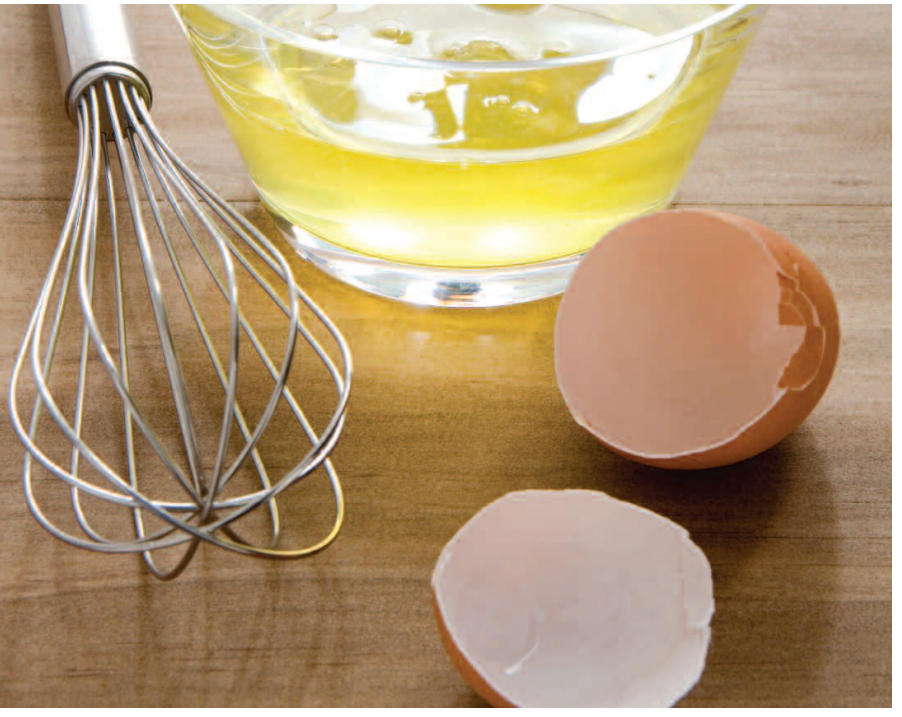


Got protein?

by Scott Olson, N.D.

Have you noticed your nails lately? Are they brittle and easily broken? Does your hair lack bounce and shine, or is it full of split ends? Perhaps you are feeling too tired to work out or you may be having a hard time recovering from exercise. The solution to all these problems may be as simple as an egg.

If you are active and taking your supplements, but still cannot seem to get the bounce back in your body or brain or put on muscle, then maybe it is time to take a look at how much and what kind of protein you are getting.

IS THIS YOU?

While dieters have been using high-protein diets for years, many are unaware of how much protein they need and how critical protein is to overall health, regardless of age.

Low-protein diets can be seriously lacking in many essential nutrients, including minerals like zinc, iron, manganese, chromium, copper and others. This deficiency alone can lead to illness and fatigue and that sludgy-head feeling.

Protein also plays other crucial roles in your body that, if you are not getting enough, can lead to difficult recovery from exercise, feeling tired, frequent colds, poor hair or nails. Women who are protein deficient can actually stop having their menstrual period, which might sound desirable to some women, but is a potentially dangerous sign.

People of all ages are usually not aware of just how much their protein needs change as they increase exercise. Dr. Peter Lemon, a sports nutritionist who studies the links between athletes and what they are eating, suggests that as your activity increases, so does your protein need. Even the couch potato who plays softball on the weekend has a larger need for protein.

PROTEINS PLAY CRUCIAL ROLES IN YOUR BODY

Let's take a look at just what protein does in your body and why it is important.

Every single cell in your body is made up of proteins. Proteins are essential for muscle building, producing red blood cells, various enzymes, and hormones. They make up a large portion of connective tissues (cartilage and tendons) and are essential for good hair, nails, and skin. Our immune systems are almost all protein based, so providing the body with the building blocks of the immune system means that we can fight colds and other infections better. Proteins are also needed to repair muscle damage that occurs even during mild exercise, a key to recovering from any exercise bout.

Every protein is made up from a chain of smaller proteins called amino acids; some of these amino acids our bodies cannot make, and they need to be found in the diet. The eight amino acids that our body cannot manufacture are considered essential and must be obtained in the diet every day.

The essential amino acids are: isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine.

While it is nice to know which amino acids are essential, it is even more important to know where you can find all of these amino acids. Remember, you need them on a daily basis. Muscles, specifically, need a particular mix of amino acids, not found in many food sources. To increase muscle mass, you need to look for a protein that contains high amounts of glutamine, carnitine, taurine, and arginine.

HOW TO DETERMINE YOUR PROTEIN NEEDS

Since proteins are constantly being broken down, you need to be getting some every day. The question is: just how much?

The Dietary Reference Intake Guidelines from the Institute of Medicine of the USA National Acad-

emy suggests that women aged 19 to 70 need 46 grams of protein per day and men of the same age need 56 grams. These recommendations are not very helpful, because they say nothing about your weight or your activity level.

You can do much better by using the following chart.

Daily Protein Recommendations

Calculate your protein need by multiplying the number in the right hand column by your body weight in pounds.

RDA for Sedentary Adult	0.4
Adult Recreational Exerciser	0.5-0.75
Adult Competitive Athlete	0.6-0.9
Adult Building Muscle Mass	0.7-0.9
Growing Teenage Athlete	0.9-1.0

Adapted from: Clark, N. "The power of protein." *Physician Sportsmed*, 1996;24:11-12

Be careful with this system of measurement because you can imagine a 400 pound person who is starting to exercise calculating a protein need of 200 to 300 grams a day. This is too much protein for anyone and would strain both the liver and the kidneys and may even leach calcium out of the body. For people with excessive body weight, this calculation should be done based on ideal body weight and not current body weight.

THE SEARCH FOR THE PERFECT PROTEIN

Okay, so we have determined that you need protein and it is essential to your life, whether you are active or sedentary, young or elderly. But what kind of protein do you want?

While quality proteins can be found in a good diet by eating meat, nuts, eggs, and other foods, many of us with busy lives or people who are looking to dramatically increase lean body mass need a quick and convenient source of protein.

When you turn to the health food store, here are your choices: soy, casein, whey and egg.

The classic protein source is whey protein (after all, little Miss Muffet was eating whey well before health food stores existed). The problem with whey protein is that even though it has a high amount of usable amino acids, some people don't like it or have a hard time taking it. Other proteins such as soy and casein simply don't have the amino acid content that your body is looking for.

NATURE HAS CREATED THE PERFECT PROTEIN

When looking for the perfect protein, you really don't have to go any further than the egg. Egg white protein is better still. Egg whites contain more than half the protein of an egg and are rich in chlorine, niacin, potassium, magnesium, riboflavin, selenium, vitamin K and sulfur. Egg whites have a high amount of protein but without the cholesterol or sodium found in the yolk.

Egg white protein is considered almost a perfect protein. The human requirements for amino acids and the amino acids contained in eggs are almost identical. A match made in heaven, no other food comes close.

Eggs are also one of the most well-tolerated proteins. When you eat egg white protein, over 90 percent of the protein is digested into the individual amino acids that your body needs. The large amount of amino acids that is contained in egg white protein means that you are supplying your body and muscles the raw material that they need.

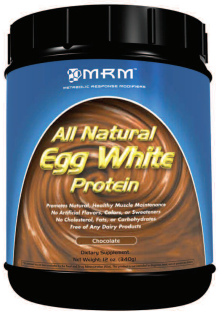
NOT ALL EGG WHITE PROTEINS ARE CREATED EQUAL

All Natural Egg White Protein is one of the few products on the market that tastes good without being loaded up with artificial flavors, colors, or additives. Metabolic Response Modifiers (MRM), the maker of All Natural Egg White Protein, is a leader in the area of sports nutrition and is dedicated to advancing nutrition for active people of all ages. MRM's cutting-edge nutritional staff is constantly developing new ways to bring superior natural products to the marketplace, and bringing you the most absorbable form of egg white protein is their latest triumph.

Lately, the company has impressed us by eliminating so many undesirable additives that are found in their competitors' protein products including possibly toxic artificial sweeteners. Their new All Natural Egg White Protein should become the standard by which all other products are measured.

MAKING PROTEIN PART OF YOUR DAY

If you have been puzzled by your poor hair or fatigue, now you may have an answer. Try All Natural Egg White Protein for a few weeks and see what a difference it makes in your health. ■



How to Use Egg White Protein Powder

All Natural Egg White Protein comes in vanilla and chocolate and can be mixed directly with water for a quick in-between meal snack or even as a meal replacement. Making a smoothie, adding fresh fruit such as bananas or berries and some yogurt, is a great way to start the day.

Resources

MRM products are available nationwide at natural health centers and from health professionals. Contact MRM directly to find a store near you. The toll-free number is 800-948-6296; online at www.mrm-usa.com.