We've discovered that the thymus gland, the main gland of immunity, secretes a family of important hormones called thymosin.

Aging is the most widespread disorder that we have. I'm convinced that medical science is going to find a cure for it.

Dr. Allan L. Goldstein, Chairman, Department of Biochemistry, George Washington University, School of Medicine.

Since the early 60's, immune function research has shown that the thymus gland plays a central role in the human immune system. All vertebrates possess an immune system that serves as a surveillance mechanism for protection against micro-organisms, viruses and bacteria. According to Dr. Allan Goldstein, "it's a remarkable system your body has to defend you against germs and other organisms that might do you harm. It's sort of a private army. Its mission is to recognize and destroy invaders like viruses, bacteria, cancer cells, poison and the wrong types of blood". The thymus gland consists of two fused lobes. The size of the gland can change significantly in a very short period of time due to stress, disease, and poor nutrition. Furthermore, the thymus gland is subject to an age dependent tissue alteration. The endocrine function of the thymus gland is diminished and the gland is reduced in size for no apparent logical reason. For some strange anatomical purpose, the thymus gland begins to shrink after puberty until it gets down to 1/6th of its original size by the time the individual reaches 70 to 80 years of age. Therefore, diseases of old age seem to go along with the loss of thymus function. The concentration of thymosin, which is the active thymic peptide fraction, is very active and in high concentrations during childhood but begins to decrease significantly in the third and fourth decade of life of most individuals and is extremely low in old age. According to Dr. Goldstein, the so called diseases of old age are largely the result from a weakening of the T cell immune system. The fact is that the incidence of the diseases of old age occurs in direct proportion in the decline in the number of T cells that comes with age. In other words, as the T cell system becomes weaker as we grow older, we fall victim to all the miserable diseases of aging. Recently, Dr. Paul B. Chretien and his colleagues at the National Cancer Institute in Bethesda Maryland reported on a very significant medical trial. They administered high doses of thymosin for just six weeks in conjunction with intensive chemotherapy to 21 patients with advanced cancer. The results were amazing. The median survival rate was more than doubled. Ordinarily patients with lung cancer at this stage might have expected to live an average of 240 days. Instead, they lived more than 500 days. Some were alive and disease free two years later. This is one small study and more research needs to be conducted to confirm the benefits of using thymosin therapy. However, if this initial trial is confirmed by other studies, thymosin may prove to be one of mankind's best new weapons for diseases associated with aging. Dr. Jerry Daniels, Chief of Rheumatology at the University of Texas, Medical Branch in Galveston, administered thymus extracts for periods up to two years to patients with systemic lupus and one patient who had rheumatoid arthritis. The results of the study were very encouraging. Nutritional supplementation can increase the level of thymus function and T cell production and increase the concentration of thymosin, the thymus hormone. Using a combination of thymic fractions produced from the thymus gland and hydrolyzed peptide fractions from the spleen combined with the herb andographis can provide a highly effective nutritious formula to support the immune system. From the thymus gland researchers can produce an enzymatic polypeptide fraction which is a group of thymic factors and free amino acids which make up the thymus hormones. These are very powerful immune enhancing factors since the thymus plays the leading role in supporting immune function. The polypeptide fractions from the spleen are used to support thymus function and nutritional activation of the spleen itself. A special enzyme, lysozyme, found in the spleen is another kind of defense against infectious organisms. Dr. Henry Harrower, M.D. reports the function of the spleen as follows; disposal of red blood cells, development of immunity, resistance to infections, effects on intestinal peristalsis and metabolism of iron. These two glandular extracts combined with andographis provide a powerful immune enhancing formulation. Andographis is traditionally valued as an herbal remedy throughout Asia. Practitioners of herbal medicine believe that andographis is used primarily as a broad spectrum antibiotic and immunostimulant for a variety of bacteria, viral and parasitic conditions including influenza, intestinal infections, liver disorders, pneumonia and infected wounds. Andographis is considered most effective for a variety of bacterial or viral conditions associated with fever and inflammation.

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