

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Why Protein is Crucial For Fat Loss – Part 3

By Nick Nilsson

Why Protein is Crucial For Fat Loss – Part 3

by: **Nick Nilsson**

Protein Is Crucial For Fat Loss! Part 3

The Best Protein Powder and How To Get It Dirt Cheap!

Without a doubt, whey protein is king when it comes to protein quality and digestability. Ironically, whey used to be considered a useless by-product of cheesemaking and was just dumped into ponds as waste!

There are two main classifications of whey protein, which are essentially based on how processed the whey is. The two forms are whey isolate and concentrate. The major difference between the two is that whey isolate is more processed and is thus a purer source of whey. Whey concentrate is still a very high quality protein however.

If you have the money to spend, whey isolate is the higher quality protein. If you're looking to get the most protein bang for your buck, I'm going to let you in on a little secret:

Whey concentrate is very nearly as good as isolate and is a whole lot cheaper!

I would compare it to driving a sports car. Imagine whey protein as the Ferrari of protein. It is a top-quality protein and a top-quality car. If you put a manual transmission into that Ferrari, you are going to get more performance out of it. This is what happens with whey isolate as compared to whey concentrate. Whey concentrate is your basic Ferrari, while whey isolate is your souped-up Ferrari.

My favorite protein supplement, which I always recommend to clients and friends, is the EAS brand whey concentrate protein powder called "Simply Protein."

Why Protein is Crucial For Fat Loss – Part 3

EAS is a very high-quality, well-known brand name and is a pioneer in scientific supplement development. They know their stuff!

But here's the best part...

I know an online store where you can get this protein powder at a fraction of the price you would pay at a regular retail store. Let me throw some numbers at you.

For 2 pounds of whey isolate you will generally pay anywhere between \$29.95 and \$39.95.

For 10 pounds of EAS whey concentrate at the online store I will tell you about, you will pay only \$49.95 (as of Nov 22, 2002). For this exact same brand at a retail supplement store, you will most likely pay around 35 to 40 dollars for only a 5 pound tub of it.

When you break down the numbers, it looks something like this: Whey Isolate: \$15 to \$20 per pound

EAS Whey Concentrate Retail: \$7 to \$8 per pound
EAS Whey Concentrate Online Store: \$5 per pound

I've been using and researching protein supplements for the past 12 years and I have yet to find a better deal on this high a quality of protein.

Use this link and go get some today!

protein&i_brand=34

p.s. the best part is they only charge a flat rate of \$5.95 for shipping regardless of the size of your order. You could order 40 pounds of protein and still only pay \$5.95 for shipping! (Actually, if you ordered over \$200.00 worth, your shipping would be free!)

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

or visit

. You can contact him at

or subscribe to BetterU News, his fitness newsletter at

.

Why Protein is Crucial For Fat Loss – Part 1

By Nick Nilsson

Protein Is Crucial For Fat Loss! – Part 1

I Didn't Realize How Important Protein Was For Fat Loss Until I Discovered Something That Blew My Mind...

The year was 1992. I had just finished a long cycle of weight gain whereupon I had moved my bodyweight up from about 150 pounds to about 215 pounds. And let me just tell you, it wasn't all muscle!

I hadn't been all that careful about my diet previously but I thought I knew pretty well what I was doing. It was time to lose some of that fat.

The first thing I did was make the biggest mistake a dieter can make: in my focus of trying to eat only low fat foods, I unwittingly and drastically reduced the amount of protein that I was eating.

The result? I lost weight and plenty of it. The problem was, I lost mostly muscle! I was smaller, weaker, lighter and nearly as fat as I was before. Not quite the results I was looking for.

In retrospect, I know exactly what I did wrong and it's something I'll never do again.

I FORGOT ABOUT PROTEIN!

Protein is an extremely important nutrient whether your goal is to lose fat, gain muscle or just tone yourself up. It is the main structural nutrient in your body, making up the bulk of your muscles and organs. Protein is essential for proper hormone function and immune system health.

Most importantly, for our purposes, protein is used for building and repairing muscle tissue.

When you are trying to lose fat, you reduce your calories. Unfortunately, your body views fat stores as more precious than your muscle tissue and will tend to eat up muscle tissue before it goes to fat for energy. This physiological adaptation used to protect our ancestors from famine but works against us now.

This is very unfortunate because muscle tissue is a great calorie-burner. The more muscle you have, the more calories you burn even when you're doing absolutely nothing! Protecting your muscle tissue makes fat loss so much easier, it will amaze you. Not only that, it will help you keep that fat off permanently!

What can you do to protect your muscle tissue?

The first thing you can do is exercise. Exercise, especially resistance training, provides a stimulus for

your body that sends it a signal saying "keep this muscle, you're going to need it."

Why Protein is Crucial For Fat Loss – Part 3

The second thing you can do is provide your body with enough protein. This can be in the form of food or supplements.

Good food sources of protein include chicken, fish, eggs, lean meats, legumes (beans), soy, and dairy products. Protein supplements are derived from food sources but are concentrated for convenience and effectiveness.

How much protein do you need?

The standard recommendation for athletes is between 1.2 to 1.7 grams per kilogram of bodyweight per day (or 0.5 to 0.7 grams per pound of bodyweight per day), though some research indicates a ratio as high as 2 grams per kilogram of bodyweight per day (0.9 grams per pound) is beneficial. This means if you weigh 150 pounds, you should try to eat between 75 and 105 grams and up to around 135 grams of protein per day.

Essentially, you should experiment with your protein intake to find out what works best for you. As far as importance in your supplement program goes, I would rank protein as next in importance to a good multi-vitamin.

When I made my first grand attempt at fat loss, I made the mistake of neglecting protein and it cost me. Don't make the same mistake I did!

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

or visit

. You can contact him at

or subscribe to BetterU News, his fitness newsletter at

.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares

ReBrand this PDF eBook with your Name / URL / ClickBank Affiliate ID for Free



This Free E-Book has been brought to you by Natural-Aging.com.

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