Acupuncture Health Alliance

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There can be no existence of evil as a force to the healthy-minded individual.
~William James

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Colostrum Boosts Immunity

"As winter closes in, colds, flu and viruses are more common," says Laura Kovalcik, DO, Board-Certified Internist and owner of The Downing Clinic in Clarkston, MI. "Even if you have had a flu shot (and we just learned that this year's flu vaccine may not be as efficient due to a flu mutation after the vaccine was produced), there are other ways to boost your immune system to provide you with additional support against colds, flu and viruses you may encounter."

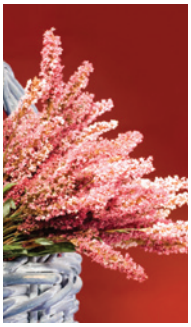
Colostrum, found in a new mother cow's milk, is filled with antibodies ready for use for the newborn.

"This is one of the reasons why breastfeeding is recommended, to allow a new baby to receive immunity from the colostrum," explains Kovalcik. "The most important bioactive ingredients in colostrum are growth factors and antimicrobial factors. The antibodies in colostrum provide passive immunity, while growth factors stimulate the development of protection against pathogens and infectious diseases. When taken as a supplement, it can boost the immune system and help the body burn fat and generate muscle."

According to Kovalcik, "Colostrum is safe for everyone to take. The form of colostrum available for purchase is cow colostrum. Even people who are sensitive to dairy (milk sugar or lactose and milk protein or casein) can take a colostrum capsule because it doesn't contain any casein or lactose. I take one colostrum capsule daily from the middle of September through late spring, the typical cold and flu season. It's especially effective when children return to school and the season of colds and viruses invade many families. And I recommend it for my patients. It can be taken daily, can be found in any health food store and does not require refrigeration."

For more information, contact Laura Kovalcik, D.O. at 248-625-6677 or visit her website: TheDowningClinic.com. The Downing Clinic is located at 5715 Bella Rose Blvd, Suite 100, Clarkston, MI. See her ads on pages 17 and 19.

Knotweed and Hawthorn Outperform Lovastatin in Trial



Chinese researchers recently discovered that two herbal extracts may treat atherosclerosis, the hardening of the arteries, as well as or more effectively than the pharmaceutical drug Lovastatin.

Sixty-four patients with atherosclerosis of the carotid artery were studied. For six months, half the patients received 20 milligrams of Lovastatin per day, while the other half took an herbal extract combination of Japanese knotweed and hawthorn.

After six months, tests showed artery plaque thickness and inflammation were significantly lessened among both groups. However, the herbal extract-treated group showed a greater reduction of high-sensitivity C-reactive protein (hs-CRP) levels, a marker of risk for cardiovascular disease.

Relatively high levels of hs-CRP in otherwise healthy individuals are predictive of heart health crises even when cholesterol levels are within an acceptable range. People with lower values have less of a risk.