Bovine Colostrum: the Natural Anti-Inflammatory for Achieving Lasting Pain Relief

Douglas A. Wyatt, Director
Sovereign Health Initiative
Bovine Colostrum: the Natural Anti-Inflammatory for Achieving Lasting Pain Relief

Douglas A. Wyatt, Director
Sovereign Health Initiative

Millions of Americans treat their chronic pain with over-the-counter pain relievers and prescription pain medications, yet few realize that they’re actually doing more harm than good to their bodies. These drugs offer temporary relief but do nothing to halt the progression of tissue damage. Continued use of pain medications may instead worsen one’s condition, whether it be arthritis, fibromyalgia, pain due to a musculoskeletal injury, or another autoimmune condition. Identifying a natural, non-addictive solution is key to helping patients manage their inflammation and pain successfully without creating other health issues and in time, restore them to good health.

Chronic pain is a pervasive health problem, with an estimated one hundred million Americans affected. That equates to approximately half of the adult population. What’s even more concerning is that the majority of these same people are also suffering from allergies and autoimmune conditions caused by gastrointestinal hyperpermeability, or leaky gut syndrome. When the gut is hyperpermeable, it allows undigested food proteins, disease-causing microbes, and toxic substances to cross freely into the bloodstream. Once in the bloodstream, these substances trigger an immune response and inflammation as the immune system attempts to isolate and destroy the “foreign invaders”. When the gut is chronically leaky, then the inflammation is chronic and even low-grade inflammation can be a risk to health if it is ongoing.
Bovine Colostrum: the Natural Anti-Inflammatory for Achieving Lasting Pain Relief

Pain medications are a significant contributor to leaky gut syndrome, as they erode the lining of the stomach and small intestine. Although many people consider over-the-counter NSAIDs to be safe because they are generally sold as such, they have unwittingly condemned themselves to an existence with leaky gut and all of its health ramifications. Considering that the gut lining is only one cell thick, even the occasional aspirin here and there, might do damage. Furthermore, pain medications aren’t the only substances that irritate and erode the integrity of the delicate barrier between the gut and the bloodstream. Antibiotics, glyphosate-contaminated foods, GMO foods containing Bt toxin, alcohol, acidic beverages and a host of prescribed pharmaceuticals all cause indirect harm by disrupting the gut microbiome or direct harm by damaging the lining.

The good news is that supplementing with powdered bovine colostrum can heal and prevent leaky gut syndrome. Research shows that colostrum heals the gut lining even when patients are taking NSAIDs. Daily supplementation, therefore, is key to preventing further tissue damage and may help regenerate new tissue. The natural hormones and growth factors in colostrum stimulate cellular repair, growth, and regeneration throughout the body. Regardless of whether patients are taking pain medication, colostrum supplementation is recommended to combat the many other dietary, lifestyle, and environmental contributors to intestinal hyperpermeability.

Equally good news for people suffering with chronic pain is that colostrum is nature’s ultimate remedy against inflammation and pain. Not only does colostrum contain anti-inflammatory components, such as cytokines and infopeptides, there’s a synergistic relationship with the growth factors and other immune-modulating factors, proline-rich polypeptides and sulfur micronutrients. Cytokines have been shown to mediate numerous vital biological processes, including inflammation. Infopeptides reduce inflammation as well as allow the immune system to reorient and correct its response mechanism against autoimmune disease processes. Clinical observations of the effects of infopeptides in humans show reductions in inflammation, edema, pain and fever regardless of cause.

The proline-rich polypeptides (PRPs), also known as colostrinin, are immune system modulators that relieve pain and swelling by stopping the prowess of an overly aggressive immune response, such as over-production of T-cells and lymphocytes. PRPs halt the overactive immune response that characterizes painful autoimmune conditions, such as rheumatoid arthritis, fibromyalgia, and multiple sclerosis. In addition to its pain-relieving benefit, supplementation with concentrated proline-rich polypeptides has a positive “side effect”. PRPs have been shown to improve cognitive symptoms in patients with mild to moderate Alzheimer’s disease.

Colostrum contains bioavailable sulfur micronutrients such as MSM that have a demonstrable benefit on the inflammation of arthritis. Sulfur helps the body neutralize toxins and aids in the development of its structural systems, of which the bones, tendons, and cartilage may be subject to inflammation. Sulfur is important to the makeup of collagen, such that a bioavailable sulfur source is important to maintaining elasticity and flexibility of the joints. The MSM in colostrum supplies the body with sulfur in a form that it can use to create new cells and repair damaged tissue.
The anti-inflammatory, anti-pain benefits of bovine colostrum are not limited to oral supplementation. Topical application can be utilized to reduce the inflammation, pain and infection associated with wounds. Research has demonstrated that powdered colostrum applied topically can stimulate healthy granulation tissue formation, reduce inflammatory cells, prevent infection, and decrease both the amount of time required for healing and the amount of pain experienced by the patient. Topical application used in combination with a dressing improves wound management, decreases complications, and enhances healing. It has been suggested that the growth factors in colostrum stimulate keratinocyte proliferation and migration essential for tissue repair. There is significant benefit to deep wounds that can be particularly difficult to treat, including diabetic ulcers, venous ulcers, trophic ulcers, severe burns, pressure sores, necrotizing fasciitis, and surgical wounds.

Lactoferrin, which is abundant in bovine colostrum, supports multiple biological processes involved in skin wound healing. Lactoferrin is an iron-binding glycoprotein that promotes skin wound healing by enhancing the initial inflammatory phase. It also exhibits anti-inflammatory activity, which is necessary to neutralize an overabundant immune response. Although skin cells normally produce their own lactoferrin, supplementing with exogenous lactoferrin will further increase the anti-inflammatory response. Research suggests that lactoferrin directly promotes both the formation of granulation tissue and re-epithelialization. Lactoferrin, along with other immune factors in colostrum, can inhibit bacterial pathogens and reduce the risk of infection.

Aside from patient self-reporting of decreased pain levels and a reduced reliance on pain medications, practitioners need to know that placing patients on a daily colostrum regimen is effective. The most efficacious blood tests currently appear to be ones that measure metabolic and inflammatory markers. These include fasting glucose, A1C, insulin levels, C-reactive protein and Interleukin-6 (IL-6). Patients should be pre-tested, placed on a therapeutic-level colostrum supplementation regimen, and re-tested after sixty days. Patient compliance yields a decrease in these five markers. It is important to note that supplementation with bovine colostrum is a lifetime commitment; without a daily supply of the immune modulators and growth factors, the gut lining will once again become hyperpermeable and inflammation will return.

In conclusion, bovine colostrum is a multi-purpose nutritional supplement with oral and topical applications for pain management and inflammation modulation. Bovine colostrum is all-natural, safe-for-every-age, and proven supplement for tissue healing which may lead to a patient’s decreased need for either prescription or over-the-counter pain medications. When individuals understand the dangers of pain medications and the serious health consequences of leaky gut syndrome, the acceptance of bovine colostrum as a pain-relieving modality will gain more prominence in the practitioner’s toolbox and the patient’s medicine cabinet, or rather the kitchen cabinet.

Supplementing with bovine colostrum is the only true way to healing, and daily supplementation is required to achieve and maintain healing benefits. No other food, nutritional supplement, or pharmaceutical drug contains the immune modulators and growth factors necessary to heal leaky gut syndrome, restore the gut microbiome, and reduce inflammation and pain. Immune modulators and growth factors in colostrum and raw milk were once the mainstay of the human diet and kept people healthy for millennia. As people began living in cities, diets changed greatly, and the mass production and widely available pasteurized milk guaranteed the disappearance of these critical components. And with this disappearance came the emergence of allergies, autoimmune diseases, chronic health conditions, pain, and suffering. So, as a practitioner, the best solution you can offer your patients, even if they don’t currently have a pain management issue, is powdered bovine colostrum.
Bovine Colostrum: the Natural Anti-Inflammatory for Achieving Lasting Pain Relief


