

## **The High Protein Myth and Aluminum Dangers**

To someone thinking that adding 'whey powder' to diet was important for health.

Whey is a waste product of the cheese industry. Basically it is the liquid part of spoiled milk. If milk in this condition were found in your refrigerator you would throw it out. The industry has been struggling for decades with the problem of disposal of this product. It is not considered biologically safe to throw it out into the environment. SO what is the solution? Of course!! find a way to feed it to people and convince them it is good for them!! (like they did with fluoride)

The ads claim it is high in vitamins and minerals, but I just looked at the information from Guelph University on making Whey powder and the process required removal of vitamins and minerals. It is also known to be a great hazard to people with allergies.

Anyway the dairy marketing guys are so thrilled with the new rage to add Whey powder to everything, that you will not get much real truth on the dangers being heard. These guys are riding the money wagon and your health doesn't matter to them. They also have money to suppress any negative feedback

Just think about it for a while though from common sense. Milk is a very risky product these days at best. Dairy cattle are a very sickly lot, hyped up by drugs and additives to produce totally abnormal amounts of milk, the dairy cow with a normal productive lifespan of 20-25 years, now is a total wreck in 5-6 years and sent to your burgers. They are full of antibiotics and vaccines (mercury is in every vaccine) as well. If it were not for dairy products, leukemia in children and juvenile diabetes for just 2 examples, would be almost unheard of!

If you take the milk from hundreds of cows, curdle it and collect the liquid part you have the potential for a huge amount of germs, virus particles, animal waste, and even deadly prions. Also heavy metal and iodine contaminants. Recently a shipment of canned milk to China from North America was found to have dangerously high levels of iodine in it! The Chinese refused it, but over here the industry is not at all particular about that. SO you take an already dangerous substance and then you concentrate it to hundreds of times – and you then think it is safe???

Even if this product WERE absolutely wholesome, the body does not digest mixed proteins well at all. If you make a healthy fruit smoothy and then add animal protein in the form of Whey powder to this, you spoil a healthy food and make it acidic and very hard to digest. The stomach cannot digest animal and plant proteins well at the same time so digestive problems will occur. Also the confusion in the system interferes with mental acuity causing difficulty in focusing and concentrating.

The danger of heavy metal and iodine as well as antibiotic and drug residue is very real in that product. The high protein animal product will actually cause a drain in energy and stamina as it is hard work for the body to digest and dispose of high levels of protein – uric acid is formed and added to the lactic acid your muscles produce, an acidic condition of the system results which is anything but helpful!!

### **The Foolishness of the High Protein Myth:**

The body is designed to live on high carbohydrate and very low protein. If the body is forced to burn protein for energy, it is a very big problem for the body and results in much acid waste.

The truth is - the more animal protein you consume, the greater will be the loss of calcium from your system! Meat is the main cause of Osteoporosis with dairy a close second!

**Overeating of protein is the most dangerous of all dietary imbalances.** It leads to Osteoporosis. 16% of each protein molecule is nitrogenous waste known as  $\text{NH}_2$ . The molecule becomes ammonia  $\text{NH}_3$  when it breaks down in your body's digestive process. Ammonia! It eats the wax off your floor, what does it do to your body?

To deal with this deadly Ammonia, your body combines 2 molecules of ammonia with 1  $\text{CO}_2$  which makes UREA.

The more protein, the more urea; this eats away at your body tissue and the body releases calcium from your bones to buffer it. When there is more urea than calcium reserves, calcium loses and the bones and teeth deteriorate!

Among Eskimos who eat mostly meat, Osteoporosis is a common condition at even 22 years of age! (Recently 'spongy-bone disease' is seen to be increasing even in small children--the "MacDonald's Generation".

Laboratory tests have clearly shown that taking calcium has no effect on the progress of Osteoporosis. Large doses of mineral calcium, cause constipation and kidney problems. The more additional calcium supplements one consumes, the less they absorb. Don't be led into believing that taking calcium will help your Osteoporosis. And milk and cheese urged upon us by the vigilant dairy industry only increases the loss due to high protein content.

Even vegetarians, who are protein brainwashed and practice food combining or use high dairy or meat analogues to increase protein intake are as much at risk as meat eaters or more as some eat more protein than meat eaters.

**Go easy on protein, your body needs very little**, and gets it best from live foods such as fruits and vegetables, and grains, with some seeds and nuts.

**When in your life, do you grow the fastest and thus need the most protein?**

**The newborn infant doubles his weight in about 180 days!**

How much protein is found in Mother's milk?

**It is only 1.2% protein!**

If you eat enough whole, natural foods to maintain your body weight, you get plenty of protein. Protein is not an energy food, in fact, it takes energy from the body to digest protein.

The way to have ENERGY is with adequate WATER intake, lots of fresh fruits and those things like fresh carrot juice etc. are really good boosters for body efficiency!!

Sure, people can experience a sort of temporary hype-up effect from animal protein, but it is like caffeine, a false energy that actually rapes the body's resources.

### **ALUMINUM - ANOTHER IMPORTANT THING TO WATCH**

Aluminum and heavy metal contamination is deadly to the brain. Recent research has found that people with agitation, inability to focus and concentrate and memory loss can be helped by avoiding all products containing aluminum. These products include all baked items made with baking powder. Crunchy snack foods like chips and cheezies etc are loaded! Pancakes and waffles have it too. Sadly although Pizza crust is supposed to be made with bread dough, these days many companies are adding aluminum rich baking powders to it to make it lighter and more crunchy. **READ ALL LABELS AND ASK FOR INGREDIENT LISTS AT RESTAURANTS!!** Avoid anything containing chemicals with alum as part of the name.

Aluminum is sometimes listed in compound ingredients, such as silicoaluminate. This can be confusing to the uneducated consumer.

Some labels trick the consumer. Some deodorant labels state, "Contains No Aluminum Hydroxide" yet they list another form of aluminum on the package, deceiving consumers. Some vendors of crystal deodorants (made with mineral salts and other ingredients) claim that "alum" is not aluminum. This is not true. The dictionary defines alum as "Aluminum sulphate".

Moist foods in aluminum pouches and soft drinks etc. in aluminum cans are not a wise choice either. Ordinary food cans are not aluminum.

I myself am going to avoid any and all baking powder things as I want to keep my mental acuity!!! Improvement in mental focusing and acuity is usually found quickly within two weeks once these aluminum products are removed. Even badly deteriorated Alzheimer's people can improve when baking powder and aluminum products are out of the diet. When Dr. Alzheimer discovered the disorder he found it linked to aluminum but few people know this!

## High Protein Myth