

PROTEINS— *A Quick Reference*

by Gloria Gilbère, N.D., D.A.Hom., Ph.D.,
“Health Architect & Detective™”

The foundation of complete health is formed by the presence of protein and its billions of biochemical activities.

This guide is provided as a quick-reference to assist you, the consumer, in understanding not only the importance of protein but also the difference between complete and incomplete proteins.

Protein is essential to life! Whether you’re a mother, a student or endurance athlete, busy professional, educator—your health, stamina, quality of life and performance depend on protein.



Importance of Protein

- Essential for normal growth
- Makes up 90 percent of blood dry weight, 80 percent of muscles and 70 percent of skin
- Provides building blocks for connective tissue
- Acts as a primary constituent of enzymes, hormones and antibodies
- Encompasses vital chemicals like immunoglobulins and enzymes
- Forms the foundation for muscles, skin, bones, hair, heart, teeth, blood, brains, skin and billions of biochemical activities being performed in our bodies every minute 24/7

Manifestations of Protein Deficiency

- Chronic fatigue
- Muscle and connective tissue disorders (fibromyalgia, myalgic fibromyositis, myofascial pain syndromes)
- Deteriorating vision
- Depression
- Slow wound healing
- Decreased resistance to infection
- Grayish complexion
- Hair loss
- Interruption or stoppage of female menstruation
- Fragile, splitting and slow-growing fingernails
- Lack of physical endurance (especially when attempting to exercise)

Types of Protein

Incomplete Protein

- Derived from vegetable sources
- Low in essential amino acids even when consumed in high amounts

Complete Protein

- Derived from animal sources and is the only complete protein available
- Contains all essential amino acids

Whey Protein

- Researchers confirm that, when whey protein is consumed by itself, it produces too rapid an absorption of amino acids—utilizing them strictly for energy production instead of tissue building as well.

Goat-milk Protein

- Easier to digest and absorb because of its smaller protein molecules—most like human milk. It is better tolerated by those highly allergic or reactive to cow's milk and those with compromised/damaged digestive systems.

Perfect Balanced Protein™

- Derived from a balanced blend of goat-milk and goat-milk whey proteins
- Provides a complete compliment of essential body-building blocks including glutamine
- Provides a healthy ratio of potassium to sodium—just the way nature intended as is found in whole-milk

Why I Prefer a Perfect Balance Protein from Goat-Milk

I prefer a blend of goat-milk proteins because it:

- Contains beneficial bacteria designed to be resistant to heat, cold, chlorine, fluorine, 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

Perfect Balance Protein™ Probiotics

A Perfect Balance Protein™ of goat-milk proteins, when lacto-fermented, contains super strains of naturally-occurring 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.

BOOKMARK

CLIP AND SAVE
for future ordering

Caprotein™

A unique complex blend of goat-milk whey and milk proteins with the delicious flavor of vanilla. Great for protein shakes and smoothies for a tasty, nutritious meal in a glass.



For product information or to order CaProtein click [here](#) or call toll free at (877) 673-0224.



Gloria Gilbere,
N.D., D.A.Hom.,
Ph.D.

Gloria Gilbere is a traditional naturopath, homeopath, doctor of natural health and known by her clients as the "Health Architect & Detective™". 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 has authored the following books: *I was Poisoned by my body*, *Invisible Illnesses*, *Nature's Prescription Milk* and her latest release *Pain/ Inflammation MATTERS*.

In my past 20+ years of nutrition and detoxification counseling, the health benefits of goat-milk never cease to amaze me, after all, it is the most widely consumed milk in the world and for good reasons credited for supporting stamina and longevity by the healthiest and longest living people. It is the perfect choice for our busy and demanding lives; nutritious, tasty and...just for a quick reference, it is the "original fast-food," *naturally*.