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Impair Healthy Healing In People Over The Age Of 30!

Protein – The Denominator Customary to All Diets

By Protica Research

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The Human Body is in a constant flux with the environment. Matter and molecules flow in and out, casting themselves into its complexities. Although the body lends them structure, it is the intake—the diet—that decides its physique. To control what goes in a diet is to choose what stays inside. Dietary decisions reflect an awareness of metabolism and the nutrients needed to modify it. There may be a host of diets purported for each activity and illness. However, the one macronutrient that is invariably required, in substantial amounts irrespective of the physiological state, is protein.

Proteins hold this special place in every diet for a variety of reasons. They connect the DNA to the rest of the cell and modulate all cellular functions and responses. They are the scaffolds of the human body that struts a billion cells. Proteins are also the workers that shuffle around the body relaying messages, carrying out repairs and digestion. Oxygen from the lungs and many nutrients from the gut are protein packed and delivered to their destination. The motors in the muscles and the antibodies in the immune system are all proteins. If genes code life in a helix of DNA, then proteins are life in its decoded form. Their pervasiveness makes them indispensable and, protein synthesis a priority in metabolism.

Add to this myriad of functions the astronomical turnover rate of proteins, and continuous protein synthesis becomes vital. Every protein has a short life span and is soon broken down into its constituent amino acids. New proteins are required to take their place. The skin itself is renewed every seven days. Then there are proteins that get used up, damaged or excreted, and need to be produced again. Protein synthesis goes on at a frantic pace even in normal people. Then there are periods of rapid growth, like athletes in training, teenagers, convalescent patients, babies, pregnant or lactating mothers, where protein synthesis reaches an all time high. Proteins are broken down for other reasons as well. In times of stress, illness or starvation, the body just cannot find enough sources of energy. In such circumstances, proteins are taken apart into their constituent amino acids and are used as fuel. Therefore, in all physiological states, cells are constantly at work, churning out new proteins.

To maintain this obligatory and intense rate of protein synthesis, the body needs a dedicated supply of amino acids. Unfortunately, unlike carbohydrates and fats that are stockpiled, the human body has no arrangement to store extra amino acids. The persistent demand for proteins and amino acids has to be

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met anew every day and from three possible sources: cellular production, the diet or breakdown of other body proteins. Of these, cellular production would be most convenient. If the cell could produce all the required amino acids, there would be no compulsion to provide them in the diet. However, there are amino acids that just cannot be produced in the body. These 'essential amino acids' have to come from the diet.

Proteins, from the diet or supplements, are the best alternative. The supply of all amino acids can be ensured and in sufficient amounts. Cellular metabolism is relieved of the obligation to produce amino acids except for making minor adjustment in the supply chain. Protein synthesis can go on uninterrupted. Unless the diet meets the perpetual demand for amino acids, other, relatively expendable, body proteins are broken down to fulfill the requirement. In effect, a dietary deficiency of proteins forces the body to feed on itself.

The need for proteins in every diet is undeniable. The average American diet provides 1.2 g/kg of protein against the recommended daily allowance of 0.8 g/kg. The question, then, is whether to add protein supplements to an existing diet? While proteins from food may seem adequate, there is no telling whether all essential amino acids are supplied, and there is little way of knowing how easily those proteins are digested and assimilated into the body. A carefully researched protein supplement like Profect, when taken regularly, would remove such uncertainties.

Apart from supplying amino acids for protein synthesis, a high protein diet based on Profect has other advantages. Studies on high-protein diets have demonstrated their ability to induce weight loss. A high-protein diet produces early satiety and decreases the total energy intake. Protein synthesis, an energy consuming process, is promoted. The energy to assimilate such a diet, calculated as the 'Thermogenic effect of feeding', is high. More calories are burnt, more proteins are synthesized and the lean body mass increases while the body weight goes down. Brawn is exchanged for flab.

Proteins from Profect form bioactive peptides in the gut that can enhance gut defenses. The harmful gut bacteria are killed and normal flora is allowed to colonize the intestinal lining. Profect also protects the system from free radicals, free electron molecules produced during intense activity and stress. Free radicals are known to damage cell membranes. Their role in aging, cancer and blood clotting is being intensely investigated. Profect increases the levels of Glutathione, a free radical scavenger that mops up free radicals shielding the cell from their effects. The added water-soluble vitamins and mineral in Profect prevent the loss of calcium and other micronutrients seen on high-protein diets.

About Protica

Founded in 2001, Protica, Inc. is a nutritional research firm with offices in Lafayette Hill and Conshohocken, Pennsylvania. Protica manufactures capsulized foods, including Profect, a compact, hypoallergenic, ready-to-drink protein beverage containing zero carbohydrates and zero fat. Information on Protica is available at www.protica.com

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Do Low Carbohydrate Diets Lead to Weight Loss Success?

By Marsha J. Hudnall, MS, RD, CD

So your neighbor, office mate, best friend, whoever just lost 10 pounds in only two weeks following the latest in high protein low carbohydrate diets. And now you're thinking you should give it a go — have even started the search for high protein low carbohydrate recipes?

True, high protein low carb diets seem to be leading many people to weight loss success. Trouble is, they seemed to do it 30 years ago, too. They were the rage in the early 70s, and look where many of us are today: growing fatter with each decade.

The bottom line: Diets — low carb diets or not — simply don't work for the vast majority of people. If that doesn't convince you, look at some of the reasons why high protein low carbohydrate diets seem to create weight loss success stories — but really don't.

"I'm not hungry when I eat high protein low carb diets."

Many people say they feel more satisfied eating low carbohydrate diets. And indeed, studies show protein is the most satiating nutrient. Proteins and fat (which is usually in high protein low carbohydrate foods) cause your body to release cholecystokinin, a hormone that contributes to the feeling of fullness. Some protein in meals and even snacks may help us feel more satisfied and go longer between eating. But the key word is "some." We don't need an excess of protein, or low carb diets, to get these effects. By just eating balanced meals that contain grain/starchy foods, protein foods, vegetables and/or fruits and some fat, most people can achieve the same satiety. One other important note is that hunger control with low carbohydrate diets is often the result of ketosis (when your body burns fat for fuel.) Ketosis is very unhealthy, causing nausea, headaches, fatigue, even coma.

"Results are results - I saw successful weight loss, didn't I?"

Many people do lose weight on high protein low carb diets. Instead of fat, however, they're initially losing more water than anything else — and it quickly returns once off low carb diets. They seem to see successful weight loss, too, because low carb diets restrict many foods, resulting in eating less than usual.

The big question is: Is it really successful weight loss if it doesn't stay off? For most people, if weight loss is achieved quickly and with a restrictive method such as a diet that does not allow for individual likes and dislikes, then the lost pounds will return, along with discouragement, defeat and even more pounds than before. What's more, high protein low carb diets may also increase risk for health

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problems such as osteoporosis, cancer, even heart disease. A healthy intake of whole grain foods, fruits and vegetables — often on the "avoid" list in high protein low carb diets - appears to help reduce this risk, and is the mainstay of a sensible plan to achieve weight loss success.

Create your own weight loss success story.

Despite what you hear about high protein low carb diets, there's little evidence that weight loss success is truly (permanently) achieved. What's more, disordered eating behaviors are usually reinforced by high protein low carb diets, adding to the struggles that low carbohydrate diets and other diets are supposed to solve. Stop dieting now and start living a healthy lifestyle that truly leaves you feeling good!

©2004 Green Mountain at Fox Run, Ludlow, Vermont. Marsha J. Hudnall, MS, RD, LD is director of health communications and senior nutritionist at Green Mountain at Fox Run (

). For over 32 years, Green Mountain at Fox Run has developed and refined a life-changing program exclusively for women seeking permanent strategies for healthy weight loss and health (

). To learn more about Green Mountain at Fox Run,

visit our website at:

Do Low Carbohydrate Diets Lead to Weight Loss Success?

Protein Diet – What Does It Mean For Your Body?

How Low-Carb Diet Plans Treat Carbohydrates

Protein Supplement

Low Carb vs. High

Success Secrets

101 tips to stay fit and live longer.

30-Day Low Carb Diet 'Ketosis Plan'

Complete Library Of Cooking

1000 Atkins Diet Recipes



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