



QUANTUM BIOFEEDBACK
QXCI/SCIO - BodyTalk - EFT

NOT-SO-FUN FOOD FACT: MUCH LESS PROTEIN!

I am always going on about protein with my clients, however, only rarely does a client **not** show excessive amounts of amino acids/protein in their biofeedback analysis. In every case, when the amino acids are high, the essential fatty acids (EFA's), enzymes and vitamin B are also out of a healthy range.

Take EFA's, besides corn oil and soy bean oil, the major contributor of Omega 6 is meat and poultry. Because we consume too much meat as a society in general, the Omega 3's and 6's are out of proportion and cannot be properly metabolized hence the Omega 3 fish oil urgency. The enzymes are over worked as meat is one of the most challenging items to digest requiring hydrochloric acid and a great deal of enzymes. Vitamin B is subsequently at a deficiency since high amounts of protein require high amounts of vitamin B to be metabolized.

So, what is a high amount of protein? The consensus for the amount of protein required is 46 grams per day for women and 56 for men. That converts to 1.6 ounces of protein per day for women and 2 ounces per day for men. I know that doesn't sound right, so please see the following:

The Center for Disease Control sites 46 grams of protein for women per day and 56 for men. <http://www.cdc.gov/nutrition/everyone/basics/protein.html>

The National Institute of Health sites, "The average person needs 50 to 65 grams of protein each day. This is the amount in four ounces of meat plus a cup of cottage cheese." <http://www.nlm.nih.gov/medlineplus/dietaryproteins.html>

WebMD also sites, "Adult women need about 46 grams a day (71 grams if pregnant or breastfeeding)." The information on the webpage begins: "Protein tends to play a starring role at mealtimes, but you might be better off if it moves out of the spotlight and becomes part of a supporting cast of foods on your plate. Most Americans get more than enough protein each day, and may be getting too much of this nutrient from animal sources, like meat, poultry, and eggs..." and dairy

<http://www.webmd.com/diet/healthy-kitchen-11/how-much-protein>

Robert M. Russell, M.D., and Carmen Castanada Sceppa, M.D., Ph.D., wrote an article called *How Much Protein Do You Need?* Dr Sceppa is a scientist at the Jean Mayer USDA/Human Nutrition Research Center on Aging at Tufts University School of Medicine. Dr. Sceppa and Dr. Russell state, "The typical American diet provides plenty of protein - more than the RDA in most instances. The RDA represents the minimum amount of protein needed to fulfill protein needs in 97.5% of the population. This value is equal to 0.8 g of protein per kg body weight per day..."

<http://www.thedoctorwillseeyounow.com/content/nutrition/art2059.html>

Just to put the amounts in perspective:

- One cup or 4 ounces of grilled chicken = 36 grams of protein
- One cup of cooked brown rice = 4.99 grams of protein
- One cup of chopped broccoli = 5.7 grams of protein
- = 46 grams total amount of protein

More perspective:

- One mocha latte protein shake = 22 grams of protein
- One cup of greek yogurt with granola = 24.9 grams of protein

The Physicians Committee for Responsible Medicine website lists *The Problems with High Protein Diets*, specifically: osteoporosis, cancer, impaired kidney function, heart disease and weight-loss sabotage. <http://www.pcrm.org/health/diets/veqdiets/how-can-i-get-enough-protein-the-protein-myth>

Dr. Sceppa and Dr. Russell continue in the article, *How Much Protein Do You Need?*, "When people start consuming too much protein (over 2.0 g/kg/d), the extra protein can become a stressful stimulus for the kidney. This is even more of a concern as we get older and our organs are less efficient and effective.

"Very high levels of dietary protein have also been correlated with increased urinary calcium excretion. The loss of calcium through urine could potentially be harmful for bone turnover, with the added risk of osteoporosis.

"Finally, protein requires vitamin B6 in order to be metabolized and ultimately utilized in the body. Very high levels of dietary protein increase the requirement for this B vitamin...

"Liver disease certainly poses a problem as far as how protein and amino acids are handled in the body. The liver is the main organ for breaking down amino acids, so when it is impaired, amino acids levels can build up and become toxic...

"Neurotransmitters will not act properly if the fine balance among all of the various types of amino acids is disturbed by too much supplementation."

One additional note is that Omega 6 fatty acids from animal proteins are **pro-inflammatory**. "Inflammation is considered by most researchers to be the basis of all disease." (WellWISE.org)

So there you have the unsavory truth!

Faye has been practicing Quantum Biofeedback with the QXCI/SCIO Biofeedback device since 2004. The QXCI is able to test an individual for thousands of items such as allergens and sensitivities, yeast, bacteria, hormones, toxins and traumas, identify major stress patterns, and provide stress reduction therapies. It is comprehensive, non-invasive and informative. In addition, I practice, teach and continue to learn relaxation and stress reduction techniques including BodyTalk, EFT and meditation. These techniques are taught to clients for self-care.

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