

# AGELESS LIFE

## CONTROL CELLULAR AGING

**B**oth growth hormone (GH) and its mediator, insulin-like growth factor-1 (IGF-I), may actually treat the blueprint of aging, keeping the cells in as healthy a state as possible. GH and IGF-I feed DNA. GH initiates transport of amino acids and nucleic acids into cells, but IGF-I finishes the work and facilitates the transport of nucleic acids into the nucleus of the cell where the DNA resides, giving it the raw materials needed to repair damage and initiate healthy division.

### FIRST MILK INCREASES IGF-I

One way to boost GH and IGF-1 is with first-milking bovine colostrum (BC). In the *Journal of Applied Physiology* the effects of BC supplementation on serum IGF-I were studied during a strength and speed training period. Nine male sprinters and jumpers underwent three randomized experimental training treatments of eight days separated by 13 days. Post-training increases were noticed for serum IGF-I compared with the placebo (normal milk whey). “It appears that a bovine colostrum supplement...may increase serum IGF-I concentration in athletes during strength and speed training.”

### ANTI-AGING TOOL

Colostrum’s ability to boost IGF-1 and GH is matched by its regulation of the neuro-endocrine and immune (NEI) system. One of the most unique ways that colostrum nurtures the NEI system is that it tamps down overall, whole-body inflammation. Colostrum supplies proline-rich polypeptide (PRP), which regulates the brain’s inflammatory messenger cells called cytokines. In experimental studies, supplements of PRP have helped to maintain healthy memory and cognitive abilities. Some doctors speculate that colostrum could become a source of compounds for the prevention or delay of memory loss.

LimuZ combines Colostrum6, the nation’s premiere first-milking colostrum, with *Laminaria japonica* and other anti-agers including fucoxanthin and fucoidans, acetyl l-carnitine, zeolite, and acai.

Also known as limu, kombu, or simply brown seaweed, laminaria is the source of antioxidant phytochemicals called fucoidans that have further multi-dimensional effects. Both laminaria and fucoidans are able to bring a halt to damaged cells by causing their death before they become unregulated and malignant, according to experimental studies.



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## THE UNDIET

### Regulates Brain Food Receptors Instead Of Food

**A**ccording to *Forbes*, “The median diet worked out to a costly \$85.79 a week—that’s 50% more than the \$54.44 the average single American spends on food.”

Do these diets work? Despite the extra cost for the food plan diets, most currently on the market are not effective, experts interviewed by the magazine said. According to government data some one-third of US adults are overweight and another one-third are morbidly obese. Says the magazine, “Last year, we spent an

estimated \$46 billion on diet products and self-help books. Much of that money is wasted. Indeed, a government review found that two-thirds of American dieters regained all the weight they had lost within a year, and 97% had gained it all back within five years.”

But that’s not the whole story. Other studies show diets work if they’re followed—the real question is up to you to determine what kind of diet you want to use. Do you want to spend a lot of money or a little? Do you want to buy premeasured foods or just readjust the brain’s reward centers so that you do not crave foods anymore?

### THE LEPTIN UNDIET

You won’t feel like you’re dieting using leptin-enriched Colostrum6. Taking leptin is the undiet; it’s not even really a diet.

Leptin regulates the brain’s receptors for sugar and fat storage; it tells the brain how much it has and how much it needs.

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## FATIGUED OF FATIGUE?

### Repair Guts

**B**etween three and six million Americans suffer from either fibromyalgia or chronic fatigue syndrome or a combination of these two diseases, which are characterized by widespread musculoskeletal pain, stiffness, and fatigue. Both conditions are thought to be linked with autoimmune disorders caused by infection or toxic exposures that ignite a hyper reaction in which the body’s own immune cells turn against its tissues. Now we know that first-milking bovine colostrum, the rich golden fluid that all mammals secrete prior to producing mother’s milk, is the gift of a lifetime for healthy living.

There is a vast overlap between the signs and symptoms of fibromyalgia and those of chronic fatigue syndrome. More often than not, there is also a pattern of sleep disturbance that accompanies these problems.

Fibromyalgia and chronic fatigue syndrome both fall into a class of diseases called autoimmune disorders and are more common among women than men. Some scientists believe women are susceptible to these problems because of hormonal imbalances, which are exacerbated by synthetic, hormone-like chemicals in the food chain.

### LEAKY GUT CONNECTION

A majority of the patients with fibromyalgia and/or chronic fatigue syndrome also have something called leaky gut syndrome, which has been linked to many autoimmune diseases. Among other things, leaky gut syndrome allows undigested food proteins to leak through abnormally large spaces between the cells of an inflamed intestinal lining. These

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### Compliments of

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- HOLLYWOOD’S COLOSTRUM AFFAIR P 4  
Carly Steel, Sarah Rafferty, Tasha Smith, Denise Vasi review their colostrum experience



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## CONTROL CELLULAR AGING

In populations, both laminaria and fucoidans are associated with lower incidence of cancer as well. The fucoidans also aid weight-loss and stimulate fat-burning in the belly's brown fatty cells.

### ZEOLITE AIDS DETOX

After the Chernobyl nuclear disaster, people in the affected regions were given a food product containing zeolite to absorb the radioactive fallout, and livestock in Scandinavia and Scotland that ate the product excreted radioisotopes more quickly.

The zeolite I prefer is rich in Clinoptilolite, a crystalline mineral structure made up of honeycombs; it can remove heavy metals from the environment and is used in the same way for human health.



This super detox agent can effectively regulate a messenger chemical called zonulin that activates tissue inflammation. When levels are high, this indicates a malfunction: low-normal zonulin levels mean less inflammation. In a study,

some 52 endurance-trained men and women, 20-50 years, received 1.85 g of Clinoptilolite-rich zeolite per day or placebo for 12 weeks.

After 12 weeks, zonulin was significantly decreased in the supplemented group. "Twelve weeks of zeolite supplementation exerted beneficial effects on intestinal wall integrity as indicated via...mild anti-inflammatory effects..."

Zeolite also aids repair of the stomach lining and decreases nausea and irritable bowel upset.

### ALC'S MEMORY EFFECT

Many studies have shown that acetyl l-carnitine (ALC) aids cognitive health and depression. ALC is a neuroprotective agent because of the following proper-

ties: (a) antioxidant action; (b) mitochondrial energy supply; (c) membrane stability function; and (d) nerve impulse transmission enhancement.

"For a steel-trap mind, I want all of my adult patients to begin using ALC, which is freely exchanged across cell membranes and provides acetyl groups from which to regenerate acetyl-CoA, a vital memory nutrient," says Patrick Dorvilus, MD, who completed a fellowship in Gastroenterology at Albert Einstein College of Medicine in New York and now practices in Statesboro, Georgia.

### WHAT TO DO

One way to combine each of these anti-agers is with LimuZ. I formulated LimuZ with each of these ingredients to address the major health issues associated with aging including the NEI system, muscle repair, and memory loss prevention. Best of all, LimuZ is citrus-mint flavored, effervescent, and isotonic. This means it has the same electrolyte balance as blood and is highly absorbable with immediate delivery into the system because it bypasses the digestive process. ■

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## FATIGUED OF FATIGUE?

proteins are considered foreign substances by the immune system and the ensuing attempt to rid the body of these causes inflammation and pain. Autoimmune diseases, result when an ongoing reaction like this is left unchecked. In the case of fibromyalgia, hyperimmune reaction results in an attack on pressure points and pain and stiffness are especially intense in the morning. In some cases, individuals can't even tolerate clothes or bedding touching their skin.

The healing of leaky gut syndrome, for which first milking colostrum is being studied, can be a major factor in cases of fibromyalgia and chronic fatigue. Additionally, colostrum contains several anti-inflammatory compounds that reduce pain. Another factor contained in colostrum known as proline-rich polypeptide tones down the hyper response of the immune system, lessening the body's autoimmune reaction.

According to an article in *American Family Physician*, most patients with fibromyalgia have low levels of insulinlike growth factor-1. Those with chronic fatigue syndrome have a significantly diminished growth hormone level, which is associated with fatigue and other symptoms as well as poor gut repair. Both of these growth factors are contained in high quality first milking colostrum products and are successful in treating the symptoms of fibromyalgia, according to chronic pain expert Jacob Teitelbaum, MD, author of the book *From Fatigued to Fantastic*. It is thought by some that IGF-1 can be useful for correcting low levels of serotonin and its precursor, tryptophan, which are associated with the sleep disorders of both fibromyalgia and chronic fatigue.

At the University of Wuerzburg, Germany, a clinical pilot study examined the induction of apoptosis in mononuclear cells on treatment of patients with chronic pain syndrome with oral immunoglobulin produced from bovine colostrum. The lessening of mononuclear cells indicated a reduced hyperimmune response and conditions cleared.

The four patients suffering from chronic idiopathic pain (idiopathic facial pain or fibromyalgia) who were enrolled in the study had previously successfully been treated with bovine colostrum. Mononuclear cells from peripheral blood were analyzed for representative cytokines in the serum. The clinical response (pain and quality of life parameters using a visual analogue scale) were determined regularly in each patient.

The findings showed that the unneeded primitive cells were dying by programmed cell death (apoptosis) in three of the four patients. These results were accompanied by a relief of the pain symptoms. The fourth patient was found not to need any further analgesic treatment since she demonstrated only nonsignificant changes in her laboratory screening and immunological parameters and by the end of the study, she was also completely free of pain (long-term treatment with bovine colostrum).

In spite of the low patient number, the results were obtained with a sufficiently high degree of control because of the study design.

The clinical data suggest that first-milking colostrum is a treatment for successful resolution of chronic pain and fibromyalgia. Colostrum has a unique blend of growth factors and immune factors which can produce relatively quick relief for these two conditions. ■

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# FIRST MILK DIET

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AND HAVE YOUR QUESTIONS ANSWERED



- Promotes cardiovascular health
- Supports a strong immune system
- Promotes gut and gastrointestinal health
- Promotes weight loss and metabolic function
- Helps sustain healthy blood sugar levels
- Provides neuroprotective benefits
- Supports joint mobility
- Promotes increased stem cell mobilization
- Fosters healthy, smoother, softer skin
- Supports cognitive and memory
- Helps maintain youthful muscles

Every anti-aging program needs first milk or colostrum. Find out how this super food can age proof your body, help you to lose weight, fight disease and help you to **feel amazing**.

## COLOSTRUM RECIPES

BY CHEF SUSAN TETON

Chef Susan Teton's online courses at [www.chefteton.com](http://www.chefteton.com) supply recipes for raw, cooked, and cultured foods.

### Coco Peach Pie

#### INGREDIENTS

- 2 C fresh peaches (chopped)
- 1 C coconut milk
- 1 t grated ginger
- 1 lime (juiced)
- 3 t+ XyloSweet
- 1 1/2 T arrowroot
- 3 T water
- 1-2 T Anovite Colostrum6
- pinch of salt
- pinches of clove and/or nutmeg (optional)



**METHOD:** Combine peaches, coconut milk, ginger, lime, colostrum, XyloSweet, salt and spices in a saucepan. Bring to a simmer and let cook until peaches are soft. Mix arrowroot with the water and add to the mixture. Cook for a few minutes until the mixture thickens. Remove from the heat and serve or chill to serve cold. Top with coconut flakes, walnuts or anything else your heart desires!



### Orange Lime Vanilla Dream

#### INGREDIENTS

- 1 scoop MHP Probiotic-SR Vanilla
- 1/3 C hemp seeds
- 2 T coconut cream concentrate
- 1/2 C orange juice
- 1/3 C lime juice or the juice of one lime
- 1 T soy lecithin granules
- 1 T Anovite Colostrum6
- 1 C water (approximately)
- ice

**METHOD:** Combine all ingredients and blend until creamy and frothy. These ingredients deliver a creamy texture with fresh bold flavor with hemp seeds for essential fatty acids, fresh juice for vitamin C and other nutrients, lecithin and colostrum for cell repair and renewal and immunity, protein for strength and stamina and vanilla-flavored protein powder. YUM!

### Almond/Flax Celery Butter

#### INGREDIENTS

- 2 T coconut cream spread
- 2 T coconut oil
- 1/2 C water
- 1-2 T Anovite Colostrum6
- 1 T XyloSweet + 2 T water
- 1 C cocoa powder (unsweetened)
- 1 C scoop MHP Probiotic—12 hour SR (sustained release) (chocolate flavor)
- 1/4 t salt (or more to taste)
- 1/2 C raw cocoa nibs (optional)
- 1/4 C golden berries

Use golden berries, raisins, or other dried fruit for a topping, or mix in with the truffle batter. I like the golden berries because they are sour and complement the cocoa flavor. And the nibs mixed in with the truffle batter provide a crunch to every bite.

**METHOD:** Whisk together until creamy: coconut cream spread (softened), coconut oil, water, and XyloSweet. Whisk the Anovite Colostrum6 into the creamy mixture very slowly. You may prefer to put the mixture in a blender at a very slow speed. Once the mixture is blended, sift in the cocoa powder and MHP Probiotic-SR, chocolate flavored. Sift in slowly to alleviate lumping. Add a little water if needed, but keep the mixture firm. Mix in cocoa nibs and salt. Roll into balls and press a golden berry on each. Refrigerate and/or freeze in an air tight container. When you remove them from a cool place they will soften as they warm. These truffles can be afternoon snacks or eaten during a workout or following one. They won't give you that full feeling but will lift you and keep you going with a protein boost and a smile on your face. I guarantee it. They are easy to make, easy to carry and luscious.



## ARE YOU AGELESS?

COLOSTRUM6 GATHERED WITHIN THE FIRST 6 HOURS IS RICHEST IN ANTI-AGING FACTORS

GET BACK TO THE PERSON WHO GAVE YOU THIS NEWSPAPER TO GET YOUR QUESTIONS ANSWERED!



Leptin-enriched for appetite control



Anti-aging NEI formula with Colostrum6, Limu, zeolite and acetyl-L-carnitine



Alkaline liquid oxygen supplement for renewed energy and focus



Colostrum's anti-aging growth factors regulate body fat and sugar



Strawberry pineapple-flavored wafers keep children healthy



Powdered first milk for baking and eating right out of the container

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Disclaimer: These results are exceptional and may not apply to everyone who uses these products.



**Kathy C.:** "I am an avid gardener and love to be outdoors working! Almost every morning I had trouble getting my day going and I've had difficulty falling asleep. Two months ago, my son introduced me to LimuZ6. In the two months that I've been taking it, I've felt better - more than I have in years. I'm also sleeping a full 6 hours a night without waking up. My energy levels are fantastic, and I'm able to work in my yard longer and do more in my day than I have in years. We even recently took a trip to Yellowstone where I was able to keep up with my 5 grandchildren (3 of which are under the age of 3!)."



"In 20 weeks, with the help of the LeptiTrim6 system, I lost a total of 72 inches and feel great!"

**Matt A.**

# HOLLYWOOD'S COLOSTRUM<sub>6</sub> AFFAIR



## Carly Steel

### Actress as Correspondent

*I travel all the time and take a lot of red eye flights straight into shoots, this product is great to keep up strength and stamina. Anything that gives this super healthy of an energy boost I'm a fan of!*



## Tasha Smith

### A True Hollywood Cinderella

*I traveled a lot over the last couple of weeks and must say when I wasn't feeling well, I felt it help knock out the cold that was trying to come on.*



## Sarah Rafferty

### Yale's Suits star

*When I had my kids, the doctors and nurses in the hospital referred to colostrum as liquid gold. It provides newborns with a crucial dose of antibodies, growth factors and antimicrobial compounds. Now we can have access to colostrum supplements as adults and for our children.*



## Denise Vasi

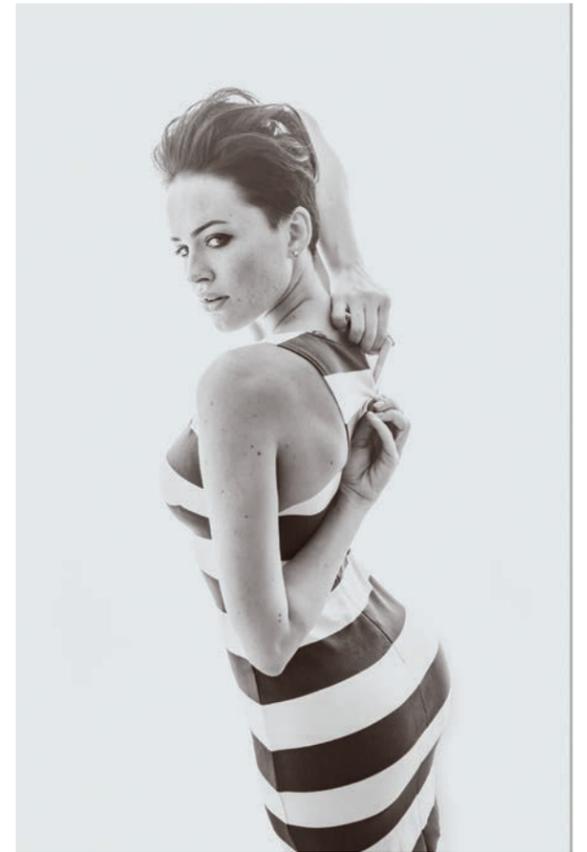
### I am a big Goofball

*Maybe it's the high amount of growth factors or the better nutrient absorption that makes the difference, but taking colostrum energizes me. I experienced sounder sleep and easier wake-up calls. At the gym, I can do more reps and weight.*

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## THE UNDIET



But its activity gets suppressed with obesity and sometimes it takes the addition of extra leptin to resignal the brain that the body has enough fat stores and sugar. People who've used leptin milkshakes and other leptin-based supplements say they take the edge off of their nighttime hunger pangs. You won't need to buy special foods. You will just spend less money on food because you won't be as hungry and instead, enjoy your portions more with less overeating or midnight snacking.

Leptin knocks out cravings. The body ends up not craving sugar or salt and the pounds melt off. Most people use it in the morning and again at night.

### OBESITY CLINICS TEST LEPTIN

A randomized controlled trial, performed in six different obesity clinics looked at the effects of leptin on 73 obese men and women. Researchers reported in *The Journal of the American Medical Association* that daily use of leptin led to a mean weight loss of 15 pounds in a 24-week treatment period. More than 95% of the lost weight was from body fat.

There was considerable variation in the amount of weight that individual subjects lost during the treatment. Subjects who took the highest daily doses of leptin also lost the most weight.

Studies show that colostrum's natural enveloping of the leptin molecule and other potentially fragile peptides and proteins actually shepherds these compounds through the gastrointestinal tract and into the bloodstream where it does the most good.

The word leptin comes from the Greek word leptos, meaning "thin." This protein hormone, discovered in 1994, regulates body weight and metabolism. The hypothalamus, it turns out, has leptin receptors where the leptin molecules attach to regulate food intake and body weight.

Along with decreased food consumption, there is an increase in the body's energy expenditure, which in turn leads to a loss of fat tissue mass and an increase in lean muscle.

Researchers discovered in 2000 that when leptin works in conjunction with insulinlike growth factor (IGF-1) and other cofactors found in colostrum, it can also shrink fat cells to normal size. (IGF-1 directs the body's metabolic process, burning fat, balancing blood sugar and building lean muscle.)

When you diet with leptin supplements your wallet will get fat while you get thin! That's the way diets are supposed to work. ■

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# EASE SYMPTOMS

*Irritability, lethargy, hyperactivity can be managed*



ers at the University of California, Davis, reported in *PLoS One*, assessed the tolerability of BC when combined with the beneficial bacterial species *Bifidobacterium infantis* for its benefits in children with autism spectrum disorder (ASD) and GI.

This study looked at eight children, ages 2-11, for 12 weeks that included 5 weeks of BC and probiotics, followed by a two-week washout period, and 5 weeks of the probiotic only.

The primary outcome of tolerability was assessed using validated questionnaires of GI function and atypical behaviors, along with side effects.

"Some participants on both treatments saw a reduction in the frequency of certain GI symptoms, as well as reduced occurrence of particular aberrant behaviors," the study team noted.

In particular, "We found significant reduction of certain aberrant behaviors, including irritability, lethargy, stereotypy [self-stimulatory behaviors], and hyperactivity..."

The scientists said improvement was explained by a reduction in inflammatory messenger chemicals such as interleukin-13 (IL-13), linked with allergies and GI disturbances, and tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ), a highly inflammatory cytokine. Both are frequently found at high levels in the autism-affected population. ■

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Research shows that incidence of aberrant behavior in children with autism spectrum disorders (ASD) may be reduced by regulating the imbalance with a combination of bovine colostrum (BC) with probiotics.

Over half of children with autism spectrum disorders have gastrointestinal (GI) disturbances including chronic constipation, diarrhea, and irritable bowel syndrome. The severity of these symptoms has been correlated with the degree of GI microbial imbalances.

A small but well-controlled pilot study from research-