

What you need to know about : **Colostrum**



What is Colostrum?

Colostrum is the first milk produced by mammals, the 24 hours following childbirth. It is an extremely important component of an infant's immune system and overall health. Mothers pass along important antibodies in the colostrum that help protect the infant from infectious agents, and can even help prevent allergic responses. Bovine (cow) colostrum was used to protect and treat many ailments prior to the invention of antibodies and other modern chemical medicines. This first-milk is not only important in animals, but also vitally important in humans. There are studies that debate the difference in health between human infants on commercial formula and infants on human-milk. Holistic medicine is promoting the use of bovine colostrum to improve overall health in humans, as well as in our pets. Luckily, because we are all mammals, bovine colostrum can be used successfully in humans, and our dogs and cats.

What are health benefits of colostrum? How does it work?

Some of the ways colostrum is known to improve health are: increased intestinal health, increased metabolism, increased energy levels, increased ability to ward off infections and illnesses, bone growth and development, rapid healing of injuries, decrease allergic reactions, longevity and increased vitality and stamina.

The reason colostrum is so beneficial is because it is filled with nutrients such as growth factors, lipidic and glucidic factors, oligosaccharides, antimicrobials, cytokines, nucleoside, and immunoglobins. Immunoglobins are important proteins for immune-function.

How to take colostrum as a supplement

There is a growing trend in holistic medicine to use colostrum supplement to promote better health in humans. If this interests you, there are a couple routes you can go. You can choose processed colostrum or raw colostrum. Raw colostrum may be available to you from a local dairy farmer.

It's important to obtain colostrum from pasture-fed cows not treated with pesticides, antibiotics and rBST. Colostrum should be treated with low heat, or else all those important proteins become denatured and dysfunctional. We recommend powders or capsules, as opposed to tablets. It's best to take colostrum on an empty stomach so that it reaches your small intestine. Some say the key to good health is a healthy gut. Your gut is where a large portion of immune function occurs.



Benefits for Dogs

Colostrum has all the same benefits for dogs as it does for humans. It is especially useful in helping to reduce allergic reactions in dogs. Dogs can have allergic responses to a number of different things, and it's not always easy for us to detect specifically what is causing the allergy. Colostrum contains praline-rich polypeptide, which helps soothe or eliminate symptoms experienced during allergic reactions. It is thought to suppress the release of white blood cells and T-cells, which are responsible for the immune system's response to allergens. Colostrum may also contain antibodies to common allergens, to build resistance.

Dosage for Dogs

You can get powder or capsule form for your dog, and as with people, it is best to give on an empty stomach. You can mix with a small amount of broth or yogurt though. It is recommended to give the following dosage for at least a month, then continue as needed.

1/3 Teaspoon powdered form/25 lbs body weight twice daily

-or-

Small Dogs and Cats: 1 cap twice daily

Medium to Large Dogs: 2 caps twice daily

Sources:

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