



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

## 9/5: Colostrum

We've all heard that breast-fed babies are healthier than those who are formula-fed. It's absolutely true! Breast-fed infants are more robust in every way. They have superior immune systems. They have less body fat, more lean muscle mass, and a much healthier gut microbiota than babies who receive formula. These excellent benefits are all due to colostrum.

### Definition

Colostrum is a milky fluid that is produced right after birth and before actual breast milk production begins.



### Background

Colostrum is very nutritious. It contains high levels of antibodies, which are proteins that fight infections and bacteria. Colostrum also has an anabolic (building up) effect. Colostrum promotes growth and health in human and animal newborns.

Bovine colostrum, which comes from a lactating cow, is similar to human colostrum - rich in vitamins, minerals, fats, carbohydrates, disease-fighting proteins, growth hormones and digestive enzymes. Bovine colostrum is extremely nutritious. It contains more nutrients than regular milk. It's higher in protein, healthy fat, carbohydrates, magnesium, B vitamins, and vitamins A, C and E. While colostrum is rich in micronutrients, vitamins, and minerals, perhaps its most significant health benefits are linked to specific protein compounds. These compounds include:

1. Lactoferrin- a protein involved in your body's immune response to infections
2. Growth Factors- hormones that stimulate growth; bovine colostrum is especially high in two protein-based hormones - insulin-like growth factors one and two, or IGF-1 and IGF-2
3. Antibodies- proteins, also known as immunoglobulins, used by our immune system to fight bacteria and viruses



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

## Benefits

### **Boost Immunity**

The immune-boosting effect of colostrum is most likely due to its high concentration of IGF-1 and IGF-2. Colostrum supplements are particularly effective in boosting immunity in seasoned and elite athletes.



Research studies compared flu vaccination versus colostrum supplementation and discovered that those who took colostrum were three times less likely to catch the flu and the duration of the symptoms were shorter and less intense than those who are vaccinated!

### **Prevent and Treat Diarrhea**

The protein lactoferrin in bovine colostrum may prevent diarrhea that is associated with bacterial and viral infections. A study of 87 adults experiencing diarrhea found that taking 100 g of bovine colostrum daily reduced stool frequency by 25%.

### **Benefit Gut Health**

Bovine colostrum can strengthen your gut and fight infections in the digestive tract. Both animal and human studies show that bovine colostrum stimulates the growth of intestinal cells, strengthens the gut wall, and prevents intestinal permeability, a condition that causes particles to leak into the rest of the body. One study found that taking 20 g of bovine colostrum a day prevented 80% of intestinal permeability as compared to those taking a placebo.



### **Improve Mood, Focus and Energy**

Colostrum improves the gut-brain axis by increasing the production of hormones like serotonin (the happiness molecule) and GABA (the relaxation molecule), blocking toxins from the body, and fueling cellular metabolism to promote the health of your brain cells. Great news. This translates into improved mood, mental clarity, and energy without experiencing a midday crash or caffeine jitters!

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## Benefits

### Fuel Performance and Recovery

Colostrum has been shown to confer a 20% improvement in fitness strength, stamina and endurance while also decreasing recovery time by over 50% after intense exercise.



### Enhance Skin Quality and Hair Growth

The strong anti-inflammatory benefits (antioxidants, prebiotics, growth factors, vitamins and regenerative peptides) can help with wrinkles, enhance skin radiance, activate collagen production and support the hair microbiota. Preliminary research suggests that colostrum can combat hair loss by reversing inflammation and blocking chemical-induced damage to the follicles.

### Downsides

Colostrum can be one of the more expensive supplements. As with all supplements, there is a wide variety in quality.

### Conclusion

Because of its many benefits, we strongly encourage you to consider bovine colostrum supplementation. Currently, there are over 5,000 published studies documenting its ability to optimize health at all stages of life.

Upon evaluation, we can recommend a source for pure bovine colostrum that comes from cows fed organically grown grass. The supplements contain NO sugar, gluten, GMOs, soy, fat, casein, additives, preservatives, hormones, antibodies, corn, oils, binders, fillers or anti-caking agents. Interested? Give us a call to learn more about bovine colostrum and how it can improve your health.



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