for hundreds of years, just waiting to be rediscovered. You might even call it a “healing miracle” of sorts. But whether you believe in miracles or not, our aim is to explain the science of Mother Nature within a historical framework so you can better understand the physiology of disease and make healthier lifestyle choices.

Here are the key points I’ll cover throughout this book:

◆ According to the Father of Medicine, Hippocrates, “All disease begins in the gut.”
◆ Everyone is born with a Leaky Gut that needs to be healed with mother’s colostrum.
◆ We now know that disease is caused by G.I. disruption (dysbiosis).
◆ G.I. disruption is referred to as Leaky Gut Syndrome (LGS).
◆ LGS leads to chronic immune system disruption and malfunction.
◆ INFECTION is the number one cause of G.I. disruption.
  • Rotavirus, Cryptosporidium, C. Difficile, E. coli, Salmonella, MRSA
◆ Infectious diarrhea is the number one cause of death worldwide.
◆ The number two cause of G.I. disruption is WHAT WE EAT.
  • Glyphosate, Antibiotics, Prescription & OTC Pain Medications, GMOs, Simple Carbohydrates & Processed Foods, Acidic Beverages, Alcohol
◆ Man-Made Antagonists are causing LGS; persistent LGS leads to autoimmunity (disease) and eventually, shorter lifespans.
◆ Colostrum (the first food of life) is the key to immune system balance (perfect health) especially when we have no warning system in our gut.
◆ Colostrum’s immune factors prevent low-grade infections to infectious diarrhea by eliminating disease-causing microbes and by preventing them from colonizing.
◆ Colostrum’s growth factors heal and prevent Leaky Gut Syndrome.

I hope you’ll continue on this journey of understanding about where disease comes from and how to best prevent or get rid of it. Over two thousand years ago, Hippocrates said that “All disease begins in the gut.” He was truly ahead of his time, and if he was around today, I think he’d probably agree that “All disease begins in a leaky gut.” So, if you are ready to let go of the pain of disease and disability and reclaim your health, I invite you to read on...

Douglas A. Wyatt
There’s a hidden epidemic that is killing Americans by the millions. It’s an epidemic that the Government doesn’t want to acknowledge. The media is lying to you about it. Food companies are denying that it’s happening. Pharmaceutical companies don’t want you to know about it. It’s terrifying!

According to the American Diabetes Association, in 2012, 29.1 million Americans, or 9.3% of the population had **Type 2 diabetes** and of that 29.1 million, 21 million were diagnosed, and 8.1 million or about 28% were undiagnosed.

**According to the UCLA Research Center, 55% of Californians have either Pre-diabetes or Diabetes. That’s one out of two.**

One in 5 adults have doctor-diagnosed **Arthritis**. Factor in undiagnosed people, and that number is probably double.

In 2000, 1 in 150 children had **Autism**. By 2006 it grew to 1 in 110, 1 in 88 in 2008, and now 1 in 68 in 2016.

And then there’s the **‘Big C’**: There’s now more than a 1 in 3 chances of getting it.

Fifty years ago, these chronic conditions were rare. Today, a staggering 70 – 80% of Americans are living with a debilitating chronic illness that is shortening their lives by 10–15 years. You don’t need to be a rocket scientist to see that something is wrong.

**The culprit?**

**Toxins.**

- The overuse of antibiotics and pharmaceuticals.
- Over-the-counter pain medication.
- Sugar-drenched [simple carbohydrates] diets.
- GMO’s.
- Antibiotics and hormones in meat.
- Pesticide-drenched wheat, grains, and corn.
- The contraceptive pill.
- Acidic beverages like sodas and coffee.

**It’s EVERYWHERE!**

They are in our shampoos and soaps, leaching through our pores. They are even in our water supply.

**FACT:** The cold, hard truth is that 1 out of 2 Americans suffers from one or more chronic conditions that will rob 10 to 15 years from their lives.

**FACT:** Out of every 10 deaths each year, 7 of those people die from chronic diseases caused by Leaky Gut Syndrome. (Centers for Disease Control and Prevention).
What are Your Chances?

In America, roughly one out of two suffers from at least one chronic condition. According to the Centers for Disease Control and Prevention (CDC), chronic diseases are responsible for 7 of 10 deaths each year. Here are your odds for developing one of these diseases during your lifetime:

- **Arthritis – Adults**: 1 in 5
- **Arthritis – Children**: 1 in 250
- **Asthma – Adults**: 1 in 12
- **Asthma – Children**: 1 in 10
- **Autism**: 1 in 68
- **Diabetes – Type 1**: 1 in 300
- **Pre- & Diabetes – Type 2**: 1 in 2*
- **Parkinson’s**: 1 in 1000
- **Alzheimer’s (65+)**: 1 in 8

*Don’t let this be you.*

Gastrointestinal permeability, commonly called Leaky Gut Syndrome develops when your gastrointestinal (GI) tract becomes permeable. In other words, small holes open up inside your stomach and small intestines.

That means you now have a toxic floodgate spewing raw sewage, viruses, bacteria, and undigested food particles directly into your bloodstream, infecting every part of your body.

Your white blood cells sense the invasion and go into attack mode. They do what they were designed to do – destroy the foreign invaders. All good so far. Yes?

**Here’s the problem. It doesn’t stop there.**

Over time, with that army of foreign invaders poisoning your blood, your immune system gets very overworked. Your white blood cells not only attack the bacteria and sewage, they also attack nutrients and probiotics designed to actually heal your gut.

**Bad news.** Your body is now becoming malnourished.

By then, your liver and kidneys are completely overworked. They’re no longer capable of detoxifying your body.

**But it gets even WORSE.**
Your magnificently intelligent, self-healing body no longer has the power to heal itself.

Your immune system goes into attack mode…attacking your healthy cells. Your body’s tissues. Your organs.

Your body is being eaten away from the inside out.

This is called autoimmunity.

The type of autoimmune condition that develops depends on where the inflammation occurs.

- Inflammation in the Joints: Arthritis
- Inflammation in the Brain: Alzheimer’s, Parkinsons, Chronic Fatigue
- Inflammation of Neurological Tissue: Multiple Sclerosis, Lupus
- Inflammation in the Blood Vessels: Vasculitis
- Inflammation in the Gums: Periodontal Disease
- Inflammation in the Lungs: Asthma
- Inflammation in the Lining of the Gut: Irritable Bowel Syndrome, Ulcerative Colitis, or Crohn's Disease
- Inflammation in the Arterial Walls: Atherosclerosis, Heart Disease, or Stroke

Frightening, isn’t it? Well, the good news is, there is something you can do about it.

But first, let’s talk about whether or not you may have Leaky Gut Syndrome.

Question:

Have you consumed antibiotics, pain killers, the birth control pill, acidic beverages, alcohol, wheat, corn, caffeine, or a lot of high-sugar foods?

Yes? Well, these substances have been eroding your gut lining, so ‘yes,’ you probably do have Leaky Gut.

Were you breastfed for the first two years of your life (and therefore strengthening your gut lining)? If not, you have Leaky Gut.
And if you have any of the following symptoms or conditions, the answer is definitely ‘yes’.

- Low Energy, Tiredness, Fatigue
  - Yes
  - No

- Irritability
  - Yes
  - No

- Mood Swings
  - Yes
  - No

- Pain
  - Yes
  - No

- Airborne Allergies
  - Yes
  - No

- Food Sensitivities or Allergies (lactose, gluten)
  - Yes
  - No

- Candida Overgrowth
  - Yes
  - No

- Sugar Cravings
  - Yes
  - No

- Premenstrual Syndrome (PMS)
  - Yes
  - No

**DISEASES AND CONDITIONS**

- Irritable Bowel Syndrome (IBS)
  - Yes
  - No

- Crohn’s Disease
  - Yes
  - No

- Celiac Disease
  - Yes
  - No

- Colitis
  - Yes
  - No

- Diabetes
  - Yes
  - No

- Asthma
  - Yes
  - No

- Arthritis and Degenerative Joint Disease
  - Yes
  - No

- Chronic Fatigue Syndrome
  - Yes
  - No

- Fibromyalgia
  - Yes
  - No

- Multiple Sclerosis
  - Yes
  - No

- Lupus
  - Yes
  - No

- Heart Disease
  - Yes
  - No

- Cancer
  - Yes
  - No

- Depression
  - Yes
  - No

- Autism
  - Yes
  - No

- ADD/ADHD
  - Yes
  - No

- Acne, Rosacea, Eczema, Psoriasis
  - Yes
  - No

- Pre-Menstrual Syndrome (PMS)
  - Yes
  - No

- ANY Autoimmune Condition
  - Yes
  - No

Think you might have Leaky Gut?
Here’s how you can stop that toxic rot and restore your health.
CHAPTER 2

THE NATURAL SOLUTION
Heal Leaky Gut Syndrome and Restore
Your Body’s Self-Healing Super Powers FAST...
with Colostrum-LD™ – the Only Substance Clinically Proven to
Eliminate Leaky Gut.

“There is no force on the planet more powerful than a mother’s love for her
child. Colostrum is the biological expression of her love – infusing her
child with the strength and immunity to not only survive but also to
thrive outside the womb.

There is nothing on this planet in our plane of existence that even remotely
compares to the life-giving process that colostrum provides... absolutely
nothing.

“The Miracle of Life Revealed”
For the first 72 hours of your life, you had a leaky gut (all mammals do) by
Mother Nature’s design. Not only that, your immune system wasn’t working
properly either, again by design.

Here’s where the miracle of life unfolds…

When you were inside your mother’s womb, you were protected. You
weren’t subjected to any disease-causing microbes because the womb is
sterile. But when you were born, you showed up on the planet with no
defenses.

That’s when your mother granted you the power to heal yourself, through
her colostrum and her breast milk.

Known as nature’s first food, colostrum passed through the holes in your gut
and small intestines into your bloodstream. It jump-started your immune
system, which protected you from disease.

“Colostrum is the most powerful healing substance in the world. If
it were not for colostrum, the human race wouldn't even exist.”
~Robert Heinerman, Ph.D.
It regenerated and revitalized your cells.
It repaired DNA & RNA and stimulated stem-cell growth.

Then, by day four of your life, the holes in your leaky gut weren’t needed any more. The colostrum healed and closed them up. Mother Nature, in her infinite wisdom, created colostrum for the express purpose of firing up the immune system, regenerating cells, and healing Leaky Gut Syndrome.

Amazing, isn’t it?
Imagine your body being enriched by that life-giving substance, not just at birth but every single day of your life. The good news is that it can.

Even more Powerful than ‘Human’ Colostrum?
Even though human colostrum can’t be processed and distributed on a mass scale, something just as miraculous can. Colostrum’s life-giving process that is passed from mother to child is the same for all mammals, including cows.

Better still, bovine (cow) colostrum is bioidentical to human colostrum. And it’s even more potent than human colostrum, having even more immune properties. So now, you really can thrive every day of your life.

Start taking Colostrum-LD™ today, and you’ll say goodbye to your Leaky Gut and underpowered immune system fast. You’ll regain your self-healing super powers more profoundly and quickly than you ever imagined. You’ll even reverse the aging process.
How Colostrum-LD™ Heals, Protects, and Rejuvenates...in 3 Revolutionary Steps

With Colostrum-LD:
• Cellular Regeneration and Revitalization are Now Possible
• Natural Stem Cell Proliferation is No Longer Science Fiction
• Damaged DNA Actually Repairs Itself
• Telomeres and HGH Deliver the Secret to Anti-aging

STEP ONE: Stop the Antagonists...Destroy the Pathogens
The biggest causes of gastrointestinal damage are infection and parasites. Disease-causing microbes, infectious bacteria and parasites come from the foods and beverages we consume. Frighteningly, most Americans have a forest of bacterial overgrowth in their small intestines, including E. coli, salmonella, C. difficile, and other nasty bacteria that are often the result of food poisoning. According to an October 2015 report by the World Health Organization, 420,000 die from food poisoning worldwide. In fact, Dr. Robert Tauxe, a Center for Disease Control (CDC) expert estimates that 1 in 4 Americans (or 87 million people) has reported getting foodborne diseases this year including over 40% of children under the age of 5. Realistically, a majority of cases go unreported. These bad bacteria are literally eating away the gastrointestinal lining – the very lining that provides the barrier between your intestinal sewage and your bloodstream.

Here’s an even bigger problem.
When your gut is healthy, it contains a ratio of 80% good bacteria to 20% harmful bacteria. But, when you have Leaky Gut Syndrome, the ratio is reversed: 80% harmful to 20% beneficial bacteria. Once that beneficial bacteria ratio gets as low as 15%, you die.

See how serious this issue is?
Colostrum-LD contains immune factors, including immunoglobins, lactoferrin and antibodies, which destroy the harmful bacteria (gastrointestinal pathogens and disease-causing microbes). It prevents disease-causing bacteria and parasites from colonizing. It also breaks up the colony groupings so colostrum molecules can better attack the harmful bacteria. It initiates and instructs the immune system to create antibodies and destroy the pathogens on contact. It also prevents the bacteria and toxins from entering the bloodstream where they disrupt immune function and otherwise cause serious harm.

As Colostrum-LD eliminates the harmful bacteria, there’s more room for the beneficial bacteria to colonize. Then, the beneficial bacteria can do their normal job of keeping the harmful bacteria in check.
But what about probiotics, you ask?

Probiotics are important, but there's one critical thing you should know. Probiotics ("good" bacteria) **should not** be taken before your Leaky Gut is healed. If your G.I. lining is permeable, the probiotics leak through into the bloodstream where the immune system determines they are "foreign" and acts to destroy them. The immune system may actually create antibodies against the probiotic bacteria. Therefore, it’s imperative to take Colostrum-LD for 4 to 6 weeks before you introduce any probiotic supplement.

Once a Leaky Gut is healed, colostrum becomes the probiotics’ best friend. It’s the growth factors in colostrum that help the probiotics colonize and thrive.

*(Refer to Page 21-23 for more on immune factors.)*

**Stop the toxins!**

**Restore the Healthy Bacteria Balance**

The second biggest cause of gastrointestinal damage and consequently immune disfunction is toxins.

That’s why it is vital to stop ingesting toxins, including sugar/simple carbohydrates, pain medications, antibiotics, caffeine, sodas, alcohol, GMO foods, pharmaceutical drugs where possible, and most significantly, soy and non-organic wheat and corn products.

Non-organic wheat and corn crops are laced with highly toxic fertilizers containing glyphosate (a common brand is Roundup) which is sprayed just before the crops are harvested. This is absolute poison to your system. Just like the weeds it’s designed to kill, glyphosate also destroys the “good” bacteria in the G.I. tract and leaves the “bad” bacteria behind to thrive and make you sick.

And if this isn’t bad enough, the American food supply is contaminated with GMO foods, many of which contain an insect-killing toxin called Bt toxin. The Bt toxin was designed to puncture holes in insects’ digestive tracts, and studies have demonstrated this occurs in mouse G.I. tracts as well. It’s hardly a stretch to say that this is happening in humans. And so, Bt toxin is a primary cause of Leaky Gut Syndrome. Overall, GMO foods may be contributing to the rise in gluten sensitivity and may be exacerbating gluten-related disorders. Of course, non-organic wheat and corn are the biggest culprits since they are so integrated into the American diet.
STEP TWO: Heals Inflammation & Teaches the Immune System How to Operate Perfectly

Years of Leaky Gut and inflammation have wreaked havoc on your immune system. The Proline-Rich Polypeptides (PRPs) in Colostrum-LD™ balance your immune system by helping to regulate the thymus gland and either stimulate or suppress immune-system activity.

If your immune system is still hyped-up, the anti-inflammatory PRP-3s tone down the immune response. If your immune system is sluggish, the antimicrobial PRP-2s boost your immune response. Thus, Colostrum-LD protects you from pathogens with an inflammatory response and turns off the inflammation as soon as the infection is gone.

STEP THREE: Heals, Regrows & Protects the Gut Lining & Every Cell in the Body

Maybe you have heard about the anti-aging and healing properties of growth hormones. Colostrum-LD contains all the growth hormones that heal the intestinal barrier and prevent it from becoming permeable again.

The most important growth factors that are essential to healing a leaky gut include:

• Epithelial/Epidermal Growth Factors
• Insulin-like Growth Factors
• Transforming Growth Factors

(Refer to page 20–21 for more details)

But it doesn’t stop there.

It actually regrows cells, organs, skin, muscles, bones and tissue

The growth factors inside Colostrum-LD actually reverse the damage so your body systems renew themselves…even bone. What Colostrum-LD does is staggering.
22 Healing Miracles in one Superfood!
No other healing substance on the planet even comes close.

1. Helps **Protect and Heal** your GI tract and stomach lining (**Leaky Gut Syndrome**)
2. Retrains your immune system to operate perfectly - helps boost, balance, and maintain proper **Immune Function**
3. Helps restore your body’s ability to heal itself
4. Acts as a **Natural Antibiotic** – helps destroy harmful pathogens and fight infection…rapidly and safely
5. Acts as safe, powerful, natural **Pain Relief**
6. Boosts the **Absorption** of nutrients in the gut
7. Stimulates the **Regrowth** of damaged tissue, cartilage bone, and blood cells
8. Helps increase **Muscle Strength** and **Stamina**
9. Speeds up **Recovery** after exercise or injury
10. Balances **Hormones** and calms the mind
11. Increases production of serotonin and dopamine (natural antidepressants) in the brain
12. Boosts **Mental Clarity**
13. **Burns Fat** and increases metabolism
14. Helps maintain **Blood Glucose** levels
15. Helps stimulate **Wounds** to heal **rapidly**
16. Helps increase **Natural Killer** (NK) cells, T-cell differentiation, and macrophage activity
17. Helps prevent and eliminate **Diarrhea** from infectious causes
18. Helps provide **Anti-Aging** benefits
19. Improves and Restores **Sexual Function**
20. Creates more **Youthful Skin**
21. Accelerates Cellular and **DNA Repair**
22. Stimulates the endocrine system to continue **Producing Growth Hormone**

**Imagine it. No pain. No chronic illness. No allergies. Looking and feeling younger than you have in years. All this and more may be possible with Colostrum-LD™.**
In 1992, while on a spiritual journey, I had an encounter with destiny that completely changed my life. It triggered a chain of events that were responsible for the rediscovery of modern colostrum.

One day I felt compelled to go to a private tennis country club to meet a Marine friend from my combat days in Vietnam for a burger and a chat. I was in the restaurant, looked up and saw the most beautiful lady I had ever seen.

Under my breath I said, “There she is…” I don’t know why I said it. I didn’t even know I said it out loud. Within minutes I was pried out of my seat as if God had grabbed me by the scruff of my neck and dragged me over and sat me down next to her.

I turned to her and said, “I don’t know why BUT I have to tell you a story about why I’m here. It’s just bubbling out of me. I see you in my mind and my heart.”

“I’ve known you forever.”

She said, “What are you talking about?”

I said, “I see you dancing with me. I see you in an off-white dress, cut with a funny uneven hem. There’s a big band playing. It’s very romantic, I’m massively in love and she’s the most gorgeous woman I’ve ever seen and now she’s sitting next to me.”

She turned beet-red. She looked at me, livid, and said, “Who put you up to this? How could you possibly know this? There’s only two people in the whole world that know I’ve been dreaming about this my whole life ever since I was a little girl. I had these vivid dreams about dancing under Japanese lanterns and I hear the music in my dreams.”

I said, “I know. That’s me.”

“That couldn’t be,” she said. “My brother and my mother are the only people who know about this. They must have put you up to this. This is a practical joke, isn’t it?”

“No, I’m very serious,” I said. “I don’t know your brother or your mother. I’m going to prove something to you. You’re going to have to come out to my car. Come out to my car, please, and I’ll play you the music you’ve been listening to in your mind and in your heart all your life.”

She came with me, and I played a song by Frank Sinatra for her. The tears rolled down her face as she turned to me and said, “I can’t handle any more of this. I have to leave.”

We met the next day and compared notes, realizing this was from a past life. From that day on, Kaye and I were inseparable.
We got married but, as time went on, that ageless ‘soul mate’ love soon turned to despair. I realized that she was very sick with a huge amount of health problems.

I found out that when Kaye was an infant, her doctor had given her highly radioactive cobalt and had irradiated her enlarged thymus over and over again. They did this to 500,000 people back then, and Kaye was one of the last survivors. Every time Kaye got a cold or flu or virus or infection, it turned into viral and then bacterial pneumonia. Massive doses of antibiotics were given to her time and time again.

They almost killed her. It got to the point where she said to me, “Doug, I can’t do this ever again. You have to tell me goodbye.”

“The next infection I get, I won’t survive it. You have to let me go.”

I was beside myself with panic. By now, I had tried everything - Chinese medicine, acupuncture, Ayurvedic medicine–everything I could get my hands on. I thought nothing was going to restore her immune system, so I decided to pray, saying, “God, give me an answer. Something. We were put together for a reason. Help me.”

The next morning fortune smiled on me

I went to a meeting where my dear friend, who was an ND and who had studied in Europe, asked me, “Have you tried colostrum?”

I grew up on a ranch and knew that colostrum was the first food of life that transmits immunity from the mother, and without it, all the animals would die.

My friend had his own supply that he dried in his kitchen, so I bought 4 ounces from him and took it home to Kaye.

Kaye wouldn’t touch it initially. In fact, she wanted me to take it back. She couldn’t mentally and physically handle one more go-around to end in failure.

I was devastated as I had a feeling that colostrum was the answer.

I said another prayer and once again asked God for help.

The next day, when Kaye was out, she tripped and sprained her knee badly. She returned from the doctor’s office with crutches and a Velcro cast. She was in so much pain that she couldn’t sleep, so she agreed to take one tablespoon of colostrum and went to bed.

I said to myself, “Thank you, God.”
Kaye’s Miracle

The next morning, she forgot all about this injury. She forgot about the crutches and walked into the kitchen rubbing her eyes, looking for a cup of tea. I said “Kaye!”

“What?” she said.

“Your leg!” She showed me her leg and all the swelling, bruising, and pain was gone overnight. That’s how quickly colostrum works!

She kept taking colostrum on a continuing basis from that point in time. She went from being constantly sick, in pain, and being treated by antibiotics to no more colds and flu, let alone pneumonia. No more succumbing badly to every virus going around. No more infections. No more pain. No more allergies. No more antibiotics.

In order for Kaye to stay healthy, she had to have colostrum every day or she would slide back into dysbiosis (immune-system imbalance).

Eventually the extensive radiation damage to Kaye’s thymus resulted in throat cancer, which took her life, but she lived 20 years longer than any other person receiving radiation treatment at that time.

The Birth of a Life-Restoring Industry

Later on, we realized that by my meeting Kaye, facing her health challenge together, and discovering colostrum were great gifts.

It was my destiny to share this story and bring an awareness of this gift of life to you.

This is the most incredible life-giving substance that you could possibly imagine.

In 1994, I pioneered the modern colostrum industry with the birth of my first company, Symbiotics. I moved on and then created Sovereign Laboratories which now offers the most effective colostrum products available today. Our products are transforming the lives of millions of people worldwide.

Through my research into colostrum I discovered some fascinating things about its use through history…

In the landmark Ohio Survey, 8 out of 10 arthritis sufferers taking colostrum experienced significant pain relief in as little as two weeks. Researchers also found that colostrum worked better and faster than glucosamine. Colostrum was able to stop painful inflammation AND block the pain signals.

~ Robert J. Rowen, MD
CHAPTER 4
COLOSTRUM THROUGH THE AGES

Centenarian Russians Use It to Defy the Aging Process. Doctors Recommend it to Reverse the Biological Clock.

Could this be the fountain of youth?


What you don’t know is that these things don’t need to happen, thanks to Colostrum-LD™. Colostrum-LD is literally a “Fountain of Youth.” Yes, you read that right. When doctors who specialize in treating old-age symptoms administer growth hormones known as IGF-1 and GF (found in Colostrum-LD) to their elderly patients, something magical happens.

Many of these signs of aging actually disappear. That’s right – disappear! Drs. Ronald M. Klatz and Robert Goldman, Anti-Aging Medical Therapeutics (Marina Del Rey, CA: Health Quest Publications, 1997; p. 12)

100+ Year-Old Russians Who Look and Feel like 70-Year-Olds

In 1979, researchers found that something remarkable was happening in parts of Russia.

People were living well into their 100's. Amazingly, they had very few wrinkles, very few aches and pains, abundant energy and vitality, and looked decades younger than their years.

A study was performed on 17 of these centenarians to learn their secrets. They each answered that they eat raw honey, garlic, and lots of colostrum. Imagine that! No need for cosmetic surgery, walking canes, or wrinkle cremes.

You can look and feel 10 years younger...naturally. So – what are you waiting for?

“Colostrum-LD has no known interactions with either drugs or supplements.” ~ Donald Henderson, MD
The Ancients Knew it as the Elixir of Metamorphosis!

Ancient civilizations knew a thing or two that we in modern society have forgotten—until now. In ancient hieroglyphs, the cow goddess Hathor (a symbol of rebirth) can be seen suckling a Pharaoh sharing her colostrum. Colostrum was known as the elixir of metamorphosis which granted immortality to the king. It was featured throughout the Old and New Testaments of the Bible, including the story of Cain and Abel.

Masai warriors renowned for their toughness and healthy constitution are known to drink it by the liter. And Albert Sabin even used it to invent the polio vaccine. Yet, even though colostrum was regularly used throughout the millennia, that all changed in 1950.

Synthetic drugs became popular and colostrum was mostly forgotten – until 1992. That’s when I stumbled across it and discovered the best manufacturing process to bring it to the world.

Having documented and anecdotal evidence of colostrum being used over the years was highly valuable. Seeing the difference it made in Kaye’s life was proof that it worked, but I still wanted to learn everything I could about the science behind colostrum and its miraculous, life-giving properties. Here’s more of what I found…
CHAPTER 5

Cellular Regeneration is Now a Reality with these 6 Age-Reversing Actions of Growth Hormones in Colostrum-LD™
The Miracle of Life Revealed

1. Telomeres that Deliver the Secret to Anti-aging
   • Help prevent and repair telomere damage from normal cellular division to provide a longer and more robust cell life

2. Transforming Growth Factors (TGF-a & b)
   • Stimulate the regrowth of cells in connective tissue and assist in the formation of bone and cartilage
   • Repair and prevent damage of the lining of the gut
   • Stimulate neural cell proliferation in injured adult brain tissue
   • Help detect and destroy diseased, infected and cancerous cells

3. HGH, IgF-1 & IgF-2: Damaged DNA that Actually Repairs Itself
   • IgF-1 & IgF-2 are the most abundant growth factors in bovine colostrum
   • Boost metabolism
   • Increase lean muscle tissue
   • Burn stored and ingested fat for fuel
   • Initiate and maintain healthy cell growth and development
   • Repair DNA and RNA
   • Regulate blood-sugar and cholesterol levels

All cells are affected by IgF-1, particularly those in muscle, cartilage, bone, liver, kidney, nerves, skin, brain and lungs. IgF-2 regulates the body’s usage of fat and proteins.
4. Fibroblast Growth Factor (FgF)
- Natural stem cell proliferation is no longer science fiction
- Repairs bone and stimulates blood cells with
- Stimulates blood vessel growth
- Helps promote wound healing by stimulating cell proliferation (repair)
- Helps maintain normal bone and repair fractures

5. Epithelial and Epidermal Growth Factors (EgF and EpgF)
- Stimulate repair and regeneration of skin cells throughout the body
- Help reverse the tissue-eating effects of anti-inflammatory agents
- Repair the intestinal lining, to maintain gut integrity
- Powerful anti-aging and healing effects when applied topically

6. Platelet-Derived Growth Factor (PDgF): The Growth Factor ‘Turbo-Charger’
- Helps stimulate the production of IgF-1 and other growth factors
- Assists in wound healing with cell differentiation and division
- Helps regenerate neurons

FDA warnings strongly advise that taking OTC or prescription pain medications cause damage to the stomach and intestinal wall, with stomach bleeding and pain a primary cause of Leaky Gut Syndrome.
- Bovine colostrum in hospital trials proved to heal and prevent the damage.
- It also stimulates an increase in surface area in the gut so that nutrients from food and other supplements are better absorbed.
- It also promotes wound healing by stimulating repair and eliminating infection and pain within wounds.

**Impressive, isn’t it! Here’s where colostrum gets even more exciting. It features…**

**The Most Powerful Immune System Stimulators Available**

“The Operating Manual for Your Immune System”
Here are the key immune factors in Colostrum-LD™

1. **The Bacteria Destruction Machine**
Immunoglobulins (antibodies) are large protein chains used by the body to recognize and bind antigens. They identify and mark viral or bacterial cells for destruction. Immunoglobulins in bovine colostrum bind to disease-causing pathogens on the mucosal surfaces of the GI tract, thereby preventing them from colonizing and causing infection. Immunoglobulins are classified into 5 broad groups (IgG, IgA, IgD, IgE, IgM).
2. **The Antibody Powerhouse**

Colostrum-LD™ naturally contains antibodies* to the following bacteria:
- Bacillus cereus
- Streptococcus pyogenes
- Streptococcus agalactiae
- Streptococcus pneumoniae
- Streptococcus mutans
- Staphylococcus epidermidis
- Staphylococcus aureus
- Listeria monocytogenes
- Yersinia enterocolitica
- Escherichia coli
- Escherichia coli O157:H7
- Haemophilus influenza
- Campylobacter jejuni
- Helicobacter pylori
- Salmonella enteritidis
- Salmonella typhimurium
- Klebsiella pneumoniae
- Propionibacterium acnes
- Vibrio cholera

*This is only a partial list of the major antibodies that have been identified in bovine colostrum. It would be nearly impossible to list all.

3a. **Natural Vaccines that Offer Virus Protection**

Colostrum-LD naturally contains antibodies* for the following viruses which helps your body build immunity (in a similar way to how vaccinations work):
- Adenovirus
- Alphavirus
- Dengue virus
- Echovirus
- Epstein-Barr virus
- Enterovirus 71
- Hantavirus
- Hepatitis C virus
- Herpes viruses
- HIV-1
- Human Papilloma virus
- Influenza
- Japanese Encephalitis
- Measles
- Polio Virus
- Respiratory Syncytial Virus
- Rotavirus
- St. Louis Virus
- West Nile Virus
- Yellow Fever Virus

3b. **Natural Fungal Protection**

- Candida Albicans
Dairy cows are unique in that they produce immunity to diseases that they never get. For example, cows don’t get polio, but they do produce polio antibodies in their colostrum. They produce antibodies to a multitude of diseases just by coming in contact with the bacteria and viruses that cause human infections. This is perfect for us so we call them “walking pharmacies”. A cow’s colostrum contains more than 40 times the antibodies and other immune factors than does human colostrum. This is great news because bovine colostrum is very plentiful.

Superior Freshness of Colostrum-LD Protects Against Current Infections
From farm to table, it’s only six weeks. This means that Colostrum-LD contains antibodies to current pathogens that are circulating in the environment and frequently cause upper respiratory infections in humans. As viruses mutate over time, cows produce “updated” antibodies to fight the viruses head-on. Think of it as having an all-natural medication that continually updates itself to keep you well. Colostrum throughout recorded history was always the ‘antibiotic’ of choice by physicians worldwide until the discovery of penicillin and other antibiotics.


1. **Leukocytes** (white blood cells) destroy viral and bacterial pathogens and foreign materials. Bovine colostrum contains several different types of leukocytes that also stimulate the production of other immune factors.

2. **Lysozyme** (an enzyme) damages bacterial cell walls of any bacteria trying to invade the body via the mouth, eyes, nose, or cuts to the skin.

3. **Lactoferrin** (an iron-binding protein) which competes with pathogens for binding sites on the intestinal wall or binds directly to viruses, bacteria, and fungi. It is also an essential growth factor for lymphocytes and increases natural killer-cell activity.

4. **Proline-rich-polypeptides** (PRPs) are proteins with the ability to regulate and balance the immune system by either stimulating it (during an infection process) or toning it down (as in reducing the inflammation present in autoimmune conditions).

5. **Cytokines** are important in the production of T-cells, lymph activity and the regulation and duration of the body’s immune response. During the infectious process, cytokines signal T-cells and macrophages to travel to the site of infection. Cytokines play a role in inflammatory and infectious conditions.

6. **Interferon**, a protein found naturally in bovine colostrum, is produced by the cells of the immune system in response to attacks by viruses, parasites and tumor cells.

7. **Interleukins** are a group of cytokines that help the immune system function properly. They promote the development and differentiation of T and B lymphocytes and blood cells.

8. **Lactoperoxidase** is a powerful antimicrobial. It works the same as hydrogen peroxide in the body to hydrolyze (destroy) disease-causing microbes on contact and to prevent their colonization.
Naturopaths and alternative medicine practitioners have recommended colostrum for decades. "Traditional" practitioners have been slowly coming around as they learn more about colostrum’s benefits and review the clinical research.

Pain and swelling disappeared
An eleven-year-old patient with severe juvenile rheumatoid arthritis did not improve with conventional pharmaceutical treatments. Three weeks after I placed her on Colostrum-LD, the pain and swelling in her joints had all but disappeared, and she no longer required braces on her lower legs. She continues to take Colostrum-LD and has not had any relapse of symptoms. ~ Gary Mezo, ND, Ph.D.

Safe, natural, effective.
Colostrum has been shown to be safe, natural, effective, and biologically transferable for human use. Colostrum is a nontoxic, non-allergenic food supplement that has no negative interactions with drugs, food, or other supplements."
~ Donald R. Henderson, MD, MPH

As featured at:
CLINICAL PROOF!
Thousands of Research Studies Hail Colostrum as
the Miracle of Life

Colostrum-LD™ is the colostrum of choice used in leading clinical studies that research cures for Leaky Gut Syndrome, cancer, HIV, AIDS, arthritis, diabetes, wound healing, athletic performance, pain relief, autoimmune conditions, and many more.

Here are the findings from some of these studies:
“Colostrum-specific bioactive content could be beneficial for intestinal epithelial cell homeostasis by controlling biological processes implicated in wound healing through a precise gene expression programme.”

“Colostrum may have value in enhancing athletic performance and preventing heat stroke.”

“Administration of bovine colostrum reduced the increase in intestinal permeability, enteric bacterial overgrowth, protein losing enteropathy and mucosal villous damage of the small intestine induced by diclofenac. Bovine colostrum may have a beneficial effect in prevention of NSAID induced small intestinal injuries.”
“Bovine colostrum powder can partially alleviate the effects of hyperthermia on gastrointestinal permeability in the intact animal. The protective effect may involve modulation of tight junction permeability.”

“Colostrum also prevents an increase in gastrointestinal permeability due to NSAID use, whereas NSAID use alone without colostrum causes an increase in permeability.”

“Early results are encouraging and authors envisage the standard use of these products in the clinical management of gastrointestinal diseases within the next decade.”

Supplementation with colostrum, however, significantly reduced and healed injury caused by NSAIDs. TGF stimulates new cell growth and a 20% increase in intestinal villi height. By repairing the intestinal mucosal barrier and increasing the surface area in the gut, more nutrients may be absorbed into the bloodstream.

For additional research and references, visit MySovHealth.org and SovereignLaboratories.com/data.html
Read What Customers Say

Don’t take our word for it. See what people from all walks of life and with all manner of health conditions say about their Colostrum-LD™ experience. Here’s a selection of independent product reviews from our website. You can read more at MySovLabs.com

Connie of Pennsylvania is very pleased with the effects that colostrum has had upon her overall health, and in particular upon her arthritis. “Within a few weeks, I reduced the amount of arthritis medications I took each day by half with no increase in pain and no decrease in my activity level.” She also experiences “less stiffness and pain in the morning upon wakening.”

“I haven’t felt this great in twenty years!” Twenty years was more than half the lifetime of thirty-six-year-old Debi of Kentucky, who had suffered from asthma, allergies, and skin disorders since the age of sixteen. She had nothing but more of the same to look forward to until she tried colostrum. With the words, “I admit I was skeptical. But now…,” she found relief not only for her asthma and allergies but also for the disturbing and unsightly skin eruptions and broken veins that had plagued her over the years. An added bonus has been the disappearance of the daily fatigue that had accompanied her respiratory problems since adolescence.

Peggy was on narcotic medications to control the constant pain after four leg surgeries and complications with scoliosis. She began taking an arthritis-formula colostrum supplement, and she states, “After the second day, I could really tell a difference. I’ve been using it for ten months now, and I’ve been pain free for several months!”

Lisa in Pennsylvania began taking colostrum for her multiple sclerosis and noticed that she felt stronger and had less fatigue. Then she increased her dose and, she reports, “After one month, 95 percent of my symptoms are gone.”

Corinne of Canada has suffered with rheumatoid arthritis since she was eighteen-years-old. After one month of taking colostrum, she noticed, “the pain in my shoulder disappeared and my mood had brightened.” Her recent blood test revealed great results, which she attributes to the colostrum. “The colostrum is the cause for the great blood test and my enhanced quality of life.” She has even given colostrum to a friend with fibromyalgia who has found that her “aches have diminished and her mood is brighter and more positive.”
Robin in Florida experienced symptoms of **fibromyalgia** (chronic widespread musculoskeletal pain, fatigue and tenderness in localized areas), sometimes also associated with **Irritable Bowel Syndrome** (IBS).

"Colostrum-LD™ has helped both my IBS as well as fibromyalgia. Even following the fibromyalgia and IBS diets for four years and taking medicines for IBS, the IBS symptoms were uncontrollable. One week after taking Colostrum-LD, my IBS Symptoms disappeared and my Fibromyalgia symptoms were waning. Even though you wouldn’t think the gut has anything to do with nerve pain, they are interrelated. By addressing the toxicity in my gut that was aggravating the fibromyalgia (because it was adding inflammation) helped curtail the pain cycle from continuing."

Dean said, “it took a while to notice the benefits of bovine colostrum. The improvements came slowly and gently. First, my **bowel function** gradually became much better. Actually, I didn’t realize I had a problem until I noticed how much better it could be. Secondly, I don’t need as high a dose of my dietary supplements that I take. Colostrum has obviously improved my ability to absorb nutrients. Third, as spring came— a miracle! My **pollen allergy** is practically gone! A slight discomfort in the eyes now and then, but no more antihistamines are needed. For over ten years since my pollen allergy began, I have been needing eye drops, nasal spray, and pills to make it bearable. Now nothing is needed. Except Colostrum-LD, of course.”

Howard of Maryland said, “I **severely burned my wrist** on an engine block. I was told that it would take at least a month to heal and would probably leave a scar. With colostrum, it was completely healed, without scarring, in one week.”

Alex of New York said, “Ten years of dry patches of skin and aching joints in my fingers, wrists, and worst of all, hips, were some of the symptoms of my **psoriatic arthritis**, a debilitating auto-immune condition that was a life sentence of steroid creams, immuno-suppressants, pain medications, NSAIDs, and, of course, suffering. As the years flew by, the creeping dry-skin patch covered a large portion of my scalp, my legs, arms, and more recently, back and stomach. After a lot of research, the key to my healing was healing my gut first with Colostrum-LD. After 21 days of taking 2 tablespoons a day, I began to feel a difference. After 4 months, my psoriasis has begun to recede and I can wear shorts again.”
Beware: If you’re not taking Colostrum-LD,™ you’re not taking Colostrum

Don’t be fooled by the claims of others. Back in 1992 (before colostrum was commercially available), I contacted every colostrum collection and processing plant in the country to source as much as I could to help keep Kaye healthy. What I found was strange.

Not All Colostrum Works

When Kaye took the colostrum that I had obtained from local dairies and had processed in ambient air dryers, her health improved rapidly. But when she tried colostrum from the commercial producers, she relapsed. It was as if she was drinking reconstituted powdered milk. I scratched my head and wondered what was going on. I did some further digging and here’s what I found…

Most Processing Kills Colostrum’s Active Ingredients, but not Colostrum-LD™

Raw colostrum has a two-week shelf life so it needs to be dried. By law, it also needs to be pasteurized but most pasteurization destroys colostrum. Here’s the problem…

All of the commercial colostrum processing plants were using a high-heat drying process that destroyed the fragile, living bioactives in colostrum and actually produced nitrates (carcinogens) in the process. And, they were either not pasteurizing their colostrum, leaving it loaded with possible disease-causing microbes or were super-pasteurizing the powder like they do with milk (killing off the beneficial components).

The result: complete destruction of all the bioactive ingredients (the very ingredients that give colostrum its ‘miracle food’ qualities). That’s why Kaye relapsed every time she took their colostrum, yet thrived on the colostrum I took tender care to preserve.

I was frantic.

I knew that colostrum worked. I desperately needed to find a manufacturing process that consistently delivered a high-potency product. Kaye’s well-being was at stake and so was the well-being of millions of Americans. So, I started from scratch. I researched manufacturing processes that wouldn’t kill the potency, governmental regulations, industry standards, testing, and certification.
What I discovered was every one of the suppliers was drying the colostrum in food dryers with natural gas. The heat destroyed virtually everything in colostrum except half of the immunoglobulins.

That's why most colostrum products don't list any of the major components on their labels; they don't contain any and do not test for them. Then, after many months of research...

“I found the Holy Grail.”

I discovered a process that could preserve all the life-giving properties -- collectively, the growth and immune factors -- that make colostrum the true miracle that it is.

Now to find a colostrum-processing company willing to meet my exact specifications. In 1996, I flew half way around the world to New Zealand where we worked with the government to set up safety standards for the collection and processing of bovine colostrum for human consumption. At that time, this helped to create a standard for colostrum. Unfortunately all good things have a way of coming to an end and in 2004, New Zealand’s government forced a merger of the dairy companies into one major company. Fontera, in order to save money, chose to run all of their colostrum through their huge milk dryers. So we were back to square one because, now, their colostrum had none of the vital components necessary for Kaye to survive. Fortunately, we had an opportunity to help bring the science and key people to the U.S.A. to build the world’s first dedicated, state-of-the-art colostrum processing facility in Arizona. The colostrum we now obtain is without a doubt the highest quality and clinically proven to be the most effective possible for the benefit of consumers in the U.S. and around the world.

But as they say, there's more...

“Liposomal Delivery makes Colostrum (and other Nutrients) up to 1,500% More Bio-Available.” ~Robert R. Milne, MD

When nutrients reach your stomach, your digestive enzymes vaporize them. Only a small portion of those nutrients actually reaches your bloodstream. However, that’s not what happens in nature.

When raw colostrum is produced by the mammary cell in the breast it is surrounded by the outer surface of the cell called the cell membrane. This membrane is comprised
of unique and vital lipids that protect (prevent digestion of) and help deliver colostrum’s vital components through the GI tract and directly into the bloodstream. But drying colostrum fractures this protective delivery liposome. Colostrum ingested after the stomach begins producing digestive enzymes and stomach acids (a few days after birth) will destroy it in the digestive process. I wondered, “What if there was a way to reapply the lipid coating that occurs in nature after drying?” With the help of some of the world’s leading liposomal scientists at the Sorbonne in Paris, France, we developed the proprietary and unique LD (Liposomal Delivery) method that we use today.

Liposomal Delivery is an applied coating of cell membrane lipids that allows colostrum to easily dissolve in liquids.

1. Colostrum-LD™ actually bypasses the digestive process.
2. It flows straight through your bowel wall.
3. It circulates throughout your bloodstream.
4. It reaches your organs and cells.
5. And – it delivers the bioactives directly into the cells where they are readily absorbed and can initiate immune functions, prevent cellular damage and actually repair your vital DNA and mitochondria.

"There is only one bioavailable colostrum on the market–Colostrum-LD." ~ Dr. Andrew Keech Ph.D.

Here’s what we did to prove the effectiveness of Colostrum-LD’s liposomal delivery system. We contacted the world’s leading exercise physiologist, Dr. Jose Antonio, Ph.D. and conducted athletic performance studies comparing non-liposomal colostrum with liposomal-delivery colostrum. Dr. Antonio’s team obtained significant results with just 20 grams of Colostrum-LD instead of 60 grams of non-liposomal colostrum.

That’s why Colostrum-LD is the most effective colostrum available and the only colostrum by brand that provides clinically-proven benefits.

“The World’s Most Potent Colostrum”
Here’s Why …

In 1992, I saw first-hand how miraculous colostrum is for saving people’s lives, including Kaye’s. So, I wanted to make certain our colostrum delivered the most powerful results available anywhere in the world.
That’s why Sovereign Laboratories offers:

1. Healthy cows: all our colostrum is sourced from veterinarian-certified healthy Grade A dairy cows that are pasture-fed and grazing in the Southwestern U.S. No antibiotics are used. No hormones. No BSE (‘mad cow’ disease).

2. Flash pasteurization (the only method proven not to harm colostrum’s vital components), versus other methods of pasteurization (which destroy active ingredients) used by our competitors including New Zealand.

3. Low (ambient) heat spray-drying not speed-heat drying (which destroys active ingredients).

4. Liposomal delivery to ensure bioactives arrive in the bloodstream intact (not digested).

5. Pre- and post-tested for active components to ensure all nutrients are retained.

6. In-house, state-of-the-art processing facility to keep maximum quality control.

So – what are you waiting for? You’ve got nothing to lose and potentially everything to gain.
Colostrum-LD is Perfect for You if You Are:

- An athlete who wants to build lean muscle mass and recover from injury faster.
- An allergy sufferer who wants to put an end to allergic reactions.
- An autoimmune or chronic-disease sufferer who has been searching for a solution to heal your body.
- A diabetic who wants to manage your blood sugar levels.
- A pain sufferer who wants to not only eliminate the symptoms of pain but the root cause of it.
- A natural-health focused person who is looking for an all-in-one super food that not only replaces many of the plant-based superfoods you’re currently using but also multiplies the nutritional impact of those supplements.
- An executive, entrepreneur, student, or professional who wants to increase mental clarity.
- An individual who is passionate about anti-aging and looking for a natural solution to help slow down the biological clock; prevent or reduce wrinkles, sagging skin and age spots; and live large.
- A weight-conscious person who wants to boost metabolism and burn fat faster.
- A menopausal woman who wants to say goodbye to the emotional rollercoaster.
- A vital boomer looking to live the rest of life in optimal health.
Have Questions? Here are the Answers...

Q. How long does it take to feel results?
A. Even though Colostrum-LD™ goes to work immediately healing your Leaky Gut, everyone is different so allow about 4-6 weeks of consistent and proper Colostrum-LD use. Most people begin to notice a difference in the way they feel in 1-7 days. People who are very aware of their body’s functioning level will progressively feel better with each dose of colostrum.

Some people feel worse when they first start taking colostrum. They experience mild flu-like symptoms and constipation or diarrhea. This is called a Herxheimer reaction (detoxification) and is caused by the ‘bad’ bacteria in the G.I. tract dying off and releasing their toxins. The Herxheimer reaction is a sign that colostrum is doing its job.

It’s important to continue taking Colostrum-LD. You can reduce the amount you use, but don’t stop completely.

Q. Is bovine colostrum safe?
A. Bovine colostrum has been used for years as a food supplement; its use and safety are well documented. Colostrum has no negative side effects and is a whole and natural food that can be consumed in any quantity. There are absolutely no toxicity levels.

Better still, the manufacture and use of dairy products, and their associated safety and nutritional benefits are also well known. Quality control management of the entire manufacturing process, from collection of the colostrum, through packaging and storage, ensures that the colostrum is delivered in perfect condition and is certified for human consumption.

Q. Is it safe to take colostrum if I am allergic to dairy?
A. Absolutely. Only about 1 in 1,000,000 people are truly allergic to the casein in milk.** What people call “milk allergy” is the crossover of partially digested milk proteins into the bloodstream as a result of Leaky Gut Syndrome.

In fact, milk allergy is a relatively new phenomenon; prior to the invention of antibiotics and the homogenization of milk, people drank milk from ruminant animals worldwide without problems.

**Anyone who has experienced an anaphylactic reaction after consuming dairy products should not consume Colostrum-LD or any other form of colostrum.

Q. Am I depriving calves of their essential nutrition?
A. No. Cows produce an abundant amount of colostrum which is harvested only after the calves have had their needs met.

Q. Aren’t antioxidants just as effective in healing the body?
A. No. The key to healing is repairing the mitochondria (the “powerhouses” of the body’s cells) and only colostrum’s healing components can accomplish this. Antioxidants cannot do this, and taking too many antioxidants can actually be harmful. In fact, colostrum contains the most powerful antioxidant, glutathione, which is critical to optimal cellular functioning.
**Suggested Ways You Can Make the Most of Colostrum-LD™**

**Allergies and Other Autoimmune Conditions:** colostrum can heal and prevent Leaky Gut Syndrome and halt and reverse the destruction of the corresponding tissue or organs caused by inflammation and autoimmunity.

**Sports & Bodybuilding:** colostrum can help shorten recovery time following intense exercise; build lean muscle mass; burn adipose tissue; maintain ideal blood glucose levels; accelerate healing of injuries; preserve and boost immune function; and heal Leaky Gut Syndrome.

**Anti-Aging:** to combat the deleterious effects associated with human aging, colostrum can help enhance health and healing from chronic diseases, including arthritis, osteoporosis, diabetes, heart disease, cancer, depression, Alzheimer’s disease, and other types of dementia.

**Chronic pain:** colostrum is nature’s ultimate remedy against inflammation. Its effectiveness lies in the synergistic combination of powerful anti-inflammatory components, growth factors, immune factors, PRPs, and sulfur micro-nutrients, thus eliminating the need for dangerous pain medications.

**Recovery after an injury:** colostrum helps speed the recovery process after a musculoskeletal injury. It also helps improve muscle strength and rebuild damaged tissue for overall improved mobility.

**Arthritis:** colostrum stops inflammation and pain; heals Leaky Gut Syndrome; halts tissue destruction; and helps rebuild joint tissue so pain medications become unnecessary.

**Superbugs and to avoid antibiotic use:** colostrum contains antibodies to all disease-causing pathogens the cow has encountered in her lifetime as well as those received from her mother; gut-based pathogens are no match for the antibodies in colostrum.

**Influenza and other viral infections:** colostrum’s PRPs stimulate the human immune system to fight pathogens and develop antibodies within 24 hours of exposure, instead of the normal 7-10 days.

**Weight Loss and metabolic syndrome:** colostrum can assist in weight loss by increasing lean body mass; increasing metabolism; increasing insulin sensitivity; decreasing blood glucose levels; decreasing appetite; and detoxifying the body.

**Infants who are not breastfed:** colostrum’s growth factors help promote gut maturation and avoid Leaky Gut. Along with immunoglobulins and other immune components, growth factors encourage healthy growth and development.
Colostrum is a Lifetime Commitment

To Prevent or Heal Leaky Gut Syndrome:
  • Breastfeed infants within 1 hour of birth.
  • Breastfeed for the first 2 years of life.
  • BEYOND INFANCY: Take Colostrum-LD daily.
  • Avoid the causes of Leaky Gut Syndrome

Mental Health and Depression: colostrum naturally increases production of serotonin and dopamine, our “feel good” chemicals responsible for maintaining mood balance.

Post-partum women: colostrum can help the new mom return to her pre-pregnancy fitness level; avoid respiratory infections; re-establish robust bowel health; and improve overall health and mental well-being.

Prediabetes & Diabetes: colostrum can heal and prevent Leaky Gut Syndrome (the underlying cause); help stabilize blood glucose levels; improve metabolism and increase lean body mass. It also helps regulate appetite, food intake, and ultimately, body weight.

Hospital infections: colostrum can help neutralize bacterial pathogens found in hospital environments and prevent potentially deadly illnesses caused by antibiotic-resistant superbugs.

Deep wound healing: colostrum powder dressings are safe, nonallergenic, and promote healing with less pain and fewer dressing changes required.

Post-surgical repair: colostrum powder supports healing from the inside and, in combination with topical applications, can speed healing and repair of skin and muscle tissues.

Skin, Hair, and Nail repair: by helping to detoxify the liver, colostrum improves the health and overall look of the skin, hair, and nails. Skin growth hormones heal both internally and externally, including cuts, scrapes, burns, wrinkles, and skin conditions such as acne or psoriasis.

In mammalian pets: colostrum supports a healthy immune system; aids in digestion and balances gut bacteria; sustains energy levels; increases lean body mass; and stimulates healthy skin and coat – all of which translate into a happy, healthy, and well-aging pet.
How to use Colostrum-LD™

As a General Preventive or for Bowel & Immune Health:
1 tsp. twice daily, with water; mixed in 6-8 oz. of water 30 minutes before breakfast and 1 hour before bedtime.

For Healing LGS & Autoimmune Conditions:
1 Tbsp. twice daily, mixed in 6-8 oz. of water 30 minutes before breakfast and 1 hour before bedtime.

For Infant Supplementation:
½ tsp. two to four times daily, mixed in water, juice, formula, milk, yogurt, or applesauce.

For Weight Loss, Prediabetes etc.:
1 Tbsp. mixed in 6-8 oz. of water 30 minutes before breakfast, mid-morning, mid-afternoon, and before bedtime.

For Athletic Performance:
2 Tbsp. mixed in 6-8 oz. of water prior to a workout and again 1 hour before bedtime; do not consume in a protein shake.

For Anti-Aging:
1 Tbsp. twice daily; mixed in 6-8 oz. of water 30 minutes before breakfast and 1 hour before bedtime.

For Pets: 1 tsp. one or two times daily, mixed in food or with a small amount of water.

Colostrum-LD Anti-Aging Facial Mask:
Mix 1-2 Tbsp. of Colostrum-LD with enough water to make a thick paste. Apply paste to clean skin of the face and neck. Let dry for 15-20 minutes. Soak in a warm bath to relax, if desired. Rinse skin with lukewarm water and pat dry. Repeat nightly before bed so the skin growth hormones can be most effective. Wake up with brighter, more vibrant skin.

For Additional Uses and Directions, see product packaging.
Colostrum-LD™ amounts are suggestions only and are influenced by each individual’s personal needs, which varies with health condition, age, weight, and lifestyle factors. We recommend that individuals find the level of use that provides optimum results. Colostrum-LD™ is not a drug but a safe, natural superfood. It is safe at all levels of use and will not interact with pharmaceutical drugs or other supplements.
### Glossary of Terms

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td><strong>Allergy</strong></td>
<td>A hypersensitive reaction by the immune system caused by exposure to a specific antigen (e.g., coughing, sneezing, watery eyes, breathing difficulty)</td>
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<tr>
<td><strong>Antigen</strong></td>
<td>Any substance capable of triggering an allergic response by the immune system (e.g., pollen, dust, mold, insect bite, certain foods)</td>
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<tr>
<td><strong>Antibiotic</strong></td>
<td>A prescription medication used to treat bacterial infections</td>
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<tr>
<td><strong>Antibodies</strong></td>
<td>Specialized cells of the immune system which recognize and help destroy pathogens, such as bacteria, viruses, fungi</td>
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<tr>
<td><strong>Autoimmune</strong></td>
<td>A disease or immune response directed against one's own cells or tissue (e.g., an autoimmune disease)</td>
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<tr>
<td><strong>Bacteria</strong></td>
<td>One-celled organisms capable of replicating themselves and causing infection and illness</td>
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<tr>
<td><strong>Bioidentical</strong></td>
<td>Identical in molecular structure to a compound made by the body</td>
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<tr>
<td><strong>Carbohydrates</strong></td>
<td>Foods such as bread, rice, or potatoes that are comprised mainly of sugars and starches</td>
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<tr>
<td><strong>Cardiovascular</strong></td>
<td>Relating to the heart and blood vessels</td>
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<tr>
<td><strong>Chronic</strong></td>
<td>A condition or disease that is persistent or long-lasting</td>
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<tr>
<td><strong>Detoxification</strong></td>
<td>A process of removing toxins from the body</td>
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<tr>
<td><strong>Dysbiosis</strong></td>
<td>An imbalance in the gut flora caused by too few beneficial bacteria and an overgrowth of bad bacteria, yeast, and/or parasites.</td>
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<tr>
<td><strong>Epithelial</strong></td>
<td>Related to the covering of most internal and external surfaces of the body and its organs</td>
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<tr>
<td><strong>Fibroblast</strong></td>
<td>A type of cell that gives rise to connective tissue</td>
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</table>
Fungi  spore-producing organisms, such as yeast and molds
GMOs  genetically modified organisms (i.e., foods)
Hematologic relating to diseases of the blood and bone marrow
Immunity the state of being protected from a specific disease-causing agent or antigen
Inflammation an immune reaction to infection, irritation, or injury that results in redness, swelling, and pain
Insulin a hormone secreted by the beta cells in the pancreas which helps metabolize carbohydrates and fats
Neurons nerve cells in the brain and spinal cord which connect the nervous system and muscles
Oncologic relating to cancerous tumors
Pathogens organisms that causes disease (e.g., virus, bacteria, fungus)
Permeability a state of being porous
Platelet a small round structure in blood that helps clot blood
Respiratory relating to respiration (breathing)
Steroids chemicals that affect metabolism (e.g., adrenal hormones, sex hormones, cholesterol)
Superbugs bacterial infections that are resistant to antibiotics
Toxins poisons produced by some animals, plants, and pathogenic bacteria; also from chemical or man-made sources
Virus an infectious agent that replicates its genetic material within a host cell of another organism

The statements in this book have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure or prevent any disease.
The Sovereign Health Initiative is committed to the belief that each person holds sovereignty over his or her body. We further support the principle that in order to take ownership of one’s health, it is necessary to make informed decisions through self-education. To this end, it is our aim to offer critical information to educate the public on how to live a lifetime in optimal health.

Modern lifestyles, environmental toxins, and pharmaceutical “wonder drugs” are killing us, literally. Physicians now agree that nearly every person will die of an autoimmune condition. That doesn’t have to be our fate, and that’s where the Sovereign Health Initiative comes in. Today, a growing number of health practitioners and health-minded people have made the connection between Leaky Gut Syndrome (G.I. health) and chronic health and autoimmune conditions, and they realize that optimal human health is dependent upon the living components in colostrum. If gut health is immune health, then colostrum is the key to a healthy immune system and robust health.

Join us in taking back your sovereign right to optimum health and participate in continuing our efforts to support research with colostrum throughout the world. Before we deplete our options to handle the next deadly pathogen, we can be better prepared by understanding what role colostrum can play. There are countless chronic conditions that can benefit from treatment with colostrum first. Research with colostrum and setting minimum standards for protocols will further our understanding of its full benefits.

For more information on how you can support SHI, visit SovereignHealth-Initiative.org or MySovHealth.org.