

Protein Needs

By: Samantha Gilman

For centuries there has been debate among athletes and nutritionists regarding dietary protein needs. There is still no definitive answer. The problem arises in the fact that protein metabolism is highly complex and is effected by a myriad of other physiological and nutritional factors.

The recommendations for protein intake by the 'experts' cover a wide span. The protein Recommended Dietary/Daily Allowance (RDA) for females age 25 and older is ONLY 50 grams. Keep in mind this recommendation does not take a physically active lifestyle into account. Bodybuilders that are highly effective at changing their body's composition eat up to 300 grams of protein a day. At Genesis Transformation we let your body help guide us as to how much protein it needs.

Protein is essential for life and accounts for 15% of the body's composition. Protein is an important component of every cell in the body and is used to build and repair tissues. It is an important building block for the bones, muscles, cartilage, skin, hair, nails, eyes, and blood. Protein cells also make up the liver, kidneys, heart, lungs, nerves, brain, and sex glands. Your body also uses protein to make enzymes, hormones, and other body chemicals. Hard working major organs and muscles, hormones secreted from the various glands and the soft tissues are the body's most active protein users. They all require the richest sources of protein to thrive.

If protein is not supplied for each of these cells, the body will leach it out of other areas to compensate, or the repair process will begin to shut down. Protein deficiency symptoms include: hair thinning or loss, lethargy, poor recovery from illness and nail and skin weakening. We need adequate supply of protein to maintain cell integrity. Muscles need a constant supply of protein to continue the building process. The body will break down established muscle to obtain the proteins it needs if not received regularly. Eating a protein with a carbohydrate every 2-3 hours is ideal for energy and stable blood sugars.

There are also physiological benefits of eating adequate protein which includes increased satiety, stable blood sugar, and reduced insulin response which all help with fat loss. Also, to digest protein is metabolically expensive and diets higher in protein will also lead to increased dietary induced thermogenesis (which is like your body doing internal cardio).

Did you realize that each minute 150 cells are destroyed in our body? We lose these cells and they need to be replaced. People that go through Genesis Transformation always feel younger and stronger (those of you that have gone through the process know what I am talking about). Why? They've replaced the cells that were lost with new ones made from adequate protein, clean foods, exercise, and water. They now cellularly are building a brand new body! This is why we eat so much protein at Genesis!!

