

## Got Colostrum?

**By Richard Hansen**

Unless you are a dairy farmer you have probably never heard of colostrum. If, however, your mother breast-fed you shortly after birth it is likely that you have tasted it.

Colostrum or "first milk" is a nutrient-packed liquid produced by human mothers and cows late in pregnancy and for a brief period after birth.

Interestingly, bovine colostrum is almost identical in its chemical make up to human colostrums.

Colostrum's value, for both humans and cattle, comes from the fact it is loaded with a variety of essential nutrients, immunoglobulins and growth factors that nourish a newborn's body and immune system.

Calves are born with "agammaglobulinemia," which means "they have no circulating antibodies" at birth.

The antibodies and immunoglobulins in colostrum provide a newborn calf with valuable protection against pathogens before its immune system is fully developed.

Human colostrum provides a similar benefit, as the human immune system is slow to mature.

The role colostrum plays in supporting a newborn's immune system has led some scientists to propose that taking bovine colostrum could hold value for humans later in life.

When humans take bovine colostrum it is believed that key immunoglobulins are absorbed and aid the "internal defense processes" of the immune system.

Other immunoglobulins in colostrum may also remain within the intestinal tract. Those unabsorbed immunoglobulins would help destroy pathogens before they were able to enter the body through the digestive system.

It could explain why colostrum has proven to be surprisingly effective as a form of passive protection against



diarrheal diseases. Rotavirus, a contagious source of diarrhea in infants and young children, has been successfully managed with colostrum in a variety of environments that include daycares and orphanages in the developing world.

Colostrum may also hold promise for adults with weakened immune systems.

Diarrhea is an inconvenience for most. But, in immune-compromised AIDS patients, it can be life threatening. A study of AIDS patients in Nigeria found that a colostrum supplement

was effective in preventing or eliminating diarrheal problems over the course of a seven-week trial.

Colostrum's potential ability to combat E. Coli has also spurred some to recommend it as an additional insurance policy for brazen globetrotters against the dreaded "traveler's diarrhea."

So, if you are planning on running off to some exotic locale where it's not advisable to drink the water you might consider throwing a colostrum supplement in your suitcase to go along with the passport and extra sunscreen.

## Back Off The Beef

There is no denying it, Americans love their meat.

They like it so much in fact, that the average American consumes over 273 lbs. of it a year. Compare that to the global average of 84 lbs. a year.

One consequence of our affinity for meat is that almost 70% of the annual U.S grain crop is fed to livestock for meat production.

In 1993, almost 192.7 million tons of grain was required to produce 31.2 million tons of meat. It has been estimated that this sizable quantity of grain would have been enough to feed as many as 840 million people.

Livestock are incredibly inefficient at converting plant food into edible protein.

Chickens are perhaps the best, needing only 7.5 lbs. of feed to

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*Action is Everything*

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# Dr. Carl's Corner



Everyone should invest in good health.

Some people make excuses about why they cannot make this essential investment that are unrelated to money, time and energy.

Those who are in love with illness often will not take positive action even when they know their lifestyle creates disease, increases disability and shortens life.

If people stay healthy, they never need to "embrace" their illness or join a disease support group.

I believe medicine should focus on developing, sustaining and renewing good health.

Every healthcare professional

should be devoted to helping people with health challenges maximize their chances of having a full life.

I am trained in helping people who have serious diseases as a result of molecular genetic conditions and damage to the brain.

I have always applied a rigorous scientific approach to my work in order to help patients develop as best they can. I refuse to accept the notion that they and their families must embrace and endure a lifetime of pain and suffering.

I do not believe in gene versus environment theories nor survival of the fittest.

Instead, I prefer to embrace the power of action.

This philosophy gave birth to my idea of Developmental, Neurobiological and Ecological Medicine (DNEM|MEND) in 1972.

MEND's guiding principle has always been a belief that science can allow people to adapt to incredible genetic and environmental challenges and find a niche that fits them.

I am dyslexic. I learned to type in fifth grade and use computers and other tools to maximize success.

I believe action is everything when

it comes to success. Perhaps, my dyslexia has made me somewhat cynical of language and the erroneous notion that intelligence is judged by facility with it.

I took comfort in Robert Ardrey's writing about the connection of tools to intelligence and social adaptations to the environment.

The right tools and investments can help us all overcome many of the dilemmas that at times threaten us with physical, mental, spiritual and financial bankruptcy.

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## This 'N That

Good news for low-income areas that food experts now refer to as "food deserts." The title "food deserts" is derived from the fact that many grocery stores in these areas lack fresh produce and other healthy food options. New York's mayor, Michael Bloomberg, along with the City Council have identified several of these areas and are supporting an initiative to put as many as 1,000 "green carts" on their sidewalks. These mobile fruit and vegetable stands will hopefully be an oasis in a sea of fast, fatty and processed food. GO GREEN!

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## Beef - Continued

produce 2.2 lbs. of "ready-to-cook" meat. Pigs require 17.4 lbs. of feed for every 2.2 lbs. of meat.

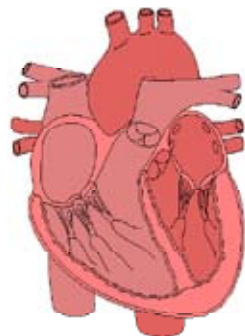
Currently the U.S. allocates 50% of land area, 80% of freshwater and 17% of fossil fuels to agriculture.

In North America, 3.5 acres of land are devoted, per person, to agriculture. Some have speculated that if we all ate less meat that could be lowered to 0.5 acres.

This data does not necessarily mean we should all immediately convert to vegetarianism. Meat can be a valuable part of any balanced diet providing high-quality sources of protein, iron, zinc and all the B-vitamins except folate.

The statistics above, however, are still worth keeping in mind the next time you are at the supermarket eyeing those rib-eyes.

## In The News



It has long been accepted that high cholesterol can pose a major threat to heart health. One outcome of it has been the widespread use of cholesterol lowering drugs called statins. The more well-known statins on the market include Lipitor, Crestor and Pravachol.

While there is no doubt these drugs do an excellent job of bringing down "cholesterol," research is now calling into question whether or not these drugs have been effective in prolonging people's lives.

In 2006, a study appeared in the **Archives of Internal Medicine** that examined the impact of statins on people's health. After looking at seven trials of statin use in almost 43,000 patients, most of whom were men with-

out heart disease, it was found that they did not appear to statistically decrease the risk of mortality.

This finding is significant because many patients who have not been diagnosed with heart disease are still prescribed statins for high cholesterol.

In light of this study, it is still important to keep in mind that in high risk individuals with both high cholesterol and heart disease, statins have proven to be quite effective in prolonging life.

Perhaps the most important lesson that patients and doctors should take away from these findings is that the relationship between cholesterol and heart health is more complex than previously thought, and continues to merit additional scientific research.

# Laurie's Corner



When I think of March, I think of St. Patrick's Day and Irish Stew! My Mom was from Wales and was very fond of lamb. We had leg of lamb every Sunday after church. None of us kids could stand it, and, if it weren't for the mint jelly, we would have starved!

Have you ever made an Irish Stew? I haven't, since it involves *stewed* lamb. But we love this beef stew recipe, and, with any luck (o' the Irish) you could call it an Irish Stew and no one would be the wiser! And, with Spring just around the corner (hopefully) this may be the last hearty stew you will want to make. We like it served on baked or mashed potatoes, on baking powder biscuits, or in bowls as a thick, stick-to-your ribs soup! You may even hear the Leprechauns sing as you stir the stew!

## Crock Pot Beef Stew

**Serves 5-6**

- 1 ½ lbs. beef stew meat
- 1 large white or yellow onion - chopped
- 5 medium carrots – cut in ¾" sections
- 3 stalks celery – cut in ¾" sections
- 4 medium parsnips – cut in ¾" sections
- 3 tbsp. Arrowroot flour (or quick-cooking tapioca)
- 2 cups beef broth
- 1 approx. 32 oz. canned, chopped tomatoes (do not drain)
- 1 - 2 tsp. Worcestershire sauce
- 1 tsp. crushed dried thyme
- ½ tsp. crushed dried marjoram
- ¼ tsp. freshly ground pepper
- 2 bay leaves

Potatoes (either to bake or mash) or baking powder biscuits  
Green Beans (as a side dish)

1. Cut off all fat and sinew of the beef and cut into 1 " cubes. Brown meat on all sides. Put in crock pot.

2. Chop onion. (Use a separate cutting board for chopping the onion. We always use the same board for onions and garlic ONLY.) Put chopped onion in crock pot.

3. Cut peeled carrots and parsnips and de-ribbed celery in ¾ " sections and put in crock pot.

4. Add the remaining ingredients and stir.

5. Plug in crock pot and cook 10 – 12 hours on low heat or 5 – 6 hours on high heat.

6. Taste before serving. To add flavor, add salt or soy sauce, and/or red wine – to taste.

7. Serve either on baked or mashed potatoes, on baking powder biscuits with green beans as a side dish.

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This year, Easter falls on March 23rd. Every year our Mom made an elaborate bunny cake for Easter, and it has been a tradition with our family for decades. My older brother, Bob (the architect) and I always fight over who gets to make it for Easter dinner. I usually win out and then lament the fact that I don't have even a fraction of Bob's talents in artistic and structural design! But, it always seems to work out just fine!

The cake is a healthful carrot cake with carrots, bananas, pineapple, currants (or raisins) and walnuts. The frosting is a cream cheese frosting and the bunny "fur" is shredded coconut (which is optional).

The recipe is too long to put in the newsletter, but you can find it on the web at <http://www.mend.net/recipes/carrotcake.pdf>. Or, if you'd like, I'd be happy to mail it to you. Please leave us a message with your name and address at 952-920-8801 or e-mail us at [info@mend.net](mailto:info@mend.net).



Here is a recipe for my very favorite salad. It is perfect to bring to Easter dinner since it is a refreshing side dish with ham, turkey or lamb (or with just about any main dish).

## Sunshine Salad

**Serves 6-8**

- Lettuce
- 2 medium Cucumbers
- 2 Avocados
- 1 small can Water Chestnuts, sliced
- 2 Oranges or Tangelos or 3 – 4 Tangerines
- Ripe Pitted Black Olives, sliced
- Extra Virgin Olive Oil
- 1 Lemon
- 1 tsp. – 1tbsp. Balsamic Vinegar
- ½ cup Almonds, slivered or sliced, toasted
- Fresh Basil, a few sprigs (optional)

1. Wash and pat or "spin dry" lettuce. Wrap in paper towels, put in plastic bag and refrigerate. When ready to serve, tear lettuce in bite-sized pieces and place either on individual salad plates or in large salad bowl.

2. Wash, peel and slice cucumbers (you can quarter them if you wish). Spread out on paper towels and put paper towels on top and pat down to squeeze out moisture.

3. Wash avocado and cut in half. Carefully remove pit. Remove skin and dice.

4. Wash and peel oranges. Slice, starting at the stem end. Then cut slices in quarters.

5. Slice black olives.

6. Slice water chestnuts.

7. Arrange the first 6 ingredients on salad plates or place in large salad bowl in the order given.

8. Drizzle with olive oil, squeeze on lemon juice and splash with balsamic vinegar.

9. Toss – only if making it in a salad bowl.

10. Top with toasted almonds.

11. If adding the basil – tear the leaves and sprinkle over the top and/or add intact sprigs.

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