

# alternavita

natural science for a healthy lifestyle

## Alternavita Daily Program

The Pro Immune System Substances Made By Nature That Science Can't Beat

Incredible Milk  
Amazing unknown and unmatched antioxidant why benefits and why no other protein stacks up



The max ways to use bovine colostrum & other mammal milk products

Product Reviews

Diet tips to end all diets

What should people know about chronic conditions?

40 clinical reasons you won't regret trying the natural gut health approach

# Incredible



## The Living Immune System Products Made By Nature That Science Can't Beat

**It can't possibly be that simple.**

**Yes and no.**

While mammal milk is a very complex substance that is still yielding massive scientific discoveries due to its supreme capabilities, milk in nearly all forms is a healing substance. Milk without fat is not milk, it is white water. So yes, whether, colostrum, yogurt, kefir, GcMaf or Bravo Yogurt™ you should drink milk everyday in some form. Colostrum is the first milk, it is not aberrant to describe colostrum as milk, it is nearly identical aside from post processing, which is why the first choice is colostrum as the ideal living substance, nothing has been altered or it could not be sold (aside from ensuring it is pathogen free). Animals rely on it for life and if an animal can't or won't nurse for some reason, it is their lifeline.

### Why did I believe GcMaf therapy or oral immune colostrum therapy would work?

The scientists who discovered bovine colostrum derived Bravo Yogurt™ and GcMaf are respected doctors and researchers, in cancer research as well as other fields. There are virtually no restrictions regarding colostrum and few regarding mammal milk. For mammals, it is the earliest known prolonged use diet and it would be virtually impossible for a mammal to reject colostrum. It is why researchers sought to uncover its benefits and came up with a product called GcMaf or maf (macrophage activating factor).

### Is there anymore to say about milk benefits?

Yes, they are still unraveling the myriad beneficial properties of colostrum and mammal milk to make medicine *and* functional foods. Vitamin D Binding Protein (or Gc Globulin) is an important protein that undergoes enzymatic conversion via host beneficial organisms utilizing simple milk sugars.

Breast milk is difficult to duplicate, and the optimum composition of infant formula remains unknown. A more realistic goal is to benchmark the growth and development of formula-fed infants against that of breastfed infants. (Nutrition Review June 2018)



## Bovine Colostrum Products

Use bovine colostrum and bovine colostrum derived yogurt products like Bravo Yogurt™ as directed by manufacturer.

Bovine colostrum products work via GALT. Clinical & Translational Immunology (2016) Gastroenterology and Liver Units, Department of Medicine, Hebrew University-Hadassah Medical Center, Jerusalem, Israel

Regarding Maf (macrophage activating factor) fermented yogurt products, it is the **mammal milk based enzymatic conversion** along with **beneficial organisms** that is the **required mechanism of action**.

There is really no need to spend extra money or time making Maf products in a yogurt maker, high temp. heat treatment hampers many of these crucial enzymatic actions. Kefir fermentation is ideal at 70°-80°F (on the counter, out of sunlight) and by using the cheapest and simplest store bought whole fat mammal milk products (kefir starter expert recommendations).

The necessary ingredients are:

- bovine colostrum
- probiotics (capsules or yogurt)
- kefir or kefir probiotic strain capsules
- whole fat mammal milk

As long as these ingredients are combined you can make either a fermented product or a healthy milk drink.

## Bovine Colostrum Super Milk

1 tsp. powdered bovine colostrum

4-8 oz. whole fat mammal milk (must be whole fat mammal milk)

2-4 tbsp. kefir (any, whole fat if possible)

2-4 tbsp. yogurt (any whole fat plain)

Dissolve bovine colostrum in yogurt and kefir. Add other ingredients and stir well until blended.

May flavor as desired. Drink once daily.

\* A few favorite well known brands, Lifeway™ Kefir, Activia™, Simply Nature™ Whole Fat Yogurt (Aldi's), Stonyfield Farms™, Friendly Farms™

## Why mammal milk and what is phagocytosis?

Mammal milk is required for enhanced phagocytosis, especially in the elderly. Phagocytosis, by which immune cells 'eat' bacteria, infected cells, is one of the mechanisms that help to resist infections. Lactic acid bacteria strains like acidophilus also greatly enhances phagocytosis. **A dysfunctional autophagic mechanism leads to chronic intestinal inflammation in IBD.**

Clinical & Translational Immunology (2016)

## Bovine Colostrum Use

Use any recipe desired upon *individual* tolerance.

- Add olive oil to slow over inflammatory response.
- Colostrum is powerful, dose according to comfort level.
- Colostrum dissolves best in fat, to avoid clumping. namely, oleic acid is the preferred beneficial fat. Whole fat mammal milk contains both chondroitin sulfate and oleic acid.
- Colostrum is the most gentle mammal milk product, if a person is *reacting negatively*, the

*least likely* culprit is colostrum as it is highly adaptive and immune modulating. (Severe known allergy or known genetic cause excluded).

- Colostrum can be used alone.
- Reactions have more to do with the person taking the product than the actual product. 'The terrain is everything'.
- Some may never be able to use milk and must use Non Dairy Bravo Products™.
- The response rate is very high for bovine colostrum and for bovine colostrum derived products maf and GcMaf.

## Gentle Colostrum Milk A favorite time saving drink

- 1 tsp. colostrum
- 1 capsule bifido only live probiotic strains
- 1 capsule any live multi strain probiotic **patented strains** are best for beginners)
- 1 tbsp. Plain whole fat yogurt
- 1 tbsp. Kefir
- 4-8 oz. whole fat mammal milk (must be whole fat mammal milk)
- 1 tsp. olive oil

Dissolve bovine colostrum in olive oil and mix with other ingredients, stir well until blended.

May flavor as desired. Drink once daily.

## Probiotic Protein Drink

acid whey is a bio superfood and CNS macrophage activating factor

Journal of Neuroinflammation -April 2015

- 1 tsp. bovine colostrum
- 1 capsule NEW RHYTHM multi strain probiotic
- 8 oz. whole fat mammal milk (must be mammal milk)
- 1/8-1/4 cup liquid whey

Blend all ingredients in a tall glass. May add any flavor desired including chocolate and vanilla.

### liquid whey benefits include:

- ionic vitamins and minerals
- superior protein, very easily digested, full complement of amino acids
- naturally occurring probiotics as contained in initial yogurt or kefir milk product used to collect liquid whey
- lactic acid bacteria for detox
- similar to milk = superior electrolyte

## About bovine colostrum vs. maf products

### Are Maf products superior to bovine colostrum?

No. The components are the same. Bovine colostrum, whole fat mammal milk and beneficial organisms capable of enzymatic action are all that is required (many probiotics are capable of  $\beta$ -galactosidase enzyme activity). Maf *fermented products* have a short shelf life as compared to bovine colostrum supplements.

### Why are Maf products priced higher than colostrum/probiotic capsules?

Some are not. It depends on the source. If a product makes medical claims they have to ensure regulatory conditions are met, which may affect price and availability. Maf products can't be sold post fermentation, you have to make them at home using separate product packets and ensure they are used within a timeframe for expected claim benefits. GcMaf capsules do not have that restriction. Bovine colostrum has to meet fewer requirements while making few human health claims. Human health claims for bovine colostrum are supported by research, not necessarily a product claim. The first GcMaf products were blood derived from human subjects. It wasn't until later that GcMaf products utilizing bovine colostrum were introduced by a Japanese company, followed by other GcMaf products, the nature of

the product led to regulatory issues due to the Gc protein. Gc protein can not be patented.

### Is fermenting required to ensure a result?

No, in fact some people prefer using just probiotic capsules, colostrum and whole fat mammal milk and find this combination much more gentle than an maf product. Research on oral immune therapy using bovine colostrum products has shown the results are exactly the same as popular maf products.

This publication purposefully does not have any recipes for a fermented milk maf product but fermenting instructions for making yogurt or kefir with colostrum are given without specific amounts. Colostrum and live organisms must be added after milk has cooled and no yogurt maker should be used.

You can also use home-made kefir or yogurt products.

**The only thing to ensure is to add plenty of whole fat mammal milk to the live organism blend for use as probiotic energy food.**

## How To Ferment Milk Products

Heat mammal milk to 180° F.

Let cool to 110° F

Add colostrum, live strain multi probiotic capsule, kefir and yogurt to cooled mammal milk.

Stir. Pour in to any clean, sterile container and cover the top. Let ferment at room temperature (70° F but not over 80°F) for 12 hours. May ferment up to 24 hours if a thicker consistency is desired. Will curdle if over 80° F for over 8 hours.

Dosing instructions, a must for fermented milk products with colostrum:

\* As directed for popular maf products. Add 1 tbsp. of finished fermented product to 2-8 oz. whole fat mammal milk with 1 tsp. of olive oil and consume. May add additional minerals to this finished product by the drop, 2-4 drops if desired.





## Bovine Colostrum Products

### More tips

- It is best not to introduce too many organisms at once and stick with clinically studied and well tolerated in the majority beneficial probiotics and kefir as sold in commercial products. Bifido is the primary colonizer of the infant gut.
- The severely *immune suppressed* should seek the guide of a doctor well versed in natural oral immune therapy.
- Always lower dose is the general recommendation given for oral immune and GcMaf therapy in the event of difficult to bear reactions.
- Never take too many supplements at once, it is too difficult to determine what substance might be causing a reaction. Some people are surprised at having a *normal* immune response.
- Die off reactions can occur. Body systems have capacity levels. Heed body system capacity limits, especially the lymphatic, liver and small intestine capacity limits. Feeling sleepy or having flu like symptoms is normal at first.

## Easy Colostrum Milk

1 tsp. powdered bovine colostrum

2-4 oz. whole fat mammal milk (must be whole fat mammal milk) (may increase amount upon increasing lactose tolerance)

2-4 tbsp. store bought kefir (any) (may increase amount upon tolerance)

1 container Activia® Yogurt

Dissolve bovine colostrum in yogurt and kefir. Add other ingredients and stir well until blended.

May flavor as desired. May add liquid acid whey. Drink once daily.

## About Mammal Milk

Some milk processing requirements affect the nature of milk, therefore organic and UHT milk are not ideal for fermentation. Pasteurization does not affect milk fermented products (Maf).

**Bovine Colostrum has strict processing requirements and all proteins and immune factors are left intact. Heat treatment or chemical processing does affect some whey proteins. Bovine colostrum processing is regulated to ensure an intact immune enhancing final product.**



# Product Review

## Body Boost Powdered Bovine Colostrum

**“Colostrum is the most powerful healing substance in the world. If it were not for colostrum the human race wouldn't even exist,”**

**states Dr. Robert Heinerman, Ph.D.**

**Colostrum does not have to be absorbed.**

**A lack of systemic absorption supports the high safety profile of this method; that is altering systemic immune response via the gut (GALT).**

Clinical & Translational Immunology (2016) Gastroenterology and Liver Units, Department of Medicine, Hebrew University-Hadassah Medical Center, Jerusalem, Israel

Works systemically and independently of microbiome via the gut (GALT). Chondroitin sulfate and oleic acid are just two of the essential components found in colostrum exerting substantial effect. Chondroitin sulfate restores oral tolerance in RA (Rheumatoid Arthritis).

Body Boost is loaded with good fat (oleic acid). The right fat content is a sign of good quality colostrum in all mammals. Cod liver oil is superior with milk and colostrum. Olive oil contains high amounts of oleic acid. Colostrum repairs your body's essential DNA and RNA. Helps regulate the brain's "feel-good" chemicals to brighten our moods.

Your immune defense system gets depleted as you age. Colostrum with peptides and lactoferrin add back antibodies and immune factors for dual action in the bloodstream and also in the GI tract.

Anti-aging: more energy and youthful appearing skin. Some of the other many benefits are, it helps maintain a robust intestinal lining and promote healthy intestinal flora. Its growth factors enhance stamina and support normal re-growth of tissue and lean muscle.

## history

### Founder – John Epert

John Epert turns 78 September 2018 and has been active in business and the outdoors thru out his life.

He programmed computers for General Electric from 1965-1970. From 1971 to 1990 John bought a small fresh juice business doing \$65,000 per year and grew it into a major distributor of Health Foods carrying 10,000 items while growing the business to \$45,000,000 a year before selling the business.

John and Lynne ( his wife), walk 6 miles a day as well as work out at the gym three days a week for 75 minutes. They have been using BodyBoost Colostrum since 1996 and have never gotten sick, sometimes a sore muscle or two but that is it.

**• Collected and processed in the USA.**

**• Clinically reported research has shown near complete reversal of symptoms in a 75 year old man with Sjogren's Syndrome, a serious immune condition after approximately 800 days of natural oral immune treatment (utilizing a \*bovine colostrum immune™ product).**

### buy here

[Colostrum Bovine 16oz Powder #1 Best Value on Amazon](#)  
[50% DISCOUNT TODAY! 100% Whole Nothing Added,](#)  
[Collected 1st Milking Only, Maximum Biological Activity,](#)  
[Contains Natural Occurring Probiotics, High Ig, Ld, Plus](#)  
[Lactoferrin, Nutritional Immune Support Supplement for Pets,](#)  
[Dogs, Kids, Adults, Athletes, GUARANTEED](#)

end product review

## Diet Tips

### Diet moderation, not elimination

\*NO EXTREME DIETS, **DIET IS NOT THE CAUSE OF SIBO** (a chronic dysbiosis severe malnutrition motility dysfunction syndrome that can begin at birth, post immune deficiency).

Research has shown a tendency toward settled SIBO in non breast fed infants as a post birth syndrome.



### In the beginning stages:

- Make sure food is well cooked. Avoid raw foods.
- Crockpot cooking is ideal.
- Limit beans and other hard to digest foods and fibers.
- Limit fructose and high fructose corn syrup (liver synthesizing capacity limits).
- Limit sugar. Especially before bed.
- Don't eat before bed, don't graze all day, it affects motility, allow time between meals to digest.
- *Moderate but don't necessarily eliminate if restoring tolerance is the goal.*

### Tolerance is the ability of the immune system to 'see'

What does immune 'tolerance' mean in simple language?

**Immune tolerance**, or **immunological tolerance**, or immunotolerance, is a state of unresponsiveness of the **immune** system to substances or tissue that have the capacity to elicit an **immune** response in a given organism. It is induced by prior exposure to that specific antigen.

**Without galactose (a simple sugar) the immune system can not 'see'.**

### Extra tips:

Stick with it, certain aspects of oral immune therapy like yogurt, kefir and especially mammal milk are a life long endeavor, much like regular consumption of kefir led to longevity.

Despite the association as Vitamin D Binding Protein or Gc Globulin, extra Vitamin D supplementation is not *required* and that recommendation no longer applies.

- Cod liver oil (fermented) for extra vitamin support (the only safe and beneficial form supplement containing Vitamin A and D that was used in early milk fortification. Benefits were actually originally attributed to Vitamin A in 1913.

Vitamin D is a hormone precursor, not a vitamin and neither form of synthetic D (D2 or D3) is recommended or has been shown to reverse any disease and clinical testing and recommendations have been amended (including regarding GcMaf), avoid all forms of synthetic vitamins. All vitamins are made by probiotics either in the gut or in conjunction with the liver. Chronic malnutrition syndromes are not alleviated by diet but have microbiome health and specific protein energy malnutrition as a causal factor.

## SIBO Recipe

SIBO Recipe works by creating a slow dissolve oxygen capable of neutralizing gas like H<sub>2</sub>S, toxins and endotoxins and by reversing inflammatory macrophages in the gut to anti inflammatory macrophages in two weeks (my exact experience). [Read the science.](#)

### Recipe:

2-4 drops zinc or 1/16 tsp.  
1/2 teaspoon of milk of magnesia plus  
1/4 teaspoon of baking soda in  
8 oz. pure water of water

Some immediate relief should be experienced. Morning and evening, empty stomach. **4 days on, 3 days off to avoid metabolic and ph imbalance. Recipe 4 months only and then only as necessary. If nausea cut back doses in half.**

Zinc is toxic in high doses and should not be taken for long periods of time at high doses. Do not give zinc to pets or children unless under the supervision of a vet or doctor. The body needs very little zinc. Zinc toxicity is not reversed (Wiki).

"If you have methane type of organisms in the small bowel, you're getting constipated, and if you have hydrogen type, you get more of the loose stools, diarrhea or mixed IBS." "We know from animal studies that giving methane, just the gas itself, constipation or slows transit remarkably by about 60%, so getting rid of the methane is key." "Methane is not driven by the lactulose or the glucose; it's driven by the presence of hydrogen, because hydrogen gas from fermentation of other bacteria fuels ...." "It's (hydrogen) the food for the methanogens." Dr. Mark Pimentel



# More Tips

While colostrum isn't necessary long term, kefir, yogurt and milk are a daily requirement, macrophage activation and health of the intestinal macrophage pool requires constant regeneration from exogenous sources, unlike other macrophage pools.

Clinical & Translational Immunology (2016) Gastroenterology and Liver Units, Department of Medicine, Hebrew University-Hadassah Medical Center, Jerusalem, Israel

\*Most can eat desired foods with no intolerance by month six.

Probiotic capsules without their preferred oligosaccharides are virtually worthless. *Some friendly yeasts and probiotics* can utilize multiple sugars but milk is the number one synbiotic for gut restoration probiotics.

**Acidophilus for phagocytosis and GSH (glutathione) support as necessary. The gut is equal to the liver for detox. Acidophilus greatly enhances phagocytosis.**



**What should people know about common chronic syndromes?**

For any infectious or parasitic disease to start, it is always a requisite that the host suffer **IMMUNODEFICIENCY**. At the same time, infectious and parasitic diseases themselves cause **additional IMMUNE SUPPRESSION and more MALNUTRITION**. This immune suppression is **SECONDARY** to the accumulation of free radicals, especially oxidizing species, that occurs during and after infectious and parasitic diseases.

Clinical Aspects of Immunology and Biochem J.

Immune deficiency and chronic malnutrition syndromes can begin at birth from lack of breast feeding, suboptimal breastfeeding and improper weaning. Premature births and C sections are also high risk factors.

**What should readers take to heart?**

Stop thinking they can synthetically produce a superior immune product, colostrum and mammal milk is the superior product that has never been replicated, despite the increasing utilization of natural components as 'wonder drugs'.

There is no such thing as a safe, synthetic pharmaceutical, **ALL** chronic drug use contributes to liver failure, endocrine disorders, arthritis, inflammatory, autoimmune conditions, mental deterioration, AIDS, allergic conditions, chronic malnutrition syndromes, IBD, checkpoint blockade toxicity, endotoxemia, oxidative stress, cancer, overwhelming infection syndromes and early death. This includes overuse of herbal medicaments. Natural does not always equate to safety. Know exactly how the medicines you are taking work, *before* you decide to use them.

Learn.

Liquid whey is a super food called 'the breast milk for adults', it can restore protein deficiency, is a great liver and kidney tonic, is full of ionic minerals like magnesium, is easily digestible, full of lactose for the perfect energy 'food' for lactic acid bacteria. Lactose does not cause necrotizing enterocolitis in premature infants, unlike formula with *novel* prebiotics like inulin. Liquid whey proteins are easily digested, have a full complement of amino acids. Liquid whey is equal to milk for kwashiorkor. It is often combined with probiotics in functional food drinks being marketed today. All milk contains whey.

## Extra beginning helpers:

- **Peppermint gels at night before bed helps motility and excess gas.**
- **Cod liver oil (only cod liver oil and whole fat milk products prevented rickets)**
- **Olive Oil**

**Supplements for life are not the goal, the goal is to eliminate the necessity of drugs by maintaining health with diet and moderating harmful lifestyle practices.**

# 18 Unique Milk Benefits

## 8 things you should know about bovine colostrum, the living immune system

1. Bovine colostrum survives transit through the gut and may replace the need for secretory IgA.
2. Bovine colostrum is widely considered safe and efficacious in treating diarrheal infection in humans, e.g., rotavirus, ETEC and enterohemorrhagic E. coli, including children. Antibodies in colostrum remain active in the intestinal tract.
3. Oral bovine colostrum decreases the severity of viral upper respiratory tract infections in humans.
4. Bovine colostrum contains immunomodulatory capabilities independent of antibody response.
5. Bovine colostrum promotes normal cell growth and DNA synthesis.
6. Researchers reported that colostrum stimulates maturation of B Lymphocytes (type of white blood cell) and primes them for production of antibodies, enhances growth and differentiation of white blood cells. Similar activity in both cow and human colostrum can also activate macrophages.
7. Bovine colostrum contains Immunoglobulins (A, D, E, G and M) IgG neutralizes toxins and microbes in the lymph and circulatory system IgM destroys bacteria IgE and IgD are highly antiviral.
8. Colostrum contains living white blood cells [Leukocytes] Bovine colostrum contains viable cells, such as neutrophils and macrophages, that secrete special proteins to support the immune system including cytokines, lactoferrin, and proline-rich polypeptides (PRP).

## 10 things you should know about whey

1. The uniqueness of whey proteins is due to their ability to boost the level of glutathione (GSH) in various tissues and to optimize the immune system.
2. Beta-lactoglobulin comprises approximately half of the total protein content in bovine whey. This protein, has an ability to modulate lymphatic responses and to bind fatty acids.
3. Alpha-lactalbumin is the second most important protein in whey. Alpha-lactalbumin plays a vital role in reducing the risk of some cancers as it constrains cell division.
4. Bovine serum albumin (BSA), the most important property of bovine serum albumin is its ability to bind to various ligands reversibly.
5. Immunoglobulin-G (IgGs), Lp and Lf concentrated from whey participates in host immunity. IgGs binds with bacterial toxins and lowers the bacterial load in the large bowel.
6. The major application of lactoperoxidase is a protective factor against infectious microbes.
7. Lysozyme exhibits antibacterial activity against gram-positive bacteria only. It is also used in the treatment of bacterial and viral infections, skin and eye diseases, periodontitis, leukemia and cancer.
8. The proteose peptone 3 component is found only in whey excluding from the human source. It is produced during the fermentation of fat-free bovine milk and enhances the production of monoclonal antibodies .
9. Glycomacropetides are also known as Casein Macro-Peptide (CMP) contains large numbers of branched chain amino acids.
10. Whey compounds are able to survive passage throughout the entire intestinal tract. Whey components that provide antimicrobial action are IgG, IgM and IgA. IgG binds to toxin produced by Clostridium difficile, thereby reducing diarrhea, dehydration and muscle aches. GMP inhibits binding of cholera toxin to receptors in the intestinal tract.

# 10 Great Reasons To Try Living Milk Products

## Lactic Acid Bacteria & Bifidobacteria Natural Health-Promoting Dairy Foods

1. LAB and bifidobacteria provide an effective way to increase vitamin levels in milk. Some bacterial strains in the genera *Lactobacillus* and *Bifidobacterium* provide an additional source of B vitamins (thiamine, riboflavin, cobalamin, folate, and biotin) during dairy fermentation. Deficiencies in vitamin B2 or vitamin B1 can lead to both liver and skin disorders and alterations in brain glucose metabolism.
2. Folate (vitamin B9) deficiency is linked to neural tube defects, some cancers, poor cognitive performance and heart disease. Instead of synthetic folate, foods can be naturally fortified with folate synthesized by LAB and bifidobacteria. *Streptococcus thermophilus* and *L. bulgaricus* are suitable for yogurt naturally enriched in this vitamin. High folate concentration can be reached in yogurt as a result of the ability of *S. thermophilus* to produce this vitamin.
3. Vitamin B12 deficiency is common, particularly in vegetarians. Animals, plants and fungi cannot produce B12, it is exclusively produced by microorganisms. Cobalamin can be synthesized by bacteria such as *L. reuteri*, *Propionibacterium freudenreichii* and *B. animalis* Bb12.
4. Biotin (vitamin B7) deficiency can be caused by poor diet or genetic disorders that affect its metabolism. Biotin can be made by some LAB in dairy products. *L. helveticus* increased biotin content in fermented milks.

## 6 things you should know about kefir, the metabolic miracle

1. Probiotic kefir must be administered for at least 30 days to achieve a significant reduction of hypertension. An important mechanism by which kefir causes a reduction of BP is through the inhibition of the excessive generation of reactive oxygen species. Elevated oxidative stress contributes cardiovascular abnormalities; vascular inflammation, disturbed blood flow or abnormal shear stress, endothelial dysfunction, and arterial wall remodeling.
2. Kefir lowers cholesterol. Friendly yeast strains in kefir present high levels of bile salt hydrolase activity, which deconjugates bile acids and increases its excretion in the feces, helping to lower cholesterol.
3. Kefir can increase anti-inflammatory cytokines and decrease pro-inflammatory responses, justifying its anti-atherosclerotic potential.
4. Although lifestyle changes and pharmacotherapy are main strategies to control MS (Metabolic Syndrome) progression, these actions show only partial success. It has been shown that healthy gut microbiota helps to control obesity and insulin resistance. The intestinal microbiome differs in lean and obese subjects and insulin-resistant patients developed an improvement in the metabolic profile after transplantation with 'healthy gut microbiota' from lean donors.
5. Proteinuria and azotemia observed in rats with type I diabetes mellitus were reduced by treatment with kefir.
6. Data have demonstrated that kefir peptides can improve the symptoms of NAFLD, including body weight, energy intake, inflammatory reaction and the formation of fatty liver.

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## A Healthy Microbiome Is Necessary For Growth And Nutrition

### Kwashiorkor

- Kwashiorkor is a form of acute malnutrition, and it seems to be caused by environmental factors and a lack of protein in the diet. Recently, the team of Prof. Gordon at WUSTL established that the microbiome is one of the causal factors in this disease.
- Microbiota assembly is perturbed in children with under nutrition, resulting in persistent microbiota immaturity that is not rescued by current nutritional interventions.
- Scientists have long known that premature infants fed artificial baby milk are more likely to develop necrotizing enterocolitis than those fed breast milk. According to a 2012 study, free fatty acids created during the 'digestion' of artificial baby milk to mimic what happens in the stomach of an infant cause cell death that may contribute to necrotizing enterocolitis.
- ...the thymus – a central organ of the immune system – is twice as big in breast fed infants compared with formula-fed infants at four months. The size difference was also seen at ten months.

## Whey Benefits The Gastro System And Promotes Healing

- Whey proteins exert a therapeutic effect on the gastric mucosa. This effect is due to the presence of sulfhydryl group in amino acid cysteine and its linkage with glutamic acid in the production of glutathione.
- Wound healing involves the growth of new skin through the use of proteins and their amino acids. The healing process is delayed when there are inadequate amounts of protein or diets high in poor-quality proteins, such as gelatin are present. Whey proteins provide good quality proteins and are therefore often recommended by physicians after any surgery or burn therapy.
- In a study, *Lactobacillus acidophilus* subsp. *johnsonii* (La1) has been shown to effectively suppress the growth of *Helicobacter pylori*. The results were confirmed by conducting a hydrogen breath test. The whey-drink based on *L. acidophilus* (*johnsonii*) culture was given to some volunteers and a marked decrease in test values was observed.

The lipid fraction of whey free fatty acids specifically inhibit the germination of *Candida albicans*, a morphologic change associated with pathogenicity.

## A Healthy Microbiome Is Necessary For Mental Health

- Gamma-aminobutyric acid (GABA) is the main inhibitory neurotransmitter of the central nervous system. Important functions of GABA are neurotransmission, induction of hypotension, diuretic effects, antidiabetic, relaxing and tranquilizer effects.
- Most GABA-producing strains are lactobacilli; *L. brevis*, *L. paracasei*, *L. delbrueckii*, *L. buchneri*, *L. plantarum*, *L. helveticus*, *Streptococcus thermophilus*, and *Lactococcus lactis*. Some, *Bifidobacterium* spp. were also reported to produce GABA, although with lower capacity than LAB. Yogurt enriched with GABA was produced using the strain *S. thermophilus*. Cheese *Lactococcus lactis* as source of GABA have been produced.
- Particular species from the gut microbiome stimulate gut endocrine cells to produce serotonin, serotonin acts as a neurotransmitter. As a result of stimulating gut serotonin, research results observed more serotonin in the colon, and also more serotonin that is picked up by blood platelets and circulated systemically.

# A Healthy Microbiome Is Necessary For Cancer Protection

- Kefir as a probiotic-containing fermented milk product has been shown to exert cytotoxic effects on tumor cells. A notable decrease in tumor size and weight, a considerable enhancement in helper T cells and cytotoxic T cells as well as significant decreases in metastasis to lung and bone marrow were detected after kefir treatment.
- Probiotics have been shown to influence all cell types and pathways implicated in metastasis. The beneficial effects of lactobacilli in cancer therapy are not confined to their immunomodulatory effects. They have been shown to alter expression of several genes involved in cell transformation, migration and invasion.
- LAB (lactic acid bacteria) can induce cancer cell death through the mechanism, apoptosis. There are two major pathways of apoptosis; these are the extrinsic and intrinsic pathways. The former is mediated by activation of death receptors and caspase 8, while the latter involves mitochondria and caspase. The mitochondrial pathway appears to be the main route for the induction of apoptosis against gastric cancer cells by different types of probiotics. LAB induces the mitochondrial pathway of apoptosis in myeloid leukemia as well.

## Probiotics Host Colonization

The use of human mucins rather than mucins derived from cell culture or from commercial sources is crucial to identify the exact oligosaccharide structures involved in bacteria–host crosstalk. This will clarify the molecular mechanisms of O-glycan mediated interactions and selecting probiotics with a high capacity for mucus adhesion and colonization.

[Microorganisms](#) June 2018

Bovine milk contains many oligosaccharides that are identical to those found in human milk.

Oligosaccharides recovered from whey could serve as ingredients for infant formula, as their composition is similar to that of HMOs and such an ensemble cannot currently be produced synthetically.

[Annu Rev Food Sci Technol](#). 2018

## Milk Oligosaccharides And High Bacterial Counts Enable Probiotic Colonization

...the intestinal macrophage pool requires constant regeneration, unlike other macrophage pools.

[Clinical & Translational Immunology](#) (2016) Gastroenterology and Liver Units, Department of Medicine, Hebrew University-Hadassah Medical Center, Jerusalem, Israel

## Amazing Whey

Undenatured whey protein of bovine origin increases glutathione in various tissues. Oral administration of substantive amounts of bovine whey protein enhances the glutathione content in the liver, heart and spleen. This change is moderate but sustained over time and biologically significant. This property is restricted to the un-denatured conformation of whey protein.

**Only whey protein or diets that contain this protein improve antioxidant function.**

[Alternavita Daily](#)



# Product Reviews

## INNOVIX, NEW RHYTHM AND NEXABIOTIC Probiotic Capsules

Probiotics can offer efficacy when used properly. Reasonably priced, highly effective. Doctor and nutritionist formulated.

Nexabiotic is one of the first probiotics to offer a multi live probiotic with diverse strains and high CFU, in two capsules though. 23 stains of diverse organisms. Very potent, requires olive oil addition. Effective but there have since been newer formulations that have replaced Nexabiotic as a diverse multi blend live probiotic. Still an effective good choice. \*May not be well tolerated for some as it contains soil based organisms.

INNOVIX LABS has the distinction of 31 all patented strains which can be of value if you are looking to ensure clinical evaluation. It also contains multiple strain same species live organisms and high CFU. A great choice of well tolerated organisms.

New Rhythm offers 20 clinically supported organisms high CFU and it also contains only live organisms. Another great choice, very effective and very popular.

While refrigeration is not required for these products, refrigerate to ensure potency is maintained.

**When shopping for probiotics look for these benefits:**

**Live organisms**  
**Guaranteed potency**  
**Clinically supported organisms**

### 14 clinically shown benefits of probiotics

1. **Type II diabetes** Reduction of glucose and glycated hemoglobin
2. **Dyslipidemia** Reduction of total cholesterol and LDL cholesterol
3. **Hypertension** Improvement in blood pressure, especially if the basal blood pressure is high
4. **Helicobacter Pylori** Significant improvement of the eradication rate of bacteria
5. **Chronic Inflammatory Bowel Diseases** Practical option in ulcerative colitis both as induction therapy that maintenance
6. **Constipation** Improve in whole gut transit time, stool frequency and stool consistency
7. **Atopic syndrome and hypersensitivity to food** Reduction in eczema infant, improvement of atopic syndrome
8. **Respiratory tract infections** Reduction in the incidence of symptoms of respiratory tract infections
9. **Non alcoholic fatty liver disease (NAFLD)** NAFLD decrease in liver aminotransferase levels and improving insulin resistance
10. **Encephalopathy** Probiotics decrease overt hepatic encephalopathy in patients with liver cirrhosis
11. **Periodontitis** Use as an adjunct to non-surgical periodontal treatment of chronic periodontitis
12. **Depression** Decrease in the score on the depression scale
13. **Children born prematurely** Reduction of sepsis, both bacterial and fungal origin, that reduced incidence of severe necrotizing enterocolitis
14. **Post-trauma patients** Reduction in the incidence of hospital infections, Ventilatory-associated pneumonia and length of intensive care

buy here

[INNOVIX](#)

[NEW RHYTHM](#)

[NEXABIOTIC](#)



## Natural science for a healthy lifestyle

Alternavita Monthly Magazine-© is a web and print publication featuring popular posts from the blog Alternavita as well as new recipes, how to's, products, tips and resources designed for the average reader who desires a healthy lifestyle with relative ease and effort, no extremes and most importantly, one that shows clear evidence as produced by current leading edge clinical science.

## Mission Statement:

### 80% Rule

80% safety, GRAS (Generally Regarded As Safe) and well tolerated in the majority when used as directed

80% efficacy (the medical threshold for certainty and gold standard of care)

80% ease of use and compliance (can the majority reasonably achieve this)

80% accessibility/cost (can the majority reasonably access this)

*"Beauty is truth, truth beauty, that is all ye know on earth, and all ye need to know"*

John Keats

*"Let food be thy medicine and medicine be thy food."*

Hippocrates

Alternavita Special Publication© Daily Program/Incredible Milk

September 2018

### Sources:

Sources for all published info can be found in library section of [alternavita.com](http://alternavita.com) or in daily posts

**contact:** [alternavita.com](http://alternavita.com)  
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## Bio:

I am a wife, mother and graphic designer from the US. After losing my health and career in graphic design I began an intense journey back to my own beginnings seeking resolution and understanding of my own health conditions, the most notable MS (multiple sclerosis). I eventually recovered thanks to natural immune therapy gcmf and the pioneering work of Dr. Nobuto Yamamoto, Dr. Marco Ruggiero, Bravo Yogurt™, the work of Cedars Sinai, Dr. Mark Pimentel, Dr. Henry Lin and many others. Since my recovery I have sought to make their work known to the general public. I have written several books and have published many websites. Over this period of many years, while embarking on this teaching mission I have met thousands of patients, many health professionals and professors throughout the world, many of whom follow my writing. I am currently healthy and enjoy my life, family and profession to the fullest, forever grateful to these pioneers in gut and immune research.



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"This statement or product recommendations have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease"  
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