

HOLY COW

THE MIRACLE OF LIFE'S FIRST FOOD

REDISCOVERING ANCIENT
IMMUNONUTRITION
FOR A MODERN WORLD

DOUGLAS A. WYATT



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Holy Cow: The Miracle of Life's First Food
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Kaye C. Wyatt

To Kaye:

Your life and our time together ended too soon, but I am nonetheless grateful for both. Without you, there would have been no re-discovery of bovine colostrum. You gave life to the cause, and in doing so, you gave health to millions of people around the world.



To Mei Wei and Karen:

You are truly the force behind the scenes.

And to those seeking knowledge, hope, and healing:
May these pages shorten your journey to a healthier
state of being.

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He who has health has hope; and he who has hope
has everything.

Arabian Proverb

”

AUTHOR'S NOTE

Why I Wrote This Book

Simply put, I want to create a movement that fundamentally changes the way medicine is taught and practiced in America. Quite a lofty goal for someone who is not a physician, but I think (and hope) that just might be my saving grace. I've been on this mission of sorts for quite some time, having been ignored or shut down over the years by people with lots of initials behind their names. As I look back on my seven decades with the present coronavirus pandemic staring us all in the face, I realize now is the time...Time to transform the present norm into a future filled with better patient outcomes, less physical and mental suffering, and vastly more vitality and resiliency.

Albert Einstein defined insanity as doing the same thing over and over again and expecting different results. We need to ask ourselves if medical insanity has stymied our innate healing mechanism, the immune system. Medical education hasn't changed much in the last half century, just more drugs to prescribe – a pill for this and a pill for that. Granted, there are life-saving drugs that have their time and place. But overuse, misuse, and abuse just might cause the ultimate “side effect.” It seems as if the pharmaceutical companies develop new drugs for conditions they've invented, then convince people that they have these conditions, and then instruct people to demand their doctors give them the new drugs. What we need is a return to basics and common sense, both of which I will advocate in this book.

How did we get where we are today – in this predicament of our own making? In the 1940s, Oxford scientists Howard Florey and Ernst Chain transformed Alexander Fleming's

newly-invented penicillin into a medically useful drug which saved countless lives and eventually led to the development of a plethora of antibiotics. With the advent of these new wonder drugs, we simultaneously started down a path of reliance on man-made drugs rather than the nature-made “drugs” that had been utilized for more than 4,000 years of recorded history. It is the living, breathing pharmaceutical factory – the dairy cow – so revered in Ancient Egypt and India for her life-giving nutrition and health sustenance. This original antibacterial and antiviral powerhouse was abandoned by Western medicine in the mid-20th century and now calls us to renew and refocus our attention. It is often said that what is old and forgotten shall become new again, and so this is my story of rediscovery and renewal.

The first part of my life was influenced by my military service in Vietnam as a Marine Corps helicopter pilot followed by various jobs in the financial sector, including stock trader, real estate franchisee, and marketing consultant. At the time, none of this piqued my interest in health, but it did provide business acumen that would later prove valuable. My early health knowledge was limited to what I learned from my mother, an herbalist, and from spending summers on my grandfather’s ranch in Idaho. Unbeknownst to me at the time, the life-affirming experience of calving on the ranch would later point me in the direction of my life’s true mission.

After suffering most of her life from a failed immune system, Kaye Chytraus entered my life. If by chance or by fate, her unfortunate lack of health led to my good fortune of rediscovering an ancient health remedy – colostrum – a mother’s first milk and the “gift of life.” Kaye later became my wife and together we worked tirelessly to understand this amazing substance as it related to immune health. No one doubts the power of the human immune system, least

of all me, but I experienced firsthand just how critical colostrum is to immune resiliency and the healing power that bovine colostrum offers.

This book is the story of my journey to help my ailing wife, her journey towards better health, and our shared vision of healing and resiliency for all those affected by physical or mental disease or the misguided treatment of said disease. Despite our many scientific and medical advances, people are sicker and suffering more today from autoimmune and inflammatory-related diseases. Stemming the epidemic of chronic disease is paramount, yet the emergence of SARS-CoV-2 reminds us of the lurking dangers of highly infectious pathogens. Immune resiliency is more important than ever before, and the good news is that colostrum has a significant role to play. It is often said that the simplest solution is the best solution. For all its simplicity, colostrum is our best solution.

I invite you to join me on this journey – the journey of rediscovery that reminds us how vital colostrum has been throughout human history and how it may hold the key to the survival of our species henceforward. I will make the case that bovine colostrum is the nutritional imperative for optimal health and immune resiliency in the face of ever-changing environmental threats and unknown immune challenges. If you are in the medical profession, I hope that the ideas I present will make you question some of what you've been taught and provide you with a new perspective on treating modern day ills. If you are a health consumer, I aim to teach you the importance of health sovereignty by which you will gain knowledge and inspiration to take charge of your own health and become the healthy, resilient person you are destined to be. Colostrum is the “gift of life” for newborns and the “gift of health” for adults I wish to share with you.

“

Learn to light a candle in the darkest moments of someone's life. Be the light that helps others see; it is what gives life its deepest significance.

Roy T. Bennett

”

INTRODUCTION

Is Anyone Listening?

Two and a half millennia ago, the Father of Medicine said, “All disease begins in the gut.” I often wonder what Hippocrates’ contemporaries thought of his bold declaration. Did they listen? Did it affect their understanding or practice of ancient medicine? And then I ask myself what happened between then and now – did we forget about Hippocrates, or worse, ignore him? Modern (Western) medicine’s realization that there’s a strong connection between gastrointestinal health and immune resiliency is rather recent, and not all medical practitioners have come around to this concept. Yet this appears to be the emerging future of modern medicine, especially if we expect to survive the next millennia.

According to the Centers for Disease Control and Prevention (CDC), six in ten American adults have a chronic disease and four in ten have two or more chronic diseases.¹ Most physicians agree that nearly every American will die of an autoimmune disease, whether heart disease, cancer, diabetes, lung disease, depression, or Alzheimer’s disease. Wow! That’s dismal. I would add that when death comes, it comes prematurely and with a whole lot of prolonged physical and mental pain, not to mention the family burden. So, if you are one of the millions suffering with some type of autoimmune or chronic disease, you should know up front, that I find this absolutely unacceptable. You should also know that I am quite passionate when it comes to health sovereignty – the power and responsibility that each of us possess over our own bodies and health destiny. Given the choice, no one says, “I’ll take heart disease, a little asthma, and throw in type 2 diabetes for good measure.” But this unfortunate reality contributes to decreased life

expectancy and unnecessary suffering.

Unless we advocate dramatic changes in our approach to health and disease, we cannot move past being our own worst enemies. And so, the concept – or perhaps more of a mindset – of health sovereignty is something that I'll come back to time and time again throughout our journey together. You have just one physical body, and your one all-important task is to take as good care of it as you can – feed it well, exercise it regularly, and stimulate its mind. At your birth and throughout childhood, it was your parents' responsibility; but now that you've taken ownership, don't give up the responsibility nor the right to every organ, every tissue, and every cell it possesses.

This was true for my beloved Kaye. She was born in the 1940s, a time in which ionizing radiation (X-rays) as a medical treatment was in its prime, although it had been in use as early as the 1910s. Irradiation was particularly useful for getting human tissue to shrink (by literally killing cells), and it was thought that low-dose radiation was safe. Of course, it was later discovered to lead to cancer. Thousands of servicemen in World War II underwent irradiation therapy, and an estimated 500,000 to 2 million civilians were treated over nearly three decades beginning in the early 1940s, with the majority being children when they were first treated.² The medical profession utilized irradiation therapy for a host of childhood conditions, including an enlarged thymus gland, noisy breathing, wheezing in the chest, asthma, cough, runny nose, tonsillitis, ear infections, birth marks, moles, and acne.

During the first half of the twentieth century, there was a misconception among physicians that if an infant had an enlarged thymus gland, he or she had a high risk of suffocation and/or sudden death (SIDS).³ An enlarged thymus occurs naturally during an upper respiratory tract infection,

and it also causes a sore throat. So, if an infant was prone to these infections, the family physician commonly irradiated it as a way to get the gland to shrink and relieve the child's excessive crying from the pain. This "therapy" is known as Nasopharyngeal Radium Irradiation (NRI).

Complicating the situation was mothers' complete trust in the physician (the "God complex"). What the physicians didn't know at the time was that during an upper respiratory tract infection, the thymus gland produces T-cells (immune cells) to help fight off the infection. This normal immune process causes the gland to swell up and appear enlarged. It was a case of this new therapy being the "truth" – an effective, and presumably life-saving medical treatment – at that moment in time. The 1940s and 1950s saw peak utilization of NRI before it was discontinued in the mid to late 1960s.

As an infant and young child, Kaye had numerous infections and believing that this may cause crib death, her family physician irradiated her thymus gland. As a result, Kaye's immune system was nearly wiped out. It could no longer fight infections on its own, and she was not alone. Of the thousands of infants and children irradiated, many lives were cut short or filled with immense pain and suffering; many later developed throat cancer. And it wasn't only the fate of the children, but many physicians died of radiation poisoning.

Going forward, Kaye's non-functioning immune system took a heavy toll. Every cold, every bug that came along weakened Kaye, and she would subsequently suffer with bouts of bronchitis and bacterial pneumonia. The vicious cycle continued as physicians gave her more and more powerful antibiotics to fight the infections, which in turn, destroyed much of the beneficial bacteria in her gut. It also put her on the path to leaky gut, something no one knew

about at the time.

I likened her situation to being on permanent chemotherapy. Kaye's body was dying a slow and painful death. Our desperation ran deep, as no herbal or homeopathic medicine, Chinese herbs, or acupuncture helped. By 1992, Kaye's immune system was in shambles; she was physically and mentally devastated. One day, Kaye asked me to help her die.

The immune system is like the software that runs the human body. From time to time, we may get a little bug (i.e., a virus that causes the common cold) that brings on the sniffles, a runny nose, or a sore throat. The software's "self-fix code" is activated and in a few days, we're feeling better and back to our normal routines. In a nutshell, that's immune resiliency. The immune system is very efficient, so most of the time, we don't give it a second thought...that is until something goes really wrong, as in the case of an immunodeficiency disorder.

An immunodeficiency disorder disrupts the body's natural ability to defend against pathogens, including viruses, bacteria, and parasites. Some people are born with immunodeficiency disorders, but far more are acquired later down the road. In Kaye's situation, it was as if her software and her gut microbiome were periodically getting attacked by malware – the antibiotics – that killed the good bacteria and made the bad bacteria stronger. At the time, very few people realized the significance of an unbalanced microbiome or even knew a gut microbiome existed.

When Hippocrates said that all disease begins in the gut, he just might have inferred that it's all the crap we put into our guts that compromises the immune system and causes disease. That crap includes antibiotics, the ones that are typically over-prescribed and the ones that are ubiqui-

tous in our food supply – those that come from conventional farming when non-sick meat animals are fed or injected with antibiotics. Prescription and over-the-counter pain medications...more crap. Chemical pesticides, herbicides, and hundreds of environmental toxins...more crap. High-sugar foods, processed foods, fast foods...more crap. With about eighty percent of the immune system residing in the gut, all this malware overloads the immune system to the point at which resiliency can no longer be maintained.

And just like when your computer starts running a little slow or acting a little strange, you've got a gut feeling that something is wrong. But you limp along because you're either too busy to get it repaired or you don't want to spend the money to get it fixed, and then one day, it won't even power up. That's more or less what happens to your body after years of malware...a total shutdown and an "oh, shit" moment.

We may be broken and immunocompromised, but we don't have to be if we choose health sovereignty. If we reach for immune resiliency, we can achieve it...by taking bovine colostrum AND by removing the toxins from our internal and external environments AND by adopting healthy lifestyle behaviors. It's up to us to rid ourselves of the malware, install anti-virus software, get regular tune-ups, and we'll run smoothly and consistently for years to come.

Kaye's lack of health was a symptom of imbalance and immunodeficiency, and the radiation that had rendered her thymus gland non-functional was just one piece of the puzzle. The other was that her mother did not breastfeed her. While it is not my intention to chastise any woman who – for whatever reason – does not or cannot breastfeed her child, I will vigorously make the case for the importance of breast-

feeding. As a society, we have a vested interest in whether our children receive colostrum and breastmilk, and I hope that by the time you reach the end of this book, you too will advocate for breastfeeding, whether you are a biological mother or father, or not.

All mammalian species are capable of breastfeeding their young and with the exception of humans, offspring will not survive without their mothers' colostrum and breastmilk. The passive immunity conveyed to newborn animals via colostrum is vital to their immediate survival. This is best illustrated by the wild gazelle born on the African savannah – the same savannah that is home to prey animals scouting their next meal. If a newly birthed gazelle is to have any hope of outrunning a hungry lioness, she must get up on all four legs with the steadiness and strength to keep up with the rest of the herd. She must also maintain calm and quiet so as not to attract the lioness with her bleating. Such is the function of a mother's colostrum. The bioactive components – which I'll discuss in greater detail later – are responsible for a wide range of functions critical to both surviving and thriving.

Not having received the myriad of breastfeeding benefits and having her thymus gland irradiated disadvantaged Kaye for much of her early life. Our rediscovery of colostrum helped restore her health and desire to continue living – something that I was profoundly thankful for at the time. I couldn't imagine my life without her, and the day she asked me to help her die...I would never wish such pain and agony on anyone. In retrospect, I realize that the two of us were on a spiritual journey of sorts – one in which God was playing a behind-the-scenes role that began by bringing the two of us together and nudging us in the right direction towards colostrum. Faith and prayer brought all this to

fruition, and we felt so blessed that we wanted to share it with the world.

In his ancient wisdom, Hippocrates offers medical insight which remains profound today. "If someone wishes for good health, one must first ask oneself if he is ready to do away with the reasons for his illness. Only then is it possible to help him." So, I ask you: Are you immune-resilient or are you immunocompromised? Are you listening to what your gut is telling you? Are you ready to take this journey with me?

“

By living a life based on wisdom and truth,
one can discover the divinity of the soul,
its union to the universe, the supreme peace
and contentment which comes from satisfying the
inner drive for self discovery.

Ancient Egyptian Proverb

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