

Health Matters, Are we headed for a protein crisis?

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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!

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By Kristin Parker

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Health Matters

Are we headed for a protein crisis?

North America is suffering with many serious issues related to meat. This includes the mad cow disease that is occurring in Canada, also the salmonella and bacteria problems occurring across the continent. This is indeed a protein crisis. Many cows are thrown together for months at a time in a confined space. If they are infected, they are fed antibiotics. More disease forms over a period of time, leaving bacteria and viruses to increase so antibiotics are no longer effective. In many situations these animals are shipped from Europe to the U.S and sometimes Canada. We cannot control the viral and bacteria growth of cattle. Do you think that these animals can have an impact on your health?

Our bodies need protein to grow, build muscles, and to function normally. We need all 9 amino acids to live. Each of them has their own function. This includes: building nerves, producing antibodies, rebuilding muscles, acting as an energy source, rebuilding the immune system, and building connective tissue. Our storage cells in our bodies must have access to these amino acid levels to be replaced. One problem with animal protein is that it does not contain all the required amino acids to help the body. Another problem is that all the amino acids are provided in small quantities. We cannot digest all animal protein. The older people get, the harder it is to digest these proteins. Some people are poisoning their body, because it cannot be digested whatsoever. Acids can be created, as well as crystals can form in the kidneys from the products that can't be properly digested. This can lead to serious problems.

Stress causes many physical changes in the body. This increases our need for protein six times, so the more stressed we are, the more protein we need in our bodies. Animal protein does not fulfill our needs for the protein that we require. It is really second rate protein that is changed over a period of time, with what the animal consumes; we then consume what is leftover. If we aren't getting enough protein we turn to other foods for energy, such as sugar, and saturated fats, this could lead to diabetes and heart problems later on in life.

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If we don't understand stress then we don't understand the deterioration of our bodies. Stress leaves us a deficiency of amino acids, which leads to muscle breakdown. This causes our bodies to lose shape, and more fat to be stored. Among the muscles, our blood also breaks down, and the cells in our bodies change. This can determine future health problems such as MS (multiple sclerosis.) So the more stress we have in our lives, the faster the deterioration in our bodies

There is a solution, a package that almost no one in North America can compete with, soy protein that can be beneficial to your health. This type of protein digests into the bloodstream very fast. This product can increase amino acid levels in the blood and not many products on the market can do that. This product has raw materials in it that have been tested 26 times physically due to a high standard. The soy is washed in water to ensure people will get all the required nutrients from it. This product is essentially a staple of life, and has been said by many people that it will add years to your life. Why

contaminate our lives with animal protein? Why not enjoy this special soy product that will leave you feeling better?

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My name is Kristin Parker and I want to help people improve their health, with this article, I hope to open people's eyes and make them realize what is happening to their bodies.

Protein Supplement

By Rolf Rasmusson

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Protein Supplement - why protein.

Why is protein supplement important? Protein has many benefits and if you 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 you 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 benefit 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.

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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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