Colostrum and Psoriasis

Dear consumer,

Your inquiry regarding the use of high quality bovine colostrum in association with psoriasis and its possible relationship to leaky gut syndrome, has been forwarded to me. I am a business and technology consultant with extensive knowledge regarding the formation and composition of bovine colostrum and its health-related applications in humans and animals.

I have carefully searched the scientific literature and have not been able to find that there is any real relationship between leaky gut syndrome and psoriasis. Although both conditions have a genetic component and predisposition to either condition is usually inherited, they have no common denominator that would make it appear that they have a common underlying cause.

As you may be well aware, leaky gut syndrome is a condition wherein the inside of the intestines become very inflamed and unusually large spaces develop between the cells that make up the intestinal wall. This means that toxic substances, like bacteria, viruses, parasites and other harmful substances can get through these holes, enter the bloodstream and get to other parts of the body.

In contrast, psoriasis is a chronic recurring skin disease characterized by whiteish-silver scales that form crusty lesions, usually on the elbows, knees, scalp and chest, although it can become generalized and involve most of the skin on the body.

One common factor that I noted in my reading was the fact that leaky gut syndrome and the associated inflammation of the intestinal lining can be triggered by a number of different substances including corticosteroids (prednisone) and nonsteroidal anti-inflammatory drugs like aspirin and ibuprofen. Treatment with these drugs is common in patients who have periodic flareups of psoriasis and routine intake of corticosteroids has been used as a long-term means to attempt to control the disease. You should also be aware that bouts of leaky gut syndrome can also be provoked by birth control pills, caffeine, alcohol and excessive intake of sugars. Therefore, if you are using any of the above and experiencing distress from these conditions, you should definitely speak to your physician.

With regard to whether colostrum will help with these conditions. The answer is definitely yes. First, in leaky gut syndrome, protection against invading infectious bacteria, viruses and parasites via the gastrointestinal tract is severely compromised and the affected individual is much more susceptible to enteric infections. Dietary supplementation with high quality colostrum will provide antibodies and other substances that can attack these invaders and help the body destroy them before they can do any real damage. In addition, high quality colostrum contains growth factors that will help to repair the damage to the intestinal wall.
With respect to the psoriasis. This disease is autoimmune in nature wherein the affected individual's own immune system is attacking the body's own tissues, in this case the skin. This represents an immune system that is out of control and the best way to put things back into phase naturally is via colostrum. As we age, our immune system loses its ability to regulate itself efficiently, primarily because the thymus, a glandular structure in the upper chest that is considered the seat of the immune system, begins to shrink after puberty and almost disappears by the time we are 50 years old. It has been shown that the thymus can be restored to normal function by the growth factors in colostrum. In addition, colostrum contains specific hormones that regulate the functions of the thymus and other substances that help to keep the immune system under control.

It is very, very important to recognize that all colostrum products are not the same and, despite the claims made by their manufacturers, they do not all contain every beneficial component at an optimum concentration and, in many cases, they have been manipulated and may be missing some of the essential components. When choosing a colostrum product, you should be certain that it is made from only first milking bovine colostrum collected within 8-10 hours after birth of the calf and that the colostrum is "complete" and that none of the components have been removed, including the fat.

To your good health - always,

Sincerely,
Alfred E. Fox, Ph.D.

Dr. Alfred E. Fox holds a Ph.D. from Rutgers University in Microbiology (Immunochemistry) and has more than 25 years of senior management experience at Carter-Wallace, Baxter Dade Division and Warner-Lambert, where he was responsible for research and development and regulatory affairs. He was also the founder and president of two biotechnology companies focused on agribusiness and environmental monitoring, respectively. For the past 15 years, Dr. Fox has been the President of Fox Associates, a business and technology consulting firm serving small- to mid-size companies in the human and animal healthcare fields. He focuses primarily on marketing and regulatory issues and for the past 10 years has continuously consulted to bovine colostrum manufacturers, where he has gained regulatory approval for their products, been a technical advisor, helped design and develop marketing strategies and served as an expert witness in legal matters.

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