

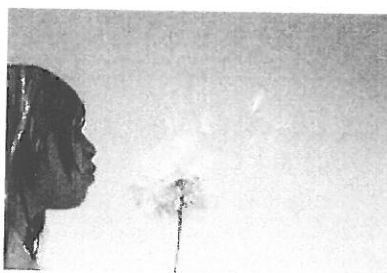


New Articles

Article Archives

Research  
References

CNR Home



## Allergies

### What are they, and how do I get rid of them?

#### What are Allergies?

Allergies are considered an autoimmune disorder because they are caused by an over-reaction of the immune system whereby the body produces too many antibodies to neutralize a foreign antigen. In persons with allergies, the immune system mistakenly identifies a normally harmless substance as a threat. Then it releases a chemical called histamine to attack the substance. Histamine produces many of the symptoms associated with allergies.

Seasonal allergies produce a hypersensitive immune response to environmental antigens such as ragweed, grasses or trees, triggering the release of histamine which results in the bothersome allergic symptoms of sneezing, wheezing, nasal congestion, eye irritation, inflammation and hives or other skin irritations. A food allergy is a similar immune system response that can affect the skin (eczema and hives), respiratory system (asthma and mucus production), gastro-intestinal system (cramps, bloating and gas), or cardiovascular system. Often an individual does not attribute these bothersome symptoms to a particular food.

#### Are holes in your gut causing your allergies?

Did you drink a soda pop, coffee or alcoholic beverage this month? Or have you taken an antibiotic, pain reliever (such as aspirin or ibuprofen), birth control pill or steroid recently? If you answer yes to any of these, you are promoting a serious health condition called Leaky Gut Syndrome (LGS). New studies reveal that LGS, which we all have to some extent, is a primary cause for developing allergies, along with many more serious health conditions or diseases.

Approximately 70% of the population has LGS. Also known as intestinal permeability, it is a condition in which the intestinal lining is more permeable than normal. This means that your intestines develop larger than normal "holes" (which are still on the microscopic level, by the way) that allow allergens and infectious pathogens to easily enter the body.

"Leaky gut can cause food allergy, and food allergy can cause the leaky gut," says Dr. Sherry Rogers, M.D., in her book *Wellness Against All Odds*. The relationship between food sensitivities and leaky gut is both complex and circular. According to Dr. Leo Galland, M.D., intestinal permeability sharply increases following exposure to allergenic foods. The release of atopic mediators (such as histamine and serotonin) from mast cells is responsible for the increase in permeability (Galland 1995).

Colostrum is the ideal solution for leaky gut syndrome because colostrum reaches the gut while its components are still viable, and its immunoglobulins and other factors can attack the offending pathogens in the intestines and prevent them from causing damage. The growth factors have anti-inflammatory action and also help repair damaged cells in the lining, decreasing cellular spacing, and thus preventing further leakage. Researchers

show that colostrum contains not only antibodies but also many other substances, such as lactoferrin and proline-rich polypeptides (PRP), that can interfere with bacterial colonization and prevent antigen penetration in the gastrointestinal tract ([Walker 1987](#)).

Research shows how specific components derived from colostrum may benefit individuals with allergies. These components are important in the process of cell-mediated immunity ([Radosevich 1985](#)). Colostrum contains PRP, also known as colostrinin or transfer factor, which is a powerful immune modulator that can help tone down the overactive immune response that leads to allergies.

Colostrum also contains a variety of antibodies directed against allergens that affect humans. The cow builds up antibodies to the allergens, which are then transferred through the colostrum to help the allergic individual minimize the allergic response ([Collins 1993](#)).

In an effort to improve symptoms naturally, many allergy and asthma sufferers are medicating their symptoms with herbal supplements. This is cause for concern, as some people have allergies to inhalants such as grasses and weeds, the very same substances that their herbal remedy is providing them. For example, the popular herbal supplement Echinacea comes from a plant that is closely related to ragweed, a common allergy trigger. Also, there can be mold spores in the herbs that could seriously affect people with certain allergies. Thus, colostrum provides the safest and most effective natural remedy for allergies and allergic asthma.

### **PRP and Lactoferrin: The power to kick allergies**

According to recent research, Proline-rich polypeptide (PRP) from colostrum can work as a regulatory substance of the thymus gland. It has been shown to eliminate or improve the symptoms of allergies, as well as other autoimmune diseases such as MS, rheumatoid arthritis, and lupus ([Rona 1998](#)).

PRP has the ability to regulate the activity of the immune system. This means that it can activate an underactive immune system, helping it move into action against disease-causing organisms. This also means that it can suppress an overactive immune system, as with allergies and all other hyperimmune disorders, preventing it from reacting to harmless substances. Scientists believe that PRP's ability to regulate the immune system is due in part to its ability to inhibit the overproduction of lymphocytes and T-cells. PRP actually aids in producing helper T-cells and suppressor T-cells. Various studies also identify that PRP is highly anti-inflammatory ([Staroscik 1983](#); [Zimecki 2008](#)).

In a recent study, PRP significantly reduced IgE/IgG1 (immunoglobulins involved in the allergic response) production, airway eosinophilia, mucous production and hypersensitivity induced by allergenic extracts from ragweed pollen and dust mites. In addition, the PRP was shown to be completely non-allergenic, making it safe to use ([Boldogh 2008](#)).

Lactoferrin, a multifunctional protein found in colostrum and milk, also has the ability to modulate the immune system, including the suppression of allergic reactions. A recent study showed that lactoferrin lowered the increase in cellular reactive oxygen species due to ragweed pollen and significantly decreased the accumulation of eosinophils (a type of white blood cell) in the airways of sensitized mice exposed to ragweed pollen extract ([Kruzel 2006](#)).

Advances in scientific technology have now made it possible to extract and concentrate PRP and lactoferrin from colostrum to provide a much larger dose than one would receive from whole colostrum. Available in spray form for rapid action, this exciting new product makes the full power of PRP and lactoferrin available for fast, effective relief. PRP and lactoferrin are two of the most powerful components found naturally in colostrum, making this product the safest and most logical natural component to fight off your allergy symptoms.

### **Immunoglobulins & Antibodies**

Colostrum contains antibodies that work against allergens that affect humans. The cow builds up antibodies to the allergens, which are then transferred through the colostrum to help the allergic individual minimize the allergic response ([Petzoldt 1978](#)).

Researchers at the Royal Children's Hospital in Melbourne, Australia, determined that bovine milk and colostrum contains antibodies directed against ryegrass pollen, house dust mites, Aspergillus mold and wheat proteins, which are common allergens to humans ([Collins op cit](#)). Many

additional antibodies are present in colostrum which cross-react with allergens of importance to humans, as well as antibodies against pathogenic invaders, such as *E. coli*, *Candida*, *H. pylori*, salmonella, and many others.

The IgE (immunoglobulin E) and IgE inhibitors found in colostrum is thought to be responsible for regulating the allergic response (Milgrom 2002). It is believed that together they inhibit the allergic response by limiting the histamine response.

### Conclusion

Along with other components present in colostrum, it is no wonder that supplementing your lifestyle with colostrum helps your immune system to maintain a healthy balance. In addition to PRP's known benefits for allergies, studies indicate that colostrum from dairy cows also contain a variety of antibodies directed against allergens that affect humans.

[<- Back](#)

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