

**H**UMAN LIFE REQUIRES proteins and essential building blocks, necessary for normal growth. Protein is equally essential in the formation of hormones, blood clotting, connective tissue and the primary constituent of enzymes and antibodies. The foundation of complete health is formed by the presence of protein in the muscles, skin, bones, hair, heart, teeth, blood, brain, skin and billions of biochemical activities.

Apart from water, the most abundant substance in the body is contained in the amino acid group; the matrix into which these substances are incorporated is protein. The brain is made-up of more than

one-third protein. Researchers have been able to show that manifestations of symptoms such as **depression, apathy, irritability, hyperactivity, unexplained fatigue, loss of strength and muscle mass** occur when non-essential amino acids cannot be adequately produced to meet the demands of the brain.

### Animal Protein vs. Vegetable Protein

Animal protein, such as that found in natural goat-milk protein, is the only source of vitamins A and D as well as being a complete protein containing all essential amino acids.

Sources of protein from vegetables contain only incomplete proteins—low in essential amino acids, even in high protein amounts.

### Why Goat-milk Protein?

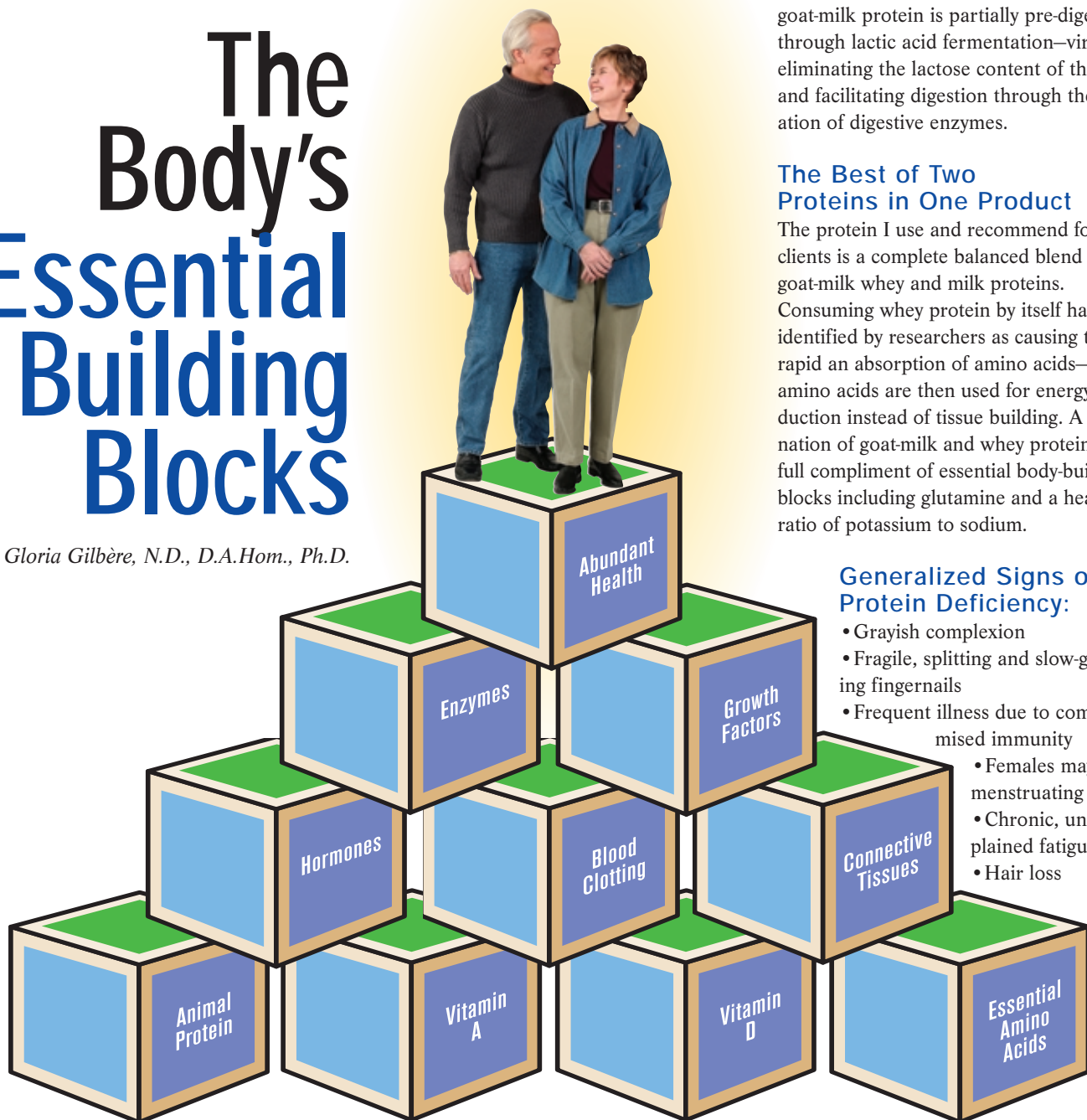
The molecular composition (size) of goat-milk protein is most like human milk, making it easier to digest and absorb. Many individuals allergic or reactive to cow's milk easily tolerate goat's milk **because the protein molecules are one-fifth smaller than that of cow's milk**—making it a perfect choice for those with compromised digestive systems. For these individuals, it is especially valuable when the goat-milk protein is partially pre-digested through lactic acid fermentation—virtually eliminating the lactose content of the milk, and facilitating digestion through the creation of digestive enzymes.

### The Best of Two Proteins in One Product

The protein I use and recommend for my clients is a complete balanced blend of goat-milk whey and milk proteins. Consuming whey protein by itself has been identified by researchers as causing too rapid an absorption of amino acids—the amino acids are then used for energy production instead of tissue building. A combination of goat-milk and whey proteins is a full compliment of essential body-building blocks including glutamine and a healthy ratio of potassium to sodium.

# The Body's Essential Building Blocks

by Gloria Gilbère, N.D., D.A.Hom., Ph.D.



### Generalized Signs of Protein Deficiency:

- Grayish complexion
- Fragile, splitting and slow-growing fingernails
- Frequent illness due to compromised immunity
- Females may stop menstruating
- Chronic, unexplained fatigue
- Hair loss

## I Prefer a Goat-milk Protein Powder Because It...

- Contains beneficial bacteria designed to be resistant to heat, cold, chlorine, fluoride, stomach acid and extremes of pH.
- Is a balanced combination of rich milk and whey proteins containing amino acids
- Is fermented using a lactic acid bacterium that creates biologically active lactic acid—used for energy production and fat burning
- Is credited by the healthiest and longest living people for their longevity
- Is a cultured (lacto-fermented) dairy product, credited by some as capable of lowering cholesterol and protecting against bone loss
- Is abundant in naturally occurring digestive enzymes i.e. protease, amylase, lipase and lactase
- Is produced from goats that *are not* fed pesticide-contaminated food, herbicides, growth hormones or antibiotics

## Naturally-occurring Probiotics

Goat-milk protein, when lacto-fermented, contains super strains of probiotics (health-enhancing bacteria). Fermentation by lactic acid bacteria creates biologically active lactic acid that supports energy production and fat-burning. Additionally, this process is essential for establishing a proper pH balance in the gastrointestinal tract and body tissues.

Scientific research confirms that probiotics are a vital necessity in the support of overall human health, specifically digestive health. The presence of probiotics vastly improves digestion and nutrient absorption and provides protection against the invasion of foreign pathogens, infectious agents, accumulated endo-toxins (within the body) and carcinogenic substances. In addition, probiotics produce short chain fatty acids that are converted into energy.

## Amino Acids: The Building Blocks of Protein

The existence of amino acid building blocks is imperative in supporting the overall immune system. When goat-milk protein is processed without excessive heat or acids, it contains *biologically active* cystine, glycine, and glutamic acid in tri-peptide form—the combination of these acids forms glutathione. The role of glutathione is important because it functions as a principal antioxidant—scavenging free radicals and environmental toxins that can damage and destroy healthy cells. When we experience excessive, prolonged stress, the result is oxidative stress and reduced levels of glutathione. Many health professionals believe that some cases of fibromyalgia, chronic fatigue and immune system disorders are actually accelerated by the oxidative stress affects of the nervous, immune and endocrine systems when supplies of glutathione are depleted.

Glutathione is responsible for proper functioning of the immune system through its critical role in the growth and replication of lymphocytes, the cells that actually mediate specific immunity factors. Goat-milk protein is also credited for providing immunoproteins such as albumin, lactalbumin, and lactoferrin—shown to stimulate overall immune responses.

### AUTHORS NOTE

Those that follow my work and writings know that I credit goat-milk products for a major role in my recovery from leaky gut and multiple allergic response syndromes. When my body became allergic to everything, goat-milk protein allowed me to regain my muscle mass, energy and stamina without causing an allergic reaction leading to anaphylaxis. To this day, I consume a protein shake daily for breakfast, along with my favorite super greens, minerals/electrolytes from goat-milk mineral whey powder, omega oils and natural sweetener—it's truly my fast-food even when traveling.

Goat-milk is the most widely consumed milk in the world—credited for supporting stamina and longevity. In our busy, fast-paced, demanding lives, why not choose “nature’s original fast-food,” a protein powder shake made from goat-milk and whey proteins? The variety of taste in this healthy fast-food is only limited by your creativity, naturally.

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## Caprotein™

A unique complex blend of goat-milk whey and milk proteins with the delicious flavor of vanilla—mixes easily into water to make a tasty, nutritious “meal in a glass.”



To locate a retailer of Caprotein™, the goat-milk protein powder used and recommended by Dr. Gilbère, call toll-free **(800) 574-1961** or visit their website at **www.mtcapra.com**

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Dr. Gloria Gilbère is a traditional naturopath, homeopath and doctor of natural health. She is internationally respected as an authoritative influence in the causes, effects and drug-free solutions for Leaky Gut Syndrome, Fibromyalgia, Chronic Fatigue and Chemically Induced Immune System Disorders.

She is author of *I was Poisoned by my body*, *Invisible Illnesses*, *Nature's Prescription Milk* and her latest release *Pain / Inflammation MATTERS*.

She consults via telephone worldwide, and at her office in northern Idaho. For details regarding consulting or health education travel programs with Dr. Gilbère, and an archive of her articles, visit her website at [www.drgloriagilbere.com](http://www.drgloriagilbere.com).