

Natural Healing Express Weekly

Column Volume 185 Proteins/Amino Acids

Another popular topic in our store and an essential part of healing is protein; how to use it, what it does, how it breaks down, when to use it, etc. Many questions come up. So let's clarify why we really need protein to start. We all need high quality protein added to our diets for growth, repair, immune function, hormone function and ALL metabolic processes. Yes, ALL metabolic processes. Beginning to see the reason?

Our bodies have more than 50,000 types of protein all of which are built from amino acids. Nine of these amino acids are considered "essential" (not my term). This means as humans, we cannot manufacture them on our own, so they must be taken in through our diet.

These nine amino acids are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. Arginine is widely considered essential for babies and children. If these are present in good qualities in the diet, we can build the "non-essential" amino acids. However, if they are not, they body will fail to synthesize (use) many of the enzymes and antibodies it so desperately needs.

We tend to lose the ability to produce sufficient amounts of amino acids during times of chronic poor health, infection, physical duress, STRESS, or rapid growth of babies/children. Because of this, most naturalists, almost all traditionalists and many scientist and physicians believe there should be at least eight more amino acids that should be considered "essential". These include: arginine, glycine, proline, glutamine, tyrosine, serine, cysteine and taurine.

So, for those of you protein shakes or protein bar folks out there, be sure to check your label to make sure you are getting sufficient amounts of the above mentioned aminos. If you are not, you are consuming for taste, not because it is helping the body.

Traditionally animal products such as eggs, milk, fish, poultry and red meat have served as valued sources of the best proteins. These are nutrient dense foods which contain a complete set of the essential amino acids in the desirable portions.

At Natural Healing Express, you will often find us recommending the above accompanied with super foods such as kales, collard greens and baby spinach. These phytonutrients are rich in protein, however standing alone, they can be incomplete. Still wonderful for the body, but a "tish" incomplete if you are eating for the purpose of protein alone.

So, one of the products we have researched and are extremely happy with is our Nectar Proteins by Syntrax. We sell these in sample pack servings for three dollars and large tubs for with over 120 servings for fifty four dollars. One cup of this protein contains 23 grams of protein with 0 grams of fat and 0 grams of sugar. Yes, 0 grams of fat and sugar. Sound like a dream come true? Well, on top of that, there are several flavors, one of which is cappuccino, so if you simply mix that one with hot water, it feels like you are having that coffee or cappuccino –and you are also consuming a great mix of protein.

One more quick note. Next week, we will talk about broth, which contains what I consider four KEY amino acids. They are as follows: Proline for healthy collagen and cartilage, Glycine for healthy blood, fat digestion and detoxification, Glutamine for gut health, immunity and more, and Alanine for athletes and anti-aging.

And here's some insider news for our readers. We will soon be opening a new "café" in the back of Natural Healing Express. This is to serve nutritious drinks. We are not up for the "food" part just yet so we will specialize in protein drinks, teas, spark, a smoothie of the day and our nutritious broth. If you would like to be part of our private tasting prior to the Grand Opening, we will be happy to invite you when we are finished. Please call the store or email us and we will place you on the VIP invite list.

My guess is we will have some fun entertainment and lots of give-a-ways and samples.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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