

Protein Facts

Human protein requirements is perhaps the most misunderstood subject of human nutrition.

Protein is a nutrient whose primary function is enzyme formation. What we define as protein is a polymer (a chain) of carefully sequenced amino acids. Protein alone practically provides our sole source of nitrogen, which is essential to human life.

It's true—protein is an essential nutrient for human survival. Not only do humans require protein; we also require fat and carbohydrates to survive. These are all essential nutrients. Most Americans get too much of all three.

Did you know a human can get sufficient protein on a diet of whole food. A human can get sufficient protein on a simple diet of rice only, wheat only, or potatoes only. A human can easily meet protein requirements on a vegan diet by eating a variety of fruits and vegetables without giving the issue much thought. (Fruits and vegetables contain protein.)

There is no such thing as a protein deficiency in the industrialized world. Only in developing countries where circumstances of starvation occur are there instances of protein malnutrition, a problem that would cease to exist if caloric intake was increased.

Too much protein in the diet causes constipation, toxemia, cancer, autoimmune disease, arthritis, tooth decay, premature aging, impaired liver function, thyroid disease, kidney failure, osteoporosis and other degenerative disorders.

Furthermore, too much protein forms an acidic condition in the body where disease thrives. Even vegetarian sources of protein such as legumes are acid forming. Lentils are high in sulphur, chlorine and phosphorous, all acidic minerals.

Amazingly, human mother's milk provides an average of only 6% of calories from protein for growing infants, the peak of human protein requirements.

Fact: Calorie for calorie, kale and spinach have twice as much protein as a lean cut of meat.

Paradoxically, animal protein is considered to have a higher biological value than plants and is considered to be a high quality protein because it contains an amino acid profile similar to that of humans and is actually utilized more efficiently by the human body than plant protein. While this sounds good in theory, this actually has huge downsides. Because the body utilizes animal protein faster, it promotes faster growth rates, including faster cancer growth rates, earlier menstruation in females (correlated with increased cancer risk), and more breast cancer.

Because animal protein has been labeled to be high quality, many people perceive plant protein as less desirable. A diet of mixed plant foods provides a more than adequate amount of each essential amino acid. The body draws amino acids from a variety of sources to synthesize proteins needed for enzyme formation.

Current research shows that animal proteins trumps even saturated fats and cholesterol as the chief cause of heart disease.

Another amazing fact: animal protein is shown to inhibit the body's production of Vitamin D, a natural phenomena that occurs when the skin is exposed to sunlight. It is no wonder then that people who are living in sunny climates are experiencing a deficiency in Vitamin D.

The ideal diet for humans consists of 80% carbohydrates (not refined), 10% fats, and 10% protein. The RDA for protein is 8-10% of total calories per day. Ironically, this is exactly what the body would get from a 100% whole foods plant-based diet.

Food for Thought: Most interesting is that high temperature cooking denatures protein, fusing amino acids together with enzyme resistant bonds that renders the protein useless by the human body. So if we are not getting our protein needs met by cooked food, then guess where we get our protein needs met.

Sources: Dr. T. Colin Campbell: [The China Study and Whole](#), Dr. Douglas N. Graham: [The 80-10-10 Diet and Nutrition and Athletic Performance](#).

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