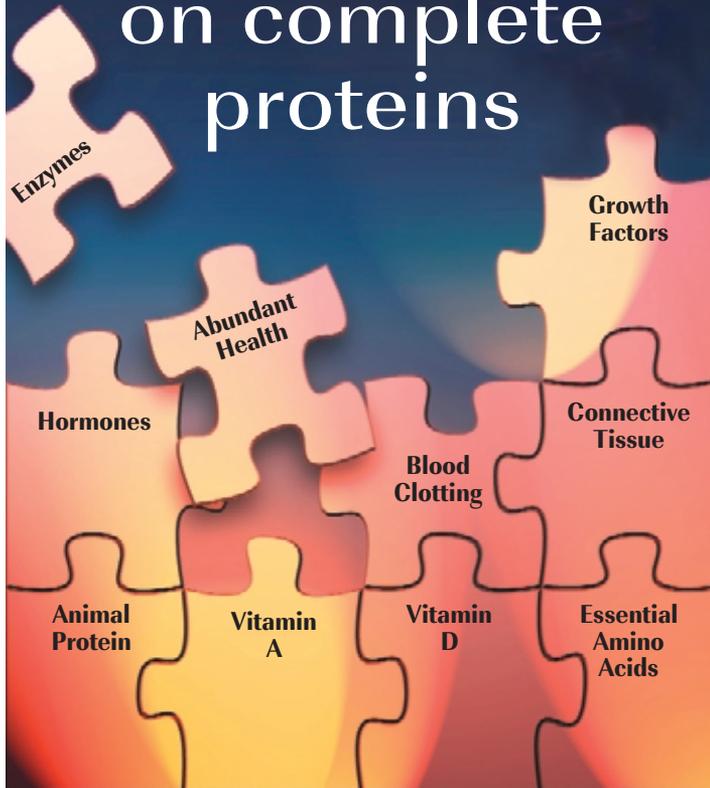


Dr. Gilbère on what *Matters*...for your health, *naturally*



Gloria Gilbère, N.D., D.A.Hom., Ph.D. is a traditional naturopath, homeopath and doctor of natural health. She is author of *I was Poisoned by my body*, *Invisible Illnesses*, *Nature's Prescription Milk*, and *Pain/Inflammation Matters*. For information regarding consulting or health education travel programs with Dr. Gilbère, visit her website at www.drgloriagilbere.com.

complete health depends on complete proteins



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

Human life requires proteins, essential building blocks, necessary for normal growth. Protein is equally essential for 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 and also the only 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 protein comprised 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 complete compliment of essential body-building blocks including glutamine and a healthy ratio of potassium to sodium.

generalized signs of protein deficiency:

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

To locate a retailer of Caprotein™, the goat-milk protein used and recommended by Dr. Gilbère, containing all the health benefits mentioned in her article call toll-free (800) 574-1961 or visit their website at www.mtcapra.com.

Manufactured exclusively by Mt. Capra—Purveyors of whole-food nutritional and nutraceuticals in the U.S.A. since 1928.

DIRECT TO YOU FROM MT. CAPRA FARMS



vanilla-flavored goat-milk powder

I prefer a goat-milk protein powder 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 credited by the healthiest and longest living people for their longevity
- Is abundant in naturally occurring digestive enzymes i.e. protease, amylase, lipase and lactase
- Is a cultured (lacto-fermented) dairy product, credited by some as capable of lowering cholesterol and protecting against bone loss
- Is produced from goats that ARE NOT fed pesticide- or herbicide-contaminated food, growth hormones or antibiotics
- Is fermented using a lactic acid bacterium that creates biologically active lactic acid—used for energy production and fat burning

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 proteins? The variety of taste in this healthy fast food is only limited by your creativity, naturally.