

**NEWSLETTER  
APRIL 1999**

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**INTRODUCING BOVINE COLOSTRUM:**

**COLOSTRUM** is the first food a mammal receives when born. It is the breast fluid which comes in for 24-48 hours before the breast milk and provides support for growth and for the immune system. It is estimated that colostrum triggers at least 50 processes in the newborn mammal that continue for life. In the modern world, where breast feeding has been discouraged, we are reaping a bitter harvest in health problems. Obviously, we are not going to be able to get human colostrum. The next best is bovine colostrum (from cows), because there is passive interspecies immunity, the bovine colostrum being accepted by virtually all other mammals

What can it do for you? Colostrum has a virus antibody and glycoproteins that inhibit the attachment of the *Helicobacter Pylori* bacteria which causes ulcers. It stimulates the maturation of B lymphocytes, strengthening your immune system. It helps cartilage repair and wound healing. It contains growth hormone and IgF-1, substances that retard aging. It has been found effective against LGS (Leaky Gut Syndrome) in which the lining of the gut has been so deteriorated that toxins leak back into the system, and heart disease. The clinic would be happy to try to answer any further questions if you would contact us either by phone, FAX, or E-mail. The clinic carries colostrum. It is \$25.00 for 120 capsules.

**HAVING TROUBLE WITH YOUR TEETH AND GUMS?** There is a new product, called MSPD Periodontal, which is wonderful for preserving your teeth or for before and after surgery. It is best used in tandem with CAL-MAG and CoQ10. MSPD Periodontal is \$15.50 for 90 caps. More information upon request.

**MASSAGE IS ON SPECIAL DISCOUNT IN MAY AND JUNE.** Susan Riley, our Holistic Health Practitioner, is offering an hour massage at twenty dollars off, that is \$35.00. Massage stimulates the parasympathetic nervous system and counteracts your body's negative response to stress. It will relax muscle tension, allowing your heart rate, blood pressure, and circulation to return to normal. Please contact Susan at 224-6324 if you wish to make an appointment.