

PROTEIN FACTS

- 1) Building body parts requires protein for repair and growth.
- 2) Cell activity is run by enzymes which are made of protein.
- 3) Our immune system protects us against viruses and bad bacteria and kills cancer cells all day long, The immune system uses antibodies which are proteins.
- 4) Brain cells can multiply for better thinking if we eat protein and the healthy kinds of saturated fats.
- 5) Hormones are proteins.
- 6) Protein balances hormones.
- 7) Protein helps reduce blood pressure.
- 8) Protein reduces triglycerides.
- 9) Protein reduces fatigue.
- 10) Protein reduces the risk of ischemic heart disease.
- 11) There are 8 protein parts that we must get in our food called essential amino acids.
- 12) The body does not store essential amino acids so we must eat them every day. The 8 essential amino acids are: valine, lysine, threonine, leucine, isoleucine, tryptophan, phenylalanine, and methionine.
- 13) If we do not get all 8 essential amino acids together in the same meal the body will just break them down for energy instead of building proteins for repair and growth. Getting all 8 together is most easily accomplished by eating animal meat, fish and animal products (eggs, milk, cheese).
- 14) Some people are sensitive to arachidonic acid which is high in red meat and egg yolk. There is much less arachidonic acid in animals that are grass fed (and much higher in animals fed grain in feed lots). To reduce arachidonic acid in red meat, marinate the meat in the following mixture for 24 hours before cooking: 1 cup red wine mixed with 1 cup olive oil (or sesame seed oil). Grilling meats reduces arachidonic acid because the arachidonic acid is higher in the meat fat which drips out during grilling.
- 15) How much COMPLETE protein do we need each day? Here is the calculation:
Divide pounds of body weight by 2.2. Then multiply that number by 0.8. The resulting number gives you the number of grams of protein you need each day for maintaining your body parts. We need more protein each day if we are sick or healing from an injury or during pregnancy or for athletes or for body building.

Sources

Protein Power, by Michael Eades and Mary Dan Eades, 1996, Creative Paradox, LLC.

Life Without Bread, by Christian Allan and Wolfgang Lutz, 2000, Keats Publishing.