

CAROLINA ARAMBURO

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 224th Newsletter, I want to talk to you about **PROTEIN** and it's impact on our lives and well-being.

In order to put the rest of the **news-letter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause and go back and watch them. You can also read all of the articles in full [HERE](#).

50,000 Proactive PROTEINS are totally AVAILABLE to YOU without having to INGEST the TOXINS and fats that NORMALLY accompany the 'seemingly powerful' PROTEINS!!

Our body is the **smartest and most intricate machine** there is, and there are so many pieces that play into the beautiful machine that we see when we look in the mirror. In this newsletter, I want to focus on how **high quality** sources of protein are so important to help other parts of the body carry out very necessary processes.

This week we will give you a **perspective** on how you can get protein from so many more food groups than you may have thought, how vital they are in keeping your health and well-being in top shape, dismantle many MYTHS that we bought about PROTEIN and show you many BLIND SPOTS that could help you MASSIVELY improve your **protein ingestion**, therefore significantly IMPROVE your WELLNESS.

PLEASE DO READ the entire Newsletter, which is how you will

discover the BLIND SPOTS about PROTEIN.

On our Fan Page this week, we have articles that will point out the physical, mental, emotional, and spiritual **importance** of not only what we put in our bodies, but also what we are actually getting from the food that we are eating. As SOON as you READ this you will discover WHY you can build BETTER MUSCLE and Superior Mental CLARITY by eating Broccoli than by eating any 'Lean Animal Protein'. Discover that WHY, as you **read all the way DOWN**.

Proteins are made up of long chains of amino acids. From one meal, your body can break down protein into amino acids, which it turns into **tens of thousands** of different proteins that is needed for our body to take care of processes including those of our neurotransmitters, chromosomes, hormones and enzymes. The body requires protein for the growth, maintenance and repair of all cells. Proteins make up part of the basic structure of the tissues (e.g. muscles, tendons, skin, nails). They also play **metabolic and regulatory** roles (e.g. assimilation of nutrients, oxygen transport and more).

In addition, Protein is necessary for the production of antibodies, which fight against infection and illness, and is also the main nutrient that **maintains** shiny and healthy hair, strong nails, glowing fresh skin and strong and healthy bones.

The brain does not work alone; **neurotransmitters** in the brain are the chemicals that tell your brain what to do and what to feel. It is fair to say that amino acids are the building blocks of your brain, and nothing the brain does is possible without pro-

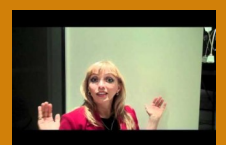


CAROLINA ARAMBURO

tein.

The impact protein makes on our NEUROTRANSMITTERS is huge, that means that, contrary to popular belief, the amount and **quality** of PROTEIN that we EAT, make an ABSOLUTE difference for our Mental CLARITY, Focus, Memory, Intellectual SPEED, etc etc etc. That FACT in itself should get us all COMMITTED to eating quality protein, in the RIGHT amount, from the right **Source** and at the right times.

There are two kinds of protein distinguished as either **complete** or **incomplete** proteins. The terms refer to the amount of amino acids, the building blocks of protein, which are found in a particular food. There are 20 different amino acids that can form a protein, and 9 (leucine, isoleucine, lysine, tryptophan, histidine, phenylalanine, valine, methionine and threonine) that the body can't produce on its own. These are called **essential**



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amino acids and we need to eat them because we can't make them ourselves. In order to be considered "complete," a protein must contain all nine of these essential amino acids in roughly equal amounts.

One of the **big myths** propagated by the very industries that make millions off this myth is that complete proteins can only be gotten from meat and dairy. Let's dispel that myth and a few others about protein so you can be more aware of how proteins really affect you.

FIRST OFF:

The average American diet contains meat and dairy products. As a result, it is often **too high** in protein. This can lead to a number of serious health problems. Excessive protein intake has been linked to many health problems, from relatively benign and reversible **conditions** such as dehydration, constipation and nutritional deficiencies to obesity, heart and kidney diseases, insulin resistance and diabetes, prostate cancer, decreased thyroid function, metabolic acidosis and reduced immune function.

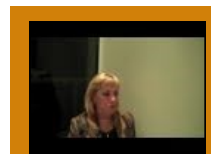
In addition to that, here is more scientifically proven information that is important for you to know:

1. The **research** is clear that protein from plants supply all of our protein needs, while lowering the amount of cholesterol, fat, and pesticide residues we consume. Plant-based proteins are **superior** not only because of what they don't include, but for positive nutritional factors like complex carbohydrates, minerals, vitamins, enzymes, phytonutrients, antioxidants, oxygen and fiber.
2. Most people in the U.S. and economically developed countries have diets that are **more than adequate** in protein without the need for supplementation or con-

suming excess protein intentionally.

3. Humans don't need every essential amino acid, in every bite of food, in every meal they eat; we only need a **sufficient** amount of each amino acid every day.
4. Studies have proven that a balanced whole food plant-based diet (and particularly a **Raw VEGAN Living Foods DIET**) contain such a wide variety of amino acid profiles that vegans are virtually **guaranteed** to get all of their amino acids with very little effort if they eat a balanced whole food diet.
5. **Complete protein** isn't superior to incomplete protein - it's just simpler because it can be found in one food rather than a combination of two or more. Either way, you're covered. The proteins are made of the same amino acids, and the chemistry is exactly the same, no matter the food source.
6. We need to get the essential amino acids from our diet and it doesn't matter what foods they come from. Protein **quality** has nothing to do with amino acid quality - lysine from beans has the same chemical structure as lysine from eggs.
7. We can't **isolate** the protein in food from the rest of the nutrient package. Animal foods are a source of complete but toxic protein. They have a lot of protein, but are they healthy? Most of their calories come from cholesterol laden, saturated fat. Even 'lean meats' clog arteries.
8. Animal foods, high on the food chain, also contain high concentrations of herbicides, pesticides, drugs and **hormones** from industrial agriculture. They have little (Cont. on next page) fiber, needed for digestive health. All of that, combined with heavy meat consumption, has a lot to do with the high rate of deaths from heart attacks, strokes and **cancer** in the western world, according to decades of health studies.

According to the Hippocrates Health Institute and other leading holistic clinics around the world, once your



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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

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protein needs are met then the **excess** must be eliminated from your body, primarily by your liver and kidneys. You can notice an overload of protein by the strong smell of urea in your body sweat and urine. The work of **eliminating** excess protein takes a toll even on healthy people. Studies have shown that men, on average, eat 175% more proteins than recommended, and women 144% more.

On average, 25% of kidney function is **lost over a lifetime** (70 years) from consuming the high animal-protein Western diet. When people eat too much protein, they take in more nitrogen than they need. This places a strain on the **kidneys**, which must expel the extra nitrogen through urine. People with kidney disease are encouraged to eat low-protein diets. Such a diet reduces the excess levels of nitrogen and can also help prevent kidney disease. For people with already damaged livers and kidneys, consuming excess protein will speed up the processes that lead to **complete organ failure**. Diets that are rich in animal protein also cause people to excrete more calcium than normal through their kidneys causing kidney stones. Researchers in England found that when people added about 5 ounces of fish (about 34 grams of protein) to a normal diet, the risk of forming urinary tract and kidney stones increased by as much as 250 percent.

Animal protein and dairy also contains **sulfur**, which our livers turn into sulfuric acid. The body has to neutralize some of it and it does that by stealing from our bones. **Bones** are composed primarily of calcium phosphate and calcium carbonate, which are excellent bases for neutralizing acids. "An acidic environment actually stimulates cells called osteoclasts, which reabsorb bone mineral," explains David Bushinsky, a nephrologist at the University of Rochester School of Medicine. Over many years, this process **weakens** the bones. Calcium rich foods can help

the body make up for some of the loss, but a growing number of doctors think fruits and vegetables can also help because they produce acid-neutralizing bases. It has been proven that Osteoporosis is not first a disease of **calcium deficiency**. It is first a disease of excess protein. Countries with lower-protein diets have lower rates of osteoporosis and hip fractures.

Dr.'s Lapage and Miller showed that **malignancies** are just traps for surplus, incompletely metabolized protein as well as fats. It seems that the circulatory presence of undigested fats and protein lead to interference with oxygen transport severely enough to threaten life itself. According to Nobel recipient, Dr. Otto Warburg, normal cells can mutate to malignant cells within a 48-hour period under reduced **oxygen** levels. Populations who eat meat **regularly** are at increased risk for colon cancer, and researchers believe that the fat, protein, natural carcinogens, and absence of fiber in meat all play roles. The 1997 report of the World Cancer Research Fund and American Institute for Cancer Research, Food, Nutrition, and the Prevention of Cancer, noted that meaty, high-protein diets were linked with some types of cancer.

Of course, vitamins and minerals, trace minerals, elements, enzymes, and proteins are the substance **builders** of the human cell and play one of the most important roles in gaining health and strength. If one critically observes our conventional thinking on these nutrients you will see that we over-exaggerate the amounts needed and **under-value** the importance of acquiring them in a living and complete state. Once a food or a supplement is heated above 115 degrees F, the support system of oxygen-enzyme-hormone and other nutrients is destroyed, leaving the food or **nutrient** to be non-beneficial and in many cases harmful. This harm comes from the compromised im-

munity, which results from the need your body has to eliminate non-useable elements by your immune system.

There has been an ever-increasing trend for people to consume harmful levels of indigestible protein supplements. Body builders and athletes are notorious for consuming these **noxious** supplements; yet, there has been a growing interest in the general populous with the absurd notion that high protein diets are healthy. From the studies and cases of many scientists and doctors, it has been shown that there is a negative effect that **excess** protein has on the organs, immune system and general health. The debris from that excess protein contributes to cancer, hardening of the arteries, immune cell weakness, emotional disorder, kidney and bladder impairments and failure, and these are just a few examples.

At the same time, studies and research have shown that this excess **contributes** mental and emotional conditions such as memory loss, depression, negative (Cont. on next page) ity, Alzheimer's, and dementia.

As for dairy protein ... all cow's milk, including "organic" milk, contains more than 50 active hormones, scores of allergens, and loads of fat and cholesterol. Another noteworthy constituent of cow's milk is a growth hormone called Insulin-like **Growth Factor One** (IGF-1), which is used to "fatten" the cows. It is no wonder that 50 percent of Americans are obese! Not only does IGF-1 increase our weight, it also causes the rapid growth and **proliferation** of breast, prostate, and colon cancers. Dr. Walter Willett, M.D., chief investigator for the ongoing Harvard University Health Professionals Follow-up Study, has also found

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that consumption of two or more glasses of milk per day is associated with nearly twice the risk of advanced and metastatic prostate cancer.

Along with IGF-1, another cancer-causing substance in milk is a protein called casein. **Casein** represents 80 percent of the protein in milk. This protein is a powerful binder and is used as a thickener and glue to make sturdy furniture, produce paints and to hold beer-bottle labels in place. Casein is also a **polymer** used to make plastics.

Another protein present in milk is whey protein. **Whey** is made up of bovine blood protein. The body's reaction to this foreign protein often causes an auto-immune response, as the antibody used to destroy the invader turns against the body's own cells.

Soy is one of the most genetically modified products in the world. Besides being a GMO, in many soymilk products there is an ingredient called carrageenan, a Vaseline-like food additive. The Vaseline-like emulsifier often produces gastric distress. **Carrageenan** is a commonly used food additive that is extracted from red seaweed by using powerful alkali solvents. These solvents would remove the tissues and skin from your hands as readily as would any acid. According to a 1997 study, "The widely used food additive, carrageenan has marked effects on the growth and characteristics of human **mammary** myoepithelial cells in tissue cultures at concentrations much less than those frequently used in food products to improve solubility."

Glycation (sometimes called non-enzymatic glycosylation) is the result of typically covalent bonding of a protein or lipid molecule with a sugar molecule, such as fructose or glucose, without the controlling action of an **enzyme**. Glycation produces advanced glycation end prod-

ucts (AGEs), which can destroy your health, create diseases and advances aging. AGEs are naturally present in uncooked animal-derived foods, and cooking results in the formation of new AGEs within these foods.

A **wide variety of foods** in modern diets are exposed to cooking or thermal processing for reasons of safety and convenience as well as to enhance flavor, color, and appearance. Heavy indigestible protein from animal products, takes 3 days to move through your system and in the process allows for more **absorption** and adding the AGE pool in our bodies. Studies are proving that people who eat high quality nutrient dense food (plant based food) in the lowest quantities are living longer and having lower levels of disease.

There are a number of other reasons why it is **important** to limit your protein intake. The first is that if you eat more protein than your body requires, it will simply convert most of those calories to sugar and then fat. Increased blood sugar levels can also feed pathogenic bacteria and yeast, such as *Candida albicans* (candidiasis), as well as **fueling cancer cell growth**.

Excessive protein can have a stimulating effect on an important biochemical pathway called the mammalian target of rapamycin (mTOR). This pathway has an important and **significant** role in many cancers. When you reduce protein to *just what your body needs*, mTOR remains inhibited, which helps minimize your chances of cancer growth.

For a long time it was thought that **athletes** needed much more protein than other people. The truth is that athletes, even those who strength-train, need only slightly more protein, which is easily obtained in the larger **servings** athletes require for their higher caloric

intake. Vegan diets are great for athletes. There are also many record-holding vegan athletes and bodybuilders who **demonstrate** that not only can we survive, but optimally thrive on a plant-based diet, getting plenty of protein and all other nutrients necessary for peak physical performance. Robert Cheeke (bodybuilder), Carl Lewis (track and field), Steph Davis (mountain climber/base jumper), Brendan Brazier (triathlon athlete) and Patrik Baboumian (world record-holding strongman), just to name a few, all excel on a plant-based diet.

To consume a diet that contains enough, but not too much, protein, simply replace animal products with grains, sprouts, vegetables, legumes (peas, beans, and lentils), and fruits. As long as one is eating a **balanced** variety of plant foods in sufficient quantity to maintain one's weight, the body gets plenty of protein. (Cont. on next page)

What is the right amount of protein? For most **healthy** individuals, protein should make up about 10 to 35 percent of the daily caloric intake, according to the Centers for Disease Control and Prevention. Adolescent boys, ages 14 – 18, and adult men need an average of **56 grams** of protein per day. Adolescent girls, ages 14 through 18, and adult women need an average of 46 grams of protein per day. The American Pregnancy Association recommends 75 to 100 grams of protein per day for pregnant women. This requirement decreases to about **71 grams** of protein daily for breastfeeding women, according to the University of Illinois McKinley Health Center. Most Americans regularly eat more than double the amount of protein they need, according to the Physicians Committee for Responsible Medicine. Rice University researchers suggest that **sedentary** adults should eat about 0.4 grams of protein per pound of body weight, regu-

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larly active adults should eat up to 0.6 grams per pound and athletes building muscle mass should eat up to 0.9 grams per pound.

Certain medical conditions can affect the amount of protein you need. For example, those with chronic kidney disease or severe liver disease have difficulty processing and excreting proteins and amino acids. Protein can eventually build up to toxic levels in the body and damage other organs, including the brain. People with these conditions should follow diet plans as instructed by their health-care providers, nutritionist or health coaches to ensure they receive sufficient protein while avoiding adverse effects. Although protein does not greatly affect blood sugar levels, it can increase your insulin response if you have Type 2 diabetes. Therefore, if your blood sugar tends to dip at night or any time you experience hypoglycemia, you shouldn't use a protein to treat it. The American Diabetes Association says that even though small, short-term studies suggested that low-carb, high-protein diets help diabetics consume fewer calories, reduce blood sugar and insulin concentrations and reduces appetite, it does not endorse diabetics using high-protein diets.

During my health journey, I worked with all kinds of protein, and I was always listening to my body. Going 100% organic and natural should always be the first option. Natural organic raw plant based protein is much more beneficial because when you are consuming the food, not only are you getting the protein you need, you are also getting the LIVE nutrients from the food. In the early stages on my road to recovery from my near death illnesses, my liver and kidneys were weak and failing so I learned the HARD WAY to not consume TOO MUCH PROTEIN and protein from TOXIC Sources (animal products, meat and dairy). I learned to get my protein from various 100% organic plant based Raw

Vegan juices and protein shakes, from salads, and VERY MUCH SO from SPROUTS (the highest quality Protein). I also supplement with small amounts of natural organic raw soaked nuts, daily. I consume and in-joy a completely Raw VEGAN Living Foods DIET that fulfills all of my nutritional needs including my protein needs and I am EXPERIENCING and enjoying the GREATEST Wellness of my LIFE!!!

It is so important to really listen to your body. My body would tell me when I needed protein and how much. It went from once or 2 times a day, to every 2.5 hours. Protein was a key factor in improving my kidney and liver failures, my heart problems and my adrenal chronic fatigue disorder, just to name a few of the cascade of illnesses that I have completely healed through this RAW Vegan Living Foods Diet and Mindful Life style. As the greatest BONUS this Diet gives me the HIGHEST Mental Clarity I have ever had in my life...and I must say I had pretty high Mental Clarity my entire life so this is MIND Blowing to me!!

I find it extremely important to watch what I'm putting in my body and to make sure that it is giving me the results I need. Please make sure you are practicing a healthy lifestyle and giving your body all of the "Right" protein it needs, and before you consider taking supplements, please talk to your health care professional, nutritionist or health coach first, since some supplements do more damage than help.

A Raw VEGAN Living Foods DIET, with plenty of Leafy GREENS tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the greatest way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite

you to TRY IT ON and In-JOY it with me. You will forever thank yourself and feel better that you EVER did your ENTIRE LIFE!!!

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TOTALLY SUPERCHARGE Your BODY with NUTRIENT RICH PLANT BASED PROTEINS!!!!

The great news is that, unless you have specific health conditions that create protein deficiency, you're probably already getting more than enough protein! The other great news that we touched on in the first article of this newsletter is that getting the right amount of protein can be very easy and from the highest nutrient dense food available which is whole food plant based food.

For instance, we don't need to combine foods as we once thought to form a complete protein (such as beans and rice). That protein myth died years ago, thankfully when we found out our bodies are capable of using all sources of amino acids to form complete proteins.

As Virginia Messina, R.D., has written: "Myths about amino acid short-ages and food combining were put to rest decades ago by experts and researchers in protein nutrition. Every plant food that provides protein — which includes all grains, legumes, nuts, seeds, and vegetables — contains all of the essential amino acids that are needed by humans. Individual plant foods have lower percentages of some of the amino acids relative to needs, but it doesn't matter for those who eat a healthy vegan diet. For one thing, the body maintains its own temporary storage of amino acids. And amino acids from different foods work together throughout the day to produce the right amounts and ratios of these protein building blocks."

It's also important to consider that amounts in grams aren't the only thing that matters when measuring protein in a food. You should also consider how much percentage of total calories protein makes up in a food. For instance, beef and animal foods are high in calories and though they contain a good size amount of protein, per amount of calories, beef and animal proteins (even fish) are higher in cholesterol-forming saturated animal fats, where most of their calories come from. Plant-based foods on the other hand, have fewer calories, a variety of sources of ami-

no acids that form complete proteins in the body, and per weight, their percentage of protein in the amount of total calories is relatively high.

Some plant-based foods are higher in protein percentage than others, however, so making sure to include a variety of plant-based foods in your diet is important for achieving the amount of protein your body needs.

Sprouted beans, nuts, seeds, algae, grains, grass and greens are the best source of digestible proteins for our bodies. Have you ever stopped to think, "Where do animals get their protein?" Think about it on a bigger scale. How is it possible that approximately 85% of mammals can thrive solely on leafy greens? Elk, moose, deer, giraffes, gorillas, elephants, horses...and don't forget the mammal from which we Westerners get most of our food...the cow!

We are mammals. The majority of the mammals on this planet consume a diet of grass and/or leafy greens. In fact, humans are one of the few mammals that still eat meat, and the only mammal that actually cooks its food. In the past, when you lived on red meat and dairy products, indirectly, you lived on GRASS. The cow was eating the grass; we were eating the cow. We were absorbing Earth's nutrients in our diets. Unfortunately, in this day and age, this is NOT the case. Most cows are now rough fed grains, which are making their systems acidic. In addition, cows are shot full of antibiotics, steroids, and hormones, therefore our red meat and dairy is not what it used to be. We are no longer getting the grass (green/earth) in our diets!

Many people think that the usability of protein is a question of animal versus vegetable. However, even though animal protein is "more complete" than many vegetable proteins, it does not automatically make it better. For example, beef contains only about 20% usable protein. Spirulina and chlorella, on the other hand, average 75-80% usable protein -- and these vegan options are just as com-

plete and just as bioavailable. Combine the right yellow pea and rice protein and you can hit numbers approaching 85-90% usable protein -- again with high protein bioavailability. In the world of protein, nothing is necessarily what it first seems. In fact, the issue of animal versus vegetable is one of the least important determiners when it comes to protein usability.

But beyond bioavailability, we also need to consider all of the factors and health complications, illness and diseases that meat and dairy sources cause. In truth, it doesn't matter how "good" a protein is if your body cannot handle it or it creates other health issues.

It's important for you to know that you ABSOLUTELY WITHOUT A DOUBT can meet your needs for protein on a plant-based diet without protein supplements. And it's not difficult at all. But it IS important for you to understand not only which foods will meet your protein needs, but also how many servings you should eat, and finally how to select and prepare these protein-rich foods.

"You're actually getting a more complete nutritional picture with plant protein," says, RDN Frances Largeman-Roth, author of Eating In Color: Delicious Healthy Recipes For You and Your Family if they're coming from whole foods." Beans, nuts, and whole grains are also loaded with fiber and helpful micronutrients. Vegetables come with vitamins, phytochemicals, and other great stuff.

(Cont. on ext page)

Here is a great list of plant based protein sources that will supply you with all of the health, easily digestible protein you need:

Sprouts

- Sprouts of all kinds are nutritional powerhouses with a high protein content ranging from 20-35% protein. Not only that, but they're also

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excellent sources of nutrients, vitamins and minerals.

- Broccoli sprouts contain 35% protein
- Pea Sprouts contain 25% protein

Greens

- Dark Green Vegetables will serve your protein needs and provide your body with calcium, chlorophyll, vitamins, minerals and amino acids
- Broccoli contains 45% protein – packed with amino acids, fiber, and Vitamin B6
- Spinach contains 51% protein – also contains iron, Vitamin C and folate
- Kale contains 45% protein

Nuts & Seeds

- Nuts & Seeds are also sources of good healthy fats like omega 3, 6 & 9's. There is a concern however surrounding the overconsumption of omega 6's and not getting enough 3's. For this reason, eating nuts and seeds as part of a raw, vegan or vegetarian diet shouldn't be considered the main protein source but used in addition to other foods with a lower fat content like sprouts & green vegetables. Soaking and sprouting nuts, and seeds will increase protein and vitamins.
- 2-3 tablespoons of seeds provides around 8 grams of protein, with the exception of FLAX SEEDS, which will provide you with around 4 grams.
- 3 tablespoons of tahini (made from sesame seeds) provides you with 8 grams of protein.
- Hemp Seeds are the only food known to have a perfect harmony of omegas 3,6 & 9. They're also 22% protein. It has 10 grams of protein per ounce (2 tablespoons) plus is rich in iron and magnesium.
- Pumpkin seeds are 21% protein.
- Almonds are 12% protein per ounce.

Algae sources

- Spirulina is about 68% protein (the highest amount of protein % of all foods) and also helps detoxify the

body. It's packed with vitamins, including B vitamins, and contains EFA's (essential fatty acids). It is also very alkalizing.

- Chlorella is about 60% protein and is known for it's rapid tissue repair properties. It's a great food if you're very physically active or have higher protein requirements. Use it in your shakes to help speed up recovery times.

Bean, Legumes and Grains

Legumes supply large quantities of protein (12 - 15 grams/cup). There are hundreds of varieties of beans and lentils in the world, and thousands of ways to prepare them, in combination with grains, nuts, seeds, and dairy Beans. They really are the magical fruit. With one cup of pinto, kidney or black beans, you'll get about 13-15 grams of protein and heart-healthy fiber. Soaking and sprouting beans and legumes will increase protein and vitamins.

Grains like quinoa, amaranth, oats, and spelt are also very good sources of protein, which is enhanced and completed through combining with other foods. Quinoa is versatile, delicious and delivers about 9 grams of protein per cup. Soaking and sprouting beans and legumes will increase protein and vitamins - sprouting gives the best results when it has just barely begun.

Fruit

Did you know that fruit has protein? It does! Many fruits contain between 4-8% protein and as a significant part of your diet, they provide a significant amount of complete protein. That's right, fruit is a complete protein with all 8 essential amino acids! On an average day, I'll get anywhere from 18-22 grams of protein from fruit, which provides almost half of our daily protein requirements. Non-sweet fruit like tomatoes, zucchini and cucumbers also have protein.

If you are worried about eating proteins and gaining weight, then Plant based protein sources like vegeta-

bles, nuts, seeds and legumes that have a very low calorie count such as walnuts, pecans, sunflower seeds and sesame seeds are the answer for you. These offer the fewest number of calories when compared to other nuts and seeds.

The Second Health Proposal (you can find that video here: <https://www.youtube.com/watch?v=ID7cPPVE4wY>) is about listening to your body. I am suggesting that there is a way to tune into or become aware of your body's ability to take exactly what it needs from what you give it! During my health journey, I used the amazing healing energy of proteins through food. It made a major difference in helping me get better. By listening to my body, I was able to choose which combinations of proteins I needed so that I could get the most healing energy at that moment. It varied over time but my body would let me know what it needed.

Cherish your body and really give it the attention it needs. Our body needs proteins so that we can carry out simple processes and functions, so please make it a point to become aware of how much protein your body needs and when it is asking for it.

PROTEINS are ABSOLUTELY a PILLAR for Your EMOTIONAL, MENTAL and SPIRITUAL BALANCE!!!

Proteins have a direct effect on our emotions, mental health and spirituality. Research done by the Massachusetts Institute of Technology (MIT) shows several kinds of foods whose nutrient content **positively influence emotions**: foods rich in protein, carbohydrates, vitamins and minerals

Proteins contain amino acids that have profound effects on emotions. Professors at Middle Tennessee State University show that certain amino acids, such as **tryptophan**, can trigger the production of neurotransmitters that **control emotions**. They also say that the human brain can convert tryptophan into serotonin, which promotes calmness. When we feel depressed, frustrated, worried or anxious, we often forget that this could be related to our diet. Therefore, it is important to **pay attention to what we are eating**.

We all know that our body, mind and spirit are undeniably interconnected. Therefore, what we do to one aspect of our greater selves will impact the others. Protein can impact the self-esteem of an individual as they determine the **renewal** of cells and tissues in our

bodies. Cleverly, even **our diet plays a bigger part than you may think**. It affects the way we think and supports our spiritual growth.

Proteins are essential for optimal brain health and fitness, but have you considered the spiritual impact as well?

Our body, mind and spirit is undeniably interconnected, and this realization leads to the understanding that what we do to one aspect of our greater selves will impact the whole of us.

A study of **Chakra Power** uncovered dietary suggestions to enhance each of the seven major energy portals and the very first one on the list was protein, which is said to give you grounding and stability.

Ancient Ayurvedic principles from India suggest that certain kinds of foods nourish different emotions or insights. And most of these foods have a very **high protein level**. It is their belief that some foods support mental clarity. These are: walnuts, green vegetables, coconut and rice. They also confirmed that lentils and red food, helps improve

your **grounding** stability. Food for human consumption not only needs to feed the human body, but also **the human spirit**. As humans we cannot comprehend the spirit if our bodies are fed with contaminated food.

Listen to your body to tell you how **proteins can support you physically, mentally, emotionally and spiritually**. When you want a mood booster, some healing energy or more clarity, eat specific plant based protein that gives you exactly that. You will see the difference in your state of mind, your emotions, your physical health and maybe even your spirituality. **Are you daring enough** to tap into the unbelievable proteins that nature can give you through food???

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1.1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together em-

power our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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