

# PROTEIN DRINKS

by  
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Protein drinks have become popular in our fast-paced society. Aside from **offsetting high carbs** or **saving time** with a shake, what are some of the health benefits to look for in a protein powder, and how can you get the biggest bang for your buck?

The protein provided by high quality powders can provide the amino acids (building block) for every function in your body. Liquid protein is a convenient and healthy alternative to a high calorie, high fat meal. If you're looking to add a concentrated nutrient wallop to your shake, SPROUTS from cruciferous vegetable have up to 50-100 times the amounts of disease fighting phytochemicals than the mature plants themselves.

Looking for **bone support**? The beneficial effect of whey protein on bone metabolism has been shown to support building bone in adult human subjects.

Looking for **weight support**? Again, protein powders alone can help facilitate **weight loss** by "turning on" the body to burn fat instead of lean muscle while significantly reducing your caloric intake. "Protein shooters" (1 scoop of chocolate protein powder with 3 oz. cold water) are one of my favorite ways to gain an "energy boost" during mid morning and mid-afternoon. If **weight gain** is your goal, try adding ground almond meal, flax, banana and soy milk to your shake.

Looking for **anti-inflammatory support**? Many protein powders nourish the body while resting the gut and other organ systems, thereby allowing the recovery process to take place faster. There are many nutrients and supplements that can be added to be more "pro-active" in decreasing inflammation such as probiotics, Boswellia and Total Inflamm from Nutriwest, and flaxseed oil.

Looking for **detox support**? Again, protein powders alone can help facilitate detoxing by reducing caloric load, which will mobilize toxins from the fatty tissues. However, mobilizing without proper nutrient protection to bind and remove those toxins will only result in re-circulation of the toxins to other tissues. Many nutrients found in fruits and vegetables, are excellent "binders" and supplements like Total Liver Detox and Total Systemic Detox by Nutriwest expedite the removal of toxins through the natural detox pathways. Regular use of ionic footbaths is also helpful in assisting the body detox.

Caution should be exercised when selecting a protein powder regarding the type of protein and the type of sweetener used. Avoid aspartame/nutrasweet/equal (has been shown to be toxic to the nervous system) and splenda/sucrose (has been shown to be toxic to the cells). Stevia and asulfame potassium appear to be good choices. Be aware that soy proteins can affect hormones production. Choose what is best for you and your health goals. High quality protein powder, pharmaceutical grade supplements, detox programs are available at A Wellness Center & Spa. 770-966-8000