

Wondering what kind of protein powder to use?

With the overwhelming amount of choices and false information out there on health it can be confusing to know which protein powder to use. Are they really that different you might wonder? YES! There is a BIG difference in qualities - you want to make sure the one you choose will benefit your health not hinder it. The most commonly used protein powders among Genesis clients are sourced from whey, rice, or hemp. Here is a list of the protein powder types and brands that Genesis clients use and are coach approved:

Non Whey Sources:

Ruth's Hemp Protein

NutriBiotic Rice Protein

Jay Robb Egg White Protein

Whey Protein Isolates (90-96% protein content):

Jay Robb

Energy First

Blue Bonnet

Hammer

Whey Protein Concentrates (70-85% protein content):

Biochem

Whey Factors

Whey to Go

MRM 100% Natural Whey (Be careful as there are a few other protein powders with MRM in the name that contain artificial sweeteners. Make sure you get the one called 100% natural whey)

****If you are curious about the difference between Whey Protein Isolates and Concentrates please refer to the article called 'Why Whey More?' under the 'useful info' tab on our home page.**

Why not soy? Good question! We know that there is consistency in the fact that our clients do not drop fat when soy is included in their diet. I found compelling research supporting why this could be so. 99% of soy is genetically modified (and can still be called 'organic'). Soybeans are grown on huge corporate farms, most of which use toxic pesticides and herbicides. Research supports findings that soy contains allergens, mineral blockers, enzyme inhibitors, hormone modifiers, and iodine blockers that interfere with normal thyroid function.

All of the above listed protein powders have NO artificial sweeteners or flavors in them. They are all either unsweetened or sweetened using stevia or fructose. One of the main things to look out for on the label when choosing a protein powder is that it does NOT contain any artificial sweeteners or fillers. The least amount of ingredients usually the better! There are many names artificial sweeteners are listed under on the label. Here are a few to look out for: sucralose, aspartame, acesulfame potassium, and splenda. Artificial sweeteners are harmful chemicals that have been linked to cancer and MANY other diseases in the human body. They are best to be avoided!! Recently, a client of mine was using Designer Whey (which contains artificial sweeteners) and she was complaining about having terrible headaches. I asked her to take it out of her diet and see if they went away. Sure enough she stopped using the Designer Whey and her headaches were gone!

There are also many variables in protein powders: cost, taste, texture, bovine growth hormones, and a

variety of possible additives. The best way to choose a protein powder is to experiment by trying any from the above list. Some companies sell individual serving packets or offer free samples of their product so that you can taste them without having to purchase a large amount of it. You can find these protein powders at your local health food store or online. Make sure to shop around online because many websites offer discounted prices and free or low shipping costs. If you have any questions about protein powders just ask your coach.