The Truth of Body Builder’s Need for Protein

We Must AVOID Internal Consumption of SInthetic Chemicals

Author: Rita Victori Nelson, Licensed Biofeedback Technician, IMUNE doctoral candidate, Chief Editor Medical Exposé

Protein is one of the most important substances in your body. Your muscles, hair, eyes, organs, and many hormones and enzymes are primarily made out of protein. It also helps to repair and maintain your body tissues. However, not all protein is created equal, and there are things you can do to help your body use it more efficiently. You cannot absorb Protein in the digestive tract, your digestion must break it up into Amino Acids for proper metabolism.

Protein is a very large nutrient that’s made up of smaller substances called amino acids. There are 20 amino acids, but your body can only make 11 of them. The other nine are called essential amino acids, and you can only get them through your diet.

High-quality protein sources, such as whey, eggs, fish, meat, and dairy products, contain all nine of the essential amino acids. These are also called whole natural proteins or complete proteins. SInthetic chemical amino acids and proteins are incompatible with the body.

Other plant protein sources, such as nuts, beans, and seeds, only contain some essential amino acids. However, you can combine some of these protein sources, such as rice and beans, to create a complete protein that contains all nine essential amino acids.

We evolved from our vegetarian past. Humans got nutrition mostly from plants. God did not put all the amino and fatty acids into anyone plant, so the humans would need to roam from bush to bush. Our anatomy still today is
designed to eat plants. And whole plant based diets are by far the most healthy.

**Body builders consume far too many *SIN*thetic Chemicals.**
Organic is not the best word to use to describe a natural food substance or supplement. Organic chemistry made organic mean just carbon-containing. This does not describe a living food or supplement. Life Force is a better term for it does imply a Living Quality.

*‘in vivo’ in Latin means ‘Within the Living’. In vivo is Latin for “within the living.”* It refers to work that's performed in a whole, living organism. Still not the best description.

The Life Force in Latin is ‘Vita Vi’. This implies the mysterious vital energy of Life. This is a phrase and a concept that has passed by the scientific community for eons. The greats of electronics Volta, Galvani, Ampere, Ohm and Tesla all tried to understand the Vita Vi but failed.

Perhaps we will never really understand the Vita Vi, but we need to respect it in our diet and medicine. Our bodies are of Vita Vi and our foods should come from Vita Vi as well. The *SIN*thetic chemical companies and their patents do not have the Life Force, thus these poisons from a witch are incompatible with the human body.
What is the best Protein Supplement Powder to Take as a Body Builder?

**Whey** makes up about 20% of the proteins found in milk, while casein makes up the other 80%. Although it may only make up a small portion of the protein in milk, whey is often considered a superfood. It’s been consistently rated as the best protein for building muscle in a number of studies on protein quality.

Whey protein concentrate (WPC) is a concentrated powder that’s been separated from the casein protein that’s also in milk. Once extracted, the biological value of WPC goes up to 104, surpassing even egg protein.

WPC also has many biologically active proteins that support muscle growth, immune function, and iron levels in blood cells. It does contain lactose, so many manufacturers also put pyrolytic digestive enzymes in their powders to help with digestion. WPC usually passes through digestion within 2-3 hours.

On the flip side of whey is casein, which as we already know, makes up the majority of the protein found in milk. Casein is actually one of the first protein powders, originally hitting the market back in the 1950s.

Its digestion profile is very slow, usually taking between 6-8 hours to fully digest, which isn’t exactly ideal if we’re talking about resupplying your muscles with protein following an intense workout.

Casein’s biological value of 77 is also significantly lower than that of whey. While it may not be as effective as whey when it comes to building muscle, some athletes do prefer the characteristics of casein for recovery purposes — it’s often taken as a bedtime snack with the slow rate of digestion helping to keep the body supplied with amino acids over the course of the night.

**Eggs.** One of the single most nutrient-complete and versatile foods out there. In fact, eggs are loaded with such quality protein, upwards of 6 grams, that they are seen as the “protein standard” among foods. They are rich in vitamins A, E, and K; as well as an array of B vitamins like the B12 energy shot, folic acid, and riboflavin. Whole eggs have a biological value of 100, Eggs also include all eight essential amino acids which are key in building muscle strength and depth, recovery, and encouraging the presence of highly influential minerals such as zinc, iron, and calcium.

As opposed to animal-derived protein sources, protein powders that come from plants tend to have significantly lower methionine levels. Again, lower
methionine levels have been found to reduce the risk of a number of cardiovascular-related conditions.

**What About Meat?**

*There is no nutritional need for humans to eat any animal products; all of our dietary needs, even as infants and children, are best supplied by an animal-free diet.* A team of researchers at Loma Linda University in the United States has shown vegetarian men live for an average of 10 years longer than non-vegetarian men — 83 years compared to 73 years. For women, being vegetarian added an extra 6 years to their lives, helping them reach 85 years on average.

A plant-based diet, which emphasizes fruits, vegetables, grains, beans, legumes and nuts, is rich in fiber, vitamins and other nutrients. And people who don’t eat meat — vegetarians — generally eat fewer calories and less fat, weigh less, and have a lower risk of heart disease than non-vegetarians do.

The health benefits of a vegetarian diet include: 1. Good for heart health. 2. Vegetarians may be up to one-third less likely to die or be hospitalized for heart disease. ... 3. Reduces cancer risk. 4. Better Sex  5. Higher Intelligence 6. Prevents type 2 diabetes. ... 7. Lowers blood pressure. ... 8. Decreases
asthma symptoms. ... 9. Promotes bone health. 10. Makes life better and happier

What is the Anatomy of Protein digestion?

![Diagram of the human digestive system](http://www.downloads.imune.net/medicalbooks/Quantum%20Digestion%20-%20FOSSIL%20LAP.pdf)

https://www.youtube.com/playlist?list=PLeBnyL80HivEgGIIIvC6ZMwA-PldUoawAJ

You are what you eat and more important you are what you absorb Fossil Lap.pdf
First get good natural whole plant foods and meats rich in protein.

The digestion starts in the mouth. The mouth is designed to be a juicer. You Must Chew, chew, Chew. Your mouth sends in amalyase and lipase (carbohydrate and fat enzymes) and saliva for lubrication. In the mouth the chewed food is called the BOLUS. The mouth is designed to make the food into a coarse juice, a smoothie is you will. Please do not forget that if the food is not prepared well in the mouth, because it is dry or if you do not chew, all the rest of digestion will be upset.

Large Undigested fats and proteins (LUF, LUP) will make you fat and diseased.

The oesophagus carries the food smoothie to the stomach.

At the end of the oesophagus and at the top of the stomach is the cardia valve which lets food into the stomach and keeps it from coming back up.

When the cardia valve does not function properly (mostly due to stress or fast eating or improperly chewed foods) heart burn, hiatal hernia, gastric reflux all can happen. Relax after a meal to let digestion work properly.

Food and drinks that commonly trigger heartburn gastric reflux include:

- Alcohol, particularly red wine.
- Raw ONIONS, raw garlic, and other excessively spicy foods.
- Chocolate.
- Citrus fruits and products taken with a meal, such as lemons, oranges + citrus juice.
- Coffee and caffeinated drinks, including tea and soda.
- Peppermint with a meal
- Tomato
- Chicken,
The stomach has parts fundus, body, pylorus - pylorus canal

The stomach secretes HCl (1 or 2 ph) intense acid to break up the food chemically from a bolus stew into a stomach soup call chyme. The stomach releases intrinsic factor to protect the lining, and a little lipase and protease to start fat and protein digestion. When the acid has done its job (depending on the food it determines the time) the chyme will turn more alkaline (5 or 6ph) and the pylorus valve will let the chyme pass to the small intestine.

After eating relax, sit, stand or lay on your left side to help the stomach work.
The small intestine has 3 parts, duodenum, jejunum, ileum.

In the small intestine the pancreas and duodenum Brunner’s glands put in sodium bicarb to counter any left-over stomach acid. Digestion takes place best in a slightly alkaline mixture.

The liver thru the gall bladder passes Gall which emulsifies the mixture and makes it into the micelle as it is now called. This is an emulsified mixture where the fat and protein molecules are electrically suspended (like milk is a suspension). This electrical suspension makes the digestion ready for the enzymes to work. Because most of digestion is electrical in nature.

The pancreas puts in many types of protease, lipase, amylase and other enzymes into the small intestine jejunum to digest the protein into amino acids, fats into fatty acids, carbohydrates into saccharides for absorption -- you cannot absorb protein - only amino acids in a proper micelle suspension.

Protein to Amino Acids for absorption happens in your small intestine, which contains microvilli. These are small, finger-like structures that increase the absorptive surface area of your small intestine. This allows for maximum absorption of amino acids and other nutrients.
Once they’ve been absorbed, amino acids are released into your bloodstream, which takes them to cells in other parts of your body so they can start repairing tissue and building muscle.

Fats - Amino acids and fat-soluble vitamins are absorbed in the small intestine jejunum thru an electrical process that is made better if there is plant fiber to intensify the electrical absorption.

If there is a lack of enzymes, it can produce steatorrhea. The stool will become greyish, sticky, float and smelly. Bodybuilders get this occasionally when the liver and pancreas malfunction.

The Ileum now absorbs back the bile acids and Vitamin B12 if there was enough stomach intrinsic factor. Stress, not chewing, and too much liquid with a meal will lower B12 absorption.

After passing thru the small intestine, the food is no longer a micelle emulsification but still called chyme. Chyme now passes to the Large intestine thru the ileocecal valve near the appendix this is a one way valve (or at least should be) because in the large intestine there are lots of helpful bacteria, fungus and other microorganisms that make our bowel flora. A simple massage can stabilize the valve.

The parts of the large intestine are the Cecum, ascending colon, transverse colon, descending colon. Water, water-soluble vitamins, some minerals, vitamin K, and especially fiber are processed here. The bacteria in the large intestine will breakdown the fiber for energy to fight cancer, make hormones for the brain and body and manage the 2nd brain of the mesentery.

Fiber is needed in the large intestine to feed the microorganisms (Microflora) for them to make energy to fight cancer and to make our key hormones for mental activity, any synthetic compound, processed foods, white sugar, white flour kills the good bacteria and upsets the balance of life and good mental ability.

Irritable bowel syndrome (IBS) is a common condition that affects the digestive system. It causes symptoms like stomach cramps, bloating, diarrhoea and constipation. These tend to come and go over time, and can last for days, weeks or months at a time.

Foods that can make IBS-related diarrhea worse for some people include:
• Unchewed foods, drinking too much at meals
• Stress at a meal or for 1 hour after
• Too much protein
• Processed or SINthetic foods like the Chemical Sweeteners.
• Gluten
• Food and drinks with chocolate, alcohol, caffeine, fructose, or sorbitol.
• Carbonated drinks.
• Large meals.
• Fried and fatty foods.
• Coffee or any caffeine before with or right after a meal
• Dairy with inherited or situational lactose intolerance.
• Too much raw plants if you are not used to plant food diets, work up to is slowly

At the end of the large intestine there are the valves of Houston (usually 3, sometimes 2 or 4) that stay closed (or at least should stay closed) until water, sodium bicarb, Gall which is also called bile, and water soluble vitamins are mostly absorbed in the large intestine. If the valves of Houston stay too open we get diarrhoea, if too closed we get constipation. A simple massage can stabilize them.

Food passes the valve of Houston, near and inside the lower left hip bone, into the sigmoid colon. The food is now called faeces. Then onto the anus and out the anal sphincter to shit in the toilet of under a tree if you can't wait to get inside.

75 to 85% of our shit is supposed to be engorged fat bad bacteria called bacteriodes that have eaten the fiber, made the hormones and energy and pass with the left over undigested food.

**When to Eat Protein**

Proteins are essential for body growth and muscle building. However, protein metabolism varies depending on the body’s internal biological clock. Therefore, it is important to know how distribution of protein intake over the day affects muscles. Researchers from Japan have now found that consumption of proteins at breakfast increases muscle size and function in mice and humans, shedding light on the concept of ‘Chrononutrition’ that deals with the timing of diets to ensure organ health.
Proteins constitute an essential dietary component that help in the growth and repair of the body. Composed of long chains of amino acids, proteins promote the growth of skeletal muscles, the group of muscles that help us move. Humans have been aware of the benefits of proteins for long. However, recent studies have shown that having the right amount of protein at the right time of the day is essential for proper growth. This is called 'Chrononutrition,' in which when you eat is as important as what and how you eat.

The reason behind this is the body's internal biological clock, called the 'circadian rhythm.' This rhythm is followed by all cells and controls life functions like metabolism and growth. Interestingly, protein digestion and absorption have been found to fluctuate across day and night according to this clock. Moreover, earlier studies have reported that intake of protein at breakfast and lunch promotes skeletal muscle growth in adults. However, details on the effect of the time of protein intake on muscle growth and function have remained elusive till date.

Fortunately, researchers from Waseda University, led by Professor Shigenobu Shibata, recently endeavored to understand the effect of the distribution of protein intake through the day on muscles. They fed laboratory mice two meals per day containing either high (11.5% by proportion) or low (8.5% by proportion) protein concentrations.

The researchers noted that protein intake at breakfast induced an increase in muscle growth, determined by assessing induced hypertrophy of the plantaris muscle in the leg, when compared with the effects of protein intake at dinner. Specifically, the ratio of muscle hypertrophy determined against the growth of the control muscle was 17% higher in mice fed 8.5% protein at breakfast, than that in mice fed 11.5% protein at dinner, despite the former group consuming a low proportion of protein overall. They also found that intake of a type of protein called the BCCA, short for branched-chain amino acids, early in the day increased the size of skeletal muscles specifically.

To confirm the association of these effects with the workings of the circadian rhythm, the researchers next engineered whole-body mutant ClockΔ19 or muscle-specific Bmal1 knockout mice lacking the genes that control the
biological clock. They repeated diet distribution experiments on these mice but did not observe similar muscle change, which confirmed the involvement of the circadian rhythm in muscle growth in the context of protein intake.

Excited about the findings of their study published in a recent issue of the *Cell Reports*, Prof. Shibata emphasizes, "Protein-rich diet at an early phase of the daily active period, that is at breakfast, is important to maintain skeletal muscle health and enhance muscle volume and grip strength."

To check if their findings were applicable to humans, the team recruited women in their study and tested if their muscle function, determined by measuring skeletal muscle index (SMI) and grip strength, varied with the timing of the protein-rich diet consumed. Sixty women aged 65 years and above who took protein at breakfast rather than at dinner showed better muscle functions, suggesting the possibility of the findings to be true across species. Additionally, the researchers also found a strong association between SMI and the proportion of protein intake at breakfast relative to total protein intake through the day.

Prof. Shibata is hopeful that the findings of their study will lead to a widespread modification in the current diet regime of most people across the Western and Asian countries, who traditionally consume low amounts of protein at breakfast. He therefore stresses, "For humans, in general, the protein intake at breakfast averages about 15 grams, which is less than what we consume at dinner, which is roughly 28 grams. Our findings strongly support changing this norm and consuming more protein at breakfast or morning snacking time."

It seems, a simple change in our dietary regime can be our key to ensuring healthy muscles!

It was previously believed that vegetarian proteins must be consumed at the same meal in order for the body to form complete proteins. Now it’s known that the body can pool proteins from various foods throughout the day to form complete proteins when needed.
So for **vegetarians**, variety is key.

**Habits to follow**

In addition to choosing the right protein sources, you can also adopt certain habits to help get the most out of the food you eat. These include:

- eating regularly throughout the day
- thoroughly chewing your food
- reducing stress
- avoiding intense exercise right after a meal
- limiting your alcohol consumption
- managing any underlying condition that affects digestion, such as diabetes or liver disease
- taking **probiotics**, such as *B. coagulans* 30, which can **improve** protein absorption
- eating protein throughout the day, rather than all at once
- following a regular exercise routine

**Key bits of advice,**

- First Eat mostly Plant fiber,
- Avoid and SINthetic chemicals,
- Drink water 15 min before a meal and only a sip or 2 with or after (45 min)
- NO COFFEE with meals (wait 1.5 hr),
- Do not eat fruit with meat,
- No stress or exercise after a meal for 1.5 hr,
- Never eat more food that is bigger than your fist (the stomach empty is the size of your fist, full the size of your head) –
- Learn to massage the illeo-cecal valve + the valve of huston when needed,
- When nature calls and you gotta shit - the go shit - do not suppress too long
The bottom line

Protein is a vital nutrient for almost every part of your body. It’s digested in your mouth, stomach, and small intestine before it’s released into your bloodstream as individual amino acids.

You can maximize the nutrients you get from protein sources by eating complete proteins and adopting certain habits, such as chewing thoroughly before swallowing.