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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!**

**Importance of Amino Acids**

**By Tammy Majchrzak**

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Amino Acids:

I have recently started on a naturopathy programme ([www.onlinenaturopath.net](http://www.onlinenaturopath.net)). I was drawn to the site by a friend who had said that she had been on the programme, which involves taking a drink that you mix up at certain times of the day, as the body has an internal clock and certain functions happen at certain times. Anyway you mix up the drink which is mainly Amino Acids, Herbs, Minerals and Vitamins. I wanted to come off Depo Provera, a contraceptive drug given to those who have Endometriosis. It stops the periods so you don't get the pain. What we don't learn is it stops the body's natural cycle too, which is the monthly cycle. This is when our body prepares for pregnancy, if we so wish. When we stop this cycle we are interfering with the body. Many will not view it from this angle. Many will not know what is happening all they know is that the pain has lessened as the periods are no longer happening hence the endometriosis is dormant. What actually begins to happen is the bone marrow dries up, the body's natural cycle is thrown off balance and I don't have to mention the other problems this can cause such as Osteoporosis. I am not a doctor but someone who endeavours to learn about how the body works and what we can do to help it to heal. Amino Acids are very important. They are the building blocks within our body helping cells rebuild, nerves to function, the list is endless. I have been on this programme for 5 weeks now and the main thing I have noticed is a clean feeling. I go to the loo 3 times a day which is something I never did. My body held onto toxins and this could not have been good for me. It's a delicate process. I can feel my body rejuvenating, my skin is the best it has been in a long time. I don't feel so tired. Niggly little aches and pains that I used to have from neck pain, headaches, to cramp in my knees has all vanished and it is thanks to replenishing my body with these vital amino acids. It took me 5 years to reach where I am now. 5 long years of searching for products that can help us. Simplified products that do exactly what they say they do. I have come to the end of my journey searching. Amino Acids have to be a key figure in the diet today, helping to rebuild from within.

Tammy Majchrzak  
[www.alternatively-endo.com](http://www.alternatively-endo.com)

Alternative Therapist with a great interest in anything alternative! A qualified Yoga Practitioner and currently working to learn more about Endometriosis and how we can help to overcome this disease

### **Know Your Bodybuilding Supplement – BCAA's**

**By Rick Mitchell**

#### **Know Your Bodybuilding Supplement – BCAA's by Rick Mitchell**

BCAA stands for branched chain amino acids and is increasingly being recognized as an important supplement in the field of sports nutrition. In short the term refers to three essential amino acids – leucine, isoleucine and valine.

Amino acids are widely known as the building blocks of protein. When protein food is eaten it gets digested into individual amino acids and short chains of amino acids that are sufficiently small to be absorbed into the bloodstream. They are then used by the body to build and repair tissues amongst other things.

Amino acids are split between those classed as essential and those labelled non-essential. This simply means that essential amino acids cannot be made by the body, whereas non-essential amino acids can. There are nine essential amino acids and each must be obtained from the diet. The nine essential amino acids are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.

Non-essential amino acids are just as important as the essential variety and the term simply means they can be made by the body from vitamins and other amino acids. The non-essential amino acids are alanine, arginine, asparagine, aspartic acid, cysteine, cystine, glutamic acid, glutamine, glycine, proline, serine and tyrosine.

The BCAA's are especially important to athletes because they are metabolized in the muscle rather than the liver. This means that they can be used either to build new proteins or be burned as fuel to create energy. Supplementing with BCAA's has been shown to result in measurable gains in both muscle strength and size. Taken before a workout BCAA's can improve performance and delay the onset of fatigue. They also operate as anabolic agents allowing the body to burn fat and not muscle.

As a supplement that has no reported side effects, branched chain amino acids offer many benefits to the serious bodybuilder.

Rick Mitchell is the creator of the [bodybuildingadvisor.com](http://bodybuildingadvisor.com) website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

Bodybuilding Advice

to learn

more about the issues covered in this article.



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