

Benefit of Whey Protein.

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Benefit of Whey Protein.

By Kevin Doberstein

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Start of article.

Benefit of Whey Protein.

Here is the low-down on a much-talked about subject, whey protein. It is the foundation of many bodybuilders' diet.

I can't count the times that I've heard a conversation that goes like this. Kevin, how is your Uncle Buck's gout doing? Are you still driving that old Ford truck? What is this Whey Protein all about? Well I thought I should write an article about the protein madness. This is a low tech, up front approach. I could get into amino acid profiles or a study on how it effected mountain goats in the Himalayan Mountains sex life when they were fed high doses of 100% whey protein. But do you really care about that? What you want to know is if it is good for you or not.

How Whey Protein is Made.

Whey Protein is created by taking whey (a diary side product) and processes it separating the protein from the fat and carbohydrates. Then it can be further cross-filtered and made into 100% whey protein. With all the fat and carbohydrates nearly gone, it makes it cholesterol free.

Benefits of Whey Protein.

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What I have found is that a lot of people think that whey protein will add weight or make a person fat. Or they think it tastes like cement mortar mix and will give them gas. Some of the benefits of whey protein are,

It is a very lean protein with very little fat and carbohydrates

It is easily assimilated by the body's digestive system.

It is naturally high in Glutamine.

It also mixes rather well in liquids.

Whey Protein Comparisons

Whey Protein (1 serving) Calories 110, Protein 23 grams, Carbohydrates .5 grams, Fat .5 grams

Prime Beef (5 ounces) Calories 225 Protein 31 grams, Carbohydrates 0, and Fat 10 grams

2 Pork Chops Calories 300, Protein 55 grams, Carbohydrates 0, Fat 10 grams

Positive Growth From Whey Protein.

Nitrogen balance needs; as a bodybuilder you would like to stay in a positive nitrogen balance to ensure growth. A negative balance will make the body cannibalize muscle tissue to feed the muscles you just worked. A bad thing if you want growth. Nitrogen from protein is the best way of receiving it. Egg and milk products naturally high in nitrogen. Whey protein is excellent.

Loaded With Muscle Sparing Glutamine.

Glutamine is known to have a strong anticatabolic effect. This action allows more efficient anabolism. The benefit of glutamine in whey protein also helps recovery and healing of muscle tissue from aggressive bodybuilding workouts.

Benefit of Whey Protein Summary.

Whey protein is an excellent source of very lean protein. It is relatively low in cost in comparison with other protein sources like chicken, eggs or beef. Its light consistency is great for mixing with liquids. Give it a try!

There are some excellent recipes for whey protein you can use for bodybuilding endeavors. You can check them out at www.nature-boy-bodybuilding.com.

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Jeopardizing your health is the last thing Nature Boy wants. Please check with your doctor before starting a fitness program. We want to make this a healthy start to a better lifestyle.

Author Bio:

Kevin Doberstein is a Certified Fitness Trainer and has been a natural bodybuilder for the past 25

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years. 15 years as a gym owner. Kevin was once quoted "whey protein makes a good grout for bathroom tile". For more articles about bodybuilding, bodyshaping and nutrition you can visit his site and join his at www.nature-boy-bodybuilding.com. You can join the Nature Boy bodybuilding Newsletter for the latest information about bodybuilding fitness at this site..

You can contact him at natureboy_bodybuilding@hotmail.com.

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Protein Supplement

By Rolf Rasmusson

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Protein Supplement - why protein.

Why is protein supplement important? Protein has many benefits and if your body doesn't get enough protein from other sources like food, protein supplement is a great substitute. And there are so many quality proteins available in the current market that you can be sure that you will find the protein supplement that is right for your specific needs, whether you will use it for bodybuilding or fitness program. You can pick the right protein supplement by taking both the ingredients and the cost into consideration.

Protein Supplement - protein benefits.

By using protein supplement you can enjoy the many benefits of protein. One of the most important benefits of protein is a muscle-building benefit. Protein provides the building blocks for muscle development. For example a whey-based protein powders are very important elements of any fundamental bodybuilding or fitness nutrition program.

Protein Supplement - soy, whey, or egg protein supplements.

Soy, whey, or egg protein supplements are examples of protein supplements available in the current market. Soy, whey, or egg is a reference to a protein supplement source. This source has been concentrated through high heat drying, acid extraction, or filtration. After the concentration process there is usually 60 – 70 percent protein by dry weight. But when the protein is concentrated other things like lactose and fat are also concentrated with it.

Protein Supplement - use carefully.

Protein supplement can be used for various purposes, but always consult a doctor if a specific protein is right for you. When a specific diet is combined with the use of protein supplement, the value can be much greater and results better. Good exercising program can help too.

Additional interesting content at www.nutritional-supplement-4u.com

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