

JV Solo: Sound view Colostrum-LD 12/4
Brandon

Subject Line: Does Christmas Make You Sick?

Dear Jimmy John,

You ever wonder why so many people get sick over the holidays?

It may be because stress weakens your immune system.

I read a study from Carnegie Mellon University about this very subject. They put subjects through a stress test, and then infected them with influenza. They found those who had the most stress actually got sicker, and had more intense symptoms.ⁱ

By simply boosting your immune system, you can protect yourself from the effect stress has on your immune system.

There are the usual immune boosters like vitamin C, echinacea or astragalus.

But there is another nutrient that can help your immune system that you might not have heard about.

Colostrum.

Colostrum is a “pre-milk” made by mammals, but only immediately after giving birth. It contains a potent combination of nutrients and immune boosting properties vital for infants.

For adults, I’ve found that bovine colostrum in particular offers effective immune support.

A British study in early November looked at its effect on our immune system. In the study, British scientists randomly gave 53 male athletes either 20g of bovine colostrum daily or a placebo for twelve weeks over the winter.

At the end of the study, they found those who took bovine colostrum had fewer days with upper respiratory illness, and fewer cases of URI in general, compared to the placebo group.ⁱⁱ

Colostrum is full of potent, immune-stimulating factors that jump-start a newborn's immune system, called transfer factors. They help colostrum modulate your immune system, teaching it to recognize illness and communicate the knowledge they are present.

Bovine colostrum is actually the most abundant source of these transfer factors.

My colleagues at Advanced Bio Nutritionals actually have a very good bovine colostrum formula called Colostrum-LD. It contains the immune boosting support you need to get through the holidays—no matter your stress levels—without a cold or a cough.

You can check it out here.

To your good health,

{Signature}

Al Sears MD

ⁱ Cohen S., Et al, "Psychological Stress, Cytokine production, and Severity of Upper Respiratory Illness.",
Psychosom Md. 1999 Mar-Apr; 175-80

ⁱⁱ Jones AW., et al, "Effects of Bovine Colostrum Supplementation on Upper Respiratory Illness in Active Males.",
Brain Behav Immun., 2013 Nov 4