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**The All Protein Diet**

Passing wind are you? There is more to come? Passing a lot of flatulence is a sign that something is wrong. This is particularly so if that smell is offensive. Gas build up is occurring in your intestines because your meal balance is not correct for humans.

A high protein diet is not an, ALL PROTEIN diet. The term High Protein is not very well defined, but generally means anywhere from 20 % to 80% of the meal is protein. Nutritionists generally teach that 10 to 15% is the normal recommended amount of protein we should all have each day.

Total Calories may still be low, possibly around 1500 to 2000 Calories in total, but the percentage of food in the meal is higher in protein, thus it is called a high protein diet. With these basics under our belt, lets look at why a high protein diet can be troublesome if kept up for a long time. Keep in mind that these High Protein diets, or Low Carb diets as they are popularly called today, do not encourage a permanent lifestyle change and are not sustainable diets.

1. Protein is acidic. In fact the building blocks of protein are called amino ACIDS. They are mostly acidic. This acidity must be balanced out at some place in the body. Calcium from the bones is eventually used to keep the acid base balance, if you continue on a high protein diet for long periods of time.

If you have other risk factors for osteoporosis as in smoking, coffee drinking, cola or soda pop drinking or a sedentary lifestyle that occur on a daily basis, then you are setting yourself up for osteoporosis and a lot of suffering down the road a bit.

2. Protein does not burn cleanly in your body. It is a dirty fuel leaving lots of metabolic debris that has to be cleaned up. Antioxidants can do some of that cleaning, but high protein foods do not have a lot of antioxidants in them. Vegetables and fruits do, especially in the peelings. The extra urea produced by metabolism of protein must be flushed out by having the kidneys increase urine flow. This also flushes out minerals including calcium. Not good.

The protein also increases waxy casts in the kidneys and if you do not consume extra water then the concentrated urine runs the risk of plugging the kidneys with this extra waxy cast material. Double whammy, not good.

3. Proteins lack flavonoids. These flavonoids are nutrients that protect us. They particularly protect our blood vessels by protecting the internal lining of cells called the endothelium. If you are at all concerned about heart attacks and stroke, and everyone should be as heart attacks are the major killers in our midst, then ensuring a good Flavonoid intake is paramount. Flavonoids are found in abundance in..... you guessed it, vegetables and fruits.

4. The toxicity of this, high-all- protein diet, may cause liver problems in people susceptible, particularly diabetic people. Fatigue can result on these diets.

5. The high contaminant residue rate in mass farm produced animals has been linked to many problems over the years, particularly too much hormones and antibiotics contaminating the meat products. Even more worrisome is the contamination of mass farmed fish that seems to be occurring now days.

6. The low too almost zero fibre content of meats, leads to high concentrations of toxins in the stools, some of which are produced by the body. (Liver bile acids are toxic to the large intestines and are produced in higher quantities when fats, which invariably accompany protein, are eaten.) This extra stress on the colon is not healthy and is preventable. Remember that colon cancers are quite prevalent.

7. The low fibre content can lead to constipation, straining at bowel movements and haemorrhoids. This is particularly so if you happen to be on any iron medications or other constipating medications. Eeeeew. Nobody wants that do they?

If you insist on a very high protein diet then we have some recommendations.

1. Be sure to take a high potency multi vitamin and mineral supplement. The high B compound vitamins will be protective to a certain degree. Also remember to take an EXTRA calcium /magnesium supplement.

2. Take in more fibre. We would suggest two slightly rounded tablespoons a day of psyllium seed husks. Take one in the morning and one in the evening.

3. Buy some dried fruit and take some with the protein. We would suggest apricots, papaya, mango, blueberries, cranberries, dark raisins, and almonds. (Almonds are alkaline while virtually all other nuts are acidic.) Take small amounts of all of these fruits with the protein meals.

And, last but not least, remember that some newer research has shown that a low Calorie, well balanced diet, takes off as much weight as the high protein Atkins diet does. So, why run the risks?