

## The Importance of Protein Stay Strong MAY

**StayStrong in an upside-down world!**

**Protein is important for the body for growth, to repair tissues, increase muscle mass, and oxygenate the blood. Learn how much protein you need and the possible symptoms if you don't get enough.**

Protein Deficiency Symptom Review	
When Dietary Modification is Needed	Symptoms of Protein Deficiency
Stiff, sore joints	Increased secretions in mouth/nose/eyes
Headache	Water gain - Swelling in hands and feet
Heartburn	Cold hands and feet
Indigestion	Muscle cramps at night
Gas pain – Bloating	Menstrual cramps
Anxiety -Irritability	Hot flashes
Restlessness	Bleeding Gums
Insomnia	No tolerance for Exercise

### Functions of Dietary Protein

1. Growth and Tissue Repair – Growth or increase in muscle mass is possible when there is an appropriate mixture of amino acids over and above the amount needed for maintenance and tissue repair. Hair, skin, and nails require larger amounts of the sulfur-containing amino acids found in animal protein.
2. Formation of Essential Body Compounds – During any protein deficiency state, these compounds receive priority over other less important protein functions. Hormones such as insulin, epinephrine, and thyroxin are proteins. Hemoglobin and almost all of the factors involved in blood clotting are proteins. The neurotransmitters dopamine (alertness chemical) and serotonin (calming chemical) are proteins.

**Protein is the sole source of the essential amino acids your liver requires to conjugate wastes (to convert into a form your body can eliminate) and triglycerides.**

**Protein raises metabolism more than any other type of food.**

A 140-pound woman can eat as little as 50 grams (roughly 2 servings) daily to prevent a deficiency. The optimal protein intake for a 140-pound woman is 90 grams or 3 generous servings/day.

### Protein in foods:

- 3.5 oz white fish – 25 grams
- 3.5 oz chicken – 30 grams
- 4 oz ground beef – 25 grams
- 1 egg – 7 grams
- 6 oz Greek yogurt 15-20 grams
- 1 cup cottage cheese – 28 grams

### **Pea Protein (plant-based)**

- Pea protein is alkalizing, which means it doesn't create the acidic burden that animal protein creates.
- Pea protein can form a molecular gel when mixed with water, improving absorption.
- Pea protein can help reduce appetite and aid in blood sugar regulation.
- Pea protein is more effective than dairy protein at limiting the amount of triglyceride-forming cholesterol and saturated fat absorption from the intestinal tract into the liver.

### **Whey**

- Avoid whey when there are kidney problems.
- Whey can cause gout symptoms to worsen.
- Regular intake of whey protein can cause imbalances in bone minerals
- Whey intake raises the pH level in the blood, which can negatively impact the kidneys.
- If lactose intolerant, allergic responses can happen with whey.
- Avoid whey if on meds for osteoporosis

### **Protein Shake**

2 cups ice/water

1 serving of plant-based protein powder (pea)

¼ c. fresh frozen berries (strawberries are inflammatory for some)

Blend until smooth.

### **Protein Powder Pancakes**

3 eggs

1/3 c. sprouted, gf organic oats

1/3 c. cottage cheese

1 scoop protein powder

½ tsp baking powder

½ tsp vanilla

1. Mix all in a blender until smooth.
2. Cook in a lightly oiled pan.
3. Makes 6 pancakes. Also, good cold as a snack.

## Product Spotlights:



**OHS OPTIMAL HEALTH PAK:** Each supplement in the pak is whole food with enzyme delivery and formulated to match how the body best absorbs a nutrient. Each packet supplies the basics your body needs with one of each of the following:

- Whole Food Vitamin/Mineral
- Nitric Oxide Support
- Digestive enzyme
- D, K2, CoQ10
- Omega 3's
- Probiotics

1. Purchasing the Optimal Health Pak eliminates 6 bottles and saves you \$47 from ordering each product individually.
2. Order from Lifestyle for Health:  
<https://www.lifestyleforhealth.com/product/optimal-health-pak/>
3. Order on autoship from OHS with our coupon code – save 10% -- use the link <https://www.optimalhealthsystems.com/optimal-health-pak#code=ohsbctownsley>. At checkout please enter our coupon code for 10% off your first order and we get credit for the sale: **OHSBCTOWNSLEY**. Notice that orders placed on Autoship also get 10% off all future orders.



**SWISH 30:** If you prefer liquid instead of capsules, consider Swish30. All the nutrients your body craves, nano-sized for maximum absorption. Swish 2 teaspoons for increased immune support, increased focus, clean energy, and rapid recovery.

<https://www.lifestyleforhealth.com/product/swish30/>

**Wanded Water:** For better hydration and other health benefits check out <https://foresttownsley.com>

