

Supporting the Immune System for the Care and Prevention of Autoimmunity

Written by Andrew Keech, PhD

Sunday, 01 March 2009 00:00 - Last Updated Thursday, 16 January 2014 11:15

Autism is an early-onset biological disorder that causes severe deficits of higher mental functions, as well as behavioral manifestations. There is no single, clear-cut cause. Causally speaking, immune factors, neurochemical factors, antibiotics, genetic susceptibility factors, and environmental factors (including microbial infections and chemical toxicity) have been implicated. Autism is a very complex, multifactorial disorder that may include autoimmunity.



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Combating the potential for autoimmunity begins in pregnancy by reducing the mother's physical, emotional, and chemical stress overload. Her own immune system function is directly related to her developing baby's immune health potential. Intake of supportive foods, avoidance of toxic chemicals, and understanding the enhancement of her immune system function cannot be underestimated.

Birth outcome and choices made immediately following birth have significant impact on the future immune system function of the child as well. For example, babies born vaginally have a higher exposure to the mother's friendly bacteria than those born via C-section. Direct exposure from the mother of these helpful bacteria to the baby initiates production of the baby's own gut bacteria, an essential part of the developing immune system. Breastfeeding offers numerous benefits for immune system enhancement as well. The first milk produced by the mother is called colostrum. Colostrum is nature's perfect first food. It is the pre-milk substance produced from the mother's breasts during the first 24 hours of lactation. From 24-48 hours this is called transitional milk. After 48 hours, milk is defined.

Colostrum supplies immune and growth factors and a perfect combination of vitamins and minerals to ensure the health, vitality, and growth of the newborn. It is estimated that colostrum triggers at least 50 processes in the newborn, including transferring all the immune factors and the entire memory from the mother's own immune system to her baby.

Colostrum contains large quantities of an antibody called secretory immunoglobulin A (IgA), a new substance to the newborn that

assists the newborn's adaptation to the outside world environment. A newborn's intestines are very permeable. Colostrum protects the intestinal walls from penetration by foreign substances in foods that the mother has eaten. Protecting the infant's gut from these potentially sensitizing substances is significant for the prevention of autoimmune system dysfunction later in life. The colostrum gradually changes for milk within the first couple of weeks of life. Continued breastfeeding will promote further healthy immune system development because of its unregulated nutritional and nurturing benefits.

Adverse effects to the infant's immune system include toxins the child is exposed to. Environmental toxins (fluoride, mercury, pesticides), medical toxins (drugs, antibiotics, anti-lever and cold medications), and food toxins (in the mother's diet or infant formula) are all factors that further tax immune system strength. It is essential for us to be informed and savvy of the numerous facilities our infants can be exposed to in vitro and in their early years. It is the experience of most parents today to follow the prescribed course of allopathic treatment in pregnancy and for their newborns. In the allopathic model there are minimal, if any, advanced warnings in avoiding toxins and enhancing immune system function. Obstetricians and pediatricians are not trained in nutrition or immunity and so their practice does not include valuable information for parents to make educated choices. Future impaired nerve and immune system function often result.

When parents must deal with an autoimmune system dysfunction, like autism, they become acutely aware of important immunity enhancers. They learn about the significance of changing their child's diet, means of detoxifying their child's system, and enhancing nerve and immune system function. Other articles in this issue of Pathways address information on nutrition, detoxification, and nerve system activity for children with autism. Since autoimmune dysfunction quite often are triggered in the body by an imbalance in particular cytokines in the body, immune therapies such as

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Proline rich polypeptides (PRP) and colostrums have shown promise. Colostrum peptides re-balance this cytokine response, particularly Th1 and Th2, by creating homeostasis in the body where the body should no longer attack itself. Scientific research has shown that significantly important immune and growth factors for humans comes from bovine colostrum. It is biologically transferable to all mammals, including humans, and is much higher in immune factors than human mother's colostrum. The component in colostrum that is most beneficial in regulating the immune response in patients with autoimmune disease is PRP. PRP is a small protein chain present in colostrum that has the same ability to regulate the immune system as the hormones of the thymus gland. Taking the colostrum in a liquid form or a PRP fraction as a supplement is most important for modulating inactive and underperforming immune responses in all humans and other mammals.

Laboratory analysis of both immune and growth factors from bovine colostrum indicate that they are identical to those found in human colostrum except that the levels of these factors are significantly higher in the bovine version. Bovine colostrum is actually up to 100x richer in immune factors than human colostrum. For example, human colostrum contains 2% of IgG (immunoglobulin G) while cow colostrum contains 60% of IgG, the most important of the immunoglobulins found in the body.

Researchers also discovered that cow's colostrum contains special glycoproteins that are extremely effective at protecting the immune and growth factors in colostrum from destruction by adult human digestive enzymes.

Whether or not we have had the benefits of our mother's milk, or are experiencing the effects of an auto-immune system disorder in our family, exposure to medical and environmental toxins warrants enhancing our immune system function. Bovine colostrum spray may prove to be a vital, proactive way for families to improve their family wellness during pregnancy, just after birth, and throughout childhood.

Andrew Keech, PhD, earned a Bachelor of Science with a double major in Mathematics and Chemistry, a Masters degree in Chemical and Process Engineering, and a PhD in Chemical and Process Engineering from the University of Canterbury. He is a Certified Plant Engineer, CPE, working up on a new Zealand dairy farm. Andrew learned of the immune factors in colostrum and their ability to impact health in newborn mammals. He discovered the concept of an immune-modulating spray with milk. It took him the power of 10 years through clinical studies around the world as part of his personal mission to save lives, not just his. He is available at www.pharmalex.com for additional resources and information. Visit www.pathwaysjournal.com for more information.

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