

## Important clue to cause of Parkinson's disease discovered

In autophagy, defective proteins and other molecules are transported to membrane-bound sacs called lysosomes. After attaching to the lysosomal membrane, the molecules enter the lysosome, where they are digested by enzymes. This cleanup process may be particularly important for nerve cells, which generate defective molecules more rapidly than most other types of cells. When autophagy is impaired, toxic compounds can accumulate and cause cell death.

Chichu beautiful seems to be even more interested. Beautiful, every health has been a major concern of most women, faced with an increased survival pressure on the environment, social pressure, work pressure, the computer radiation, air conditioning, drying and other factors, the United States and people in the pursuit of health, natural beauty in a more natural favorite, natural food food.

Bihadakko an important choice.

Milk protein is casein protein, albumin, globulin, milk protein, contains more than 20 kinds of amino acids in the human body must be eight kinds of amino acids, protein is the price of milk proteins, and its high digestibility 98%. The lactose in milk is lactose and galactose is the most easily digested and absorbed carbohydrates. Its minerals and trace elements are dissolved state, and the proportion of various minerals, especially calcium, phosphorus ratio in the appropriate, it is easy digestion and absorption by the body.

The CLA in milk contains substances can effectively destroy the body of free radicals are carcinogenic risks, and can inhibit tumor. It also has the role of sedation Anshen, when you distracted by the time can be used to soothe the nerves. Milk or good cosmetic Yangyan drinks, it contains a variety of proteins, B vitamins to hydrate the skin to Yangyan, whitening, and the effectiveness of health.

What most beauty drink milk?

Many people like to drink milk in the morning, in fact, at bedtime drink milk more healthy. The latest research found that the body's calcium metabolism there is a special law that night, especially at midnight, plasma calcium content will be the emergence of a bottom, forcing the body through the mechanism of transferring part of the bone calcium supplement. Thus, although the calcium in the blood temporarily be maintained, but the bones of calcium had decreased.

Milk also contains two unknown people over the past hypnotic substances, which can promote sleep is a kind of synthesis of L-tryptophan in serum, as its role, often only need a glass of milk can people sleep; another it is similar to the role of natural sedative narcotic morphine substances.

Therefore, if in the morning Yin Nai, it will be the people's inhibition cerebral cortex, affecting the work and study during the day. In addition, the morning Yinnai is not conducive to digestion and absorption, it is because the milk protein to the stomach and small intestine after amino acid decomposition can be absorbed into the body, and in the fasting state breakfast, gastric peristalsis soon, fasting, milk The nutrients are absorbed often too late to rush into the colon. Moreover, the food which was incorporated in the protein only on the basis of adequate heat can be a part of human tissue, Chang if calorie deficiency, the protein will be absorbed into the heat was soon consumed, and this is a waste of Dacaxiaoyong. Therefore, the best milk in the evening for half an hour before drinking Linshui

Delicious - yogurt beauty effectiveness of highly active yogurt minerals calcium, magnesium, manganese and trace elements, and others have supported the protection of teeth, bones, such as aerobics, and the vitamin A, vitamin B, such as methionine and cystine Jiongjiongweishen then make eyes, black hair and beautiful soft flexible, but also help to prevent hair loss and promote hair regeneration.

Yogurt by the rich vitamin A, vitamin B1, vitamin B2, vitamin E and carotenoids, such as human cells to prevent unsaturated fatty acid oxidation and decomposition, maintain the integrity of epithelial cells, to protect the skin against skin and keratosis dry.

Although not excessive Hesuannai yogurt there are so many benefits, but still have time to drink in the attention Enough is enough, or too easily lead to hyperacidity, and the impact on gastric secretion of digestive enzymes and reduce appetite, damage the body's electrolyte balance. Especially peacetime hyperacidity, often feel that the spleen and stomach Deficiency-Cold Zheng, abdominal distension, and even more it is not appropriate to drink. For healthy people, it is not suitable for drinking a lot, drink a glass or two a day, each about 125 grams in the cup more appropriate.

Related links the nutritional value of milk from the nutritional point of view, all the nutritional value of milk qualifying order are: milk is the gold, silver is yogurt, milk powder copper, iron milk at room temperature.

Milk yogurt over the top at room temperature, because it is non-antibiotics, and contains beneficial lactic acid bacteria. Milk at room temperature than

the top milk, because milk is added to a variety of vitamins and calcium, iron, zinc and other minerals.n

High-calorie food - cheese cheese can be added for the human body protein, calcium, phosphorus, and other elements, but a high-calorie, high-fat food, eating should not be more than 30 grams a day. China Agricultural University School of food nutrition experts FAN Zhi-hong, eat cheese every day 20 to 30 grams sufficient, but we must and vegetables, and fruits with.

Breakfast sandwiches to cheese - and-ham, the Health and leaves caught in the bread, made sandwiches, bread or cheese on film, after the edible roasted Add to microwave ovens, can I also nutritious breakfast.n

Bean articles can not be synthesized in the human body and must be from the food intake of eight kinds of amino acids, known as essential amino acids , including lysine, tryptophan, phenylalanine, leucine, and isoleucine, threonine , methionine, valine. These amino acids in soybean eggs, in addition to less amino acid content, the rest is more, particularly with higher levels of lysine.

This amino acid content than adequate, and a more comprehensive form of protein, called high quality protein. Protein is composed of human cells, tissues of the importance of the material is a life of existence. And the lives of many active substances, such as enzymes, antibodies, hormones, mainly by the composition of the protein. Human metabolism, physiological function and disease resistance capabilities, pH adjustment, fluid balance, as well as genetic information transfer, and so on, are closely related to the same protein. In this sense, the soybean is an integral part of people s daily diet food.

Plant milk - soy milk Hei Chinese people to drink soy milk is not only inexpensive, nutritious, and Qingfei phlegm, and lower blood pressure, blood fat medicinal value, as the vegetable milk. Good fruit aroma rich, a uniform pale yellow or milky white, shiny, delicate texture uniform, non-caking, slight precipitation. Fruit rich in plant nutrients such as protein. Not only can Qingfei, Buxu, purge, but also contains a milk shortage of phytoestrogens - soybeans glycosides original, regular drinking can also Yangyan skin beauty.

Eight taboo drink soy milk drink soy milk there are so many benefits, soy milk and many people like the food, but drinking soy milk must be noted that it is very likely to cause disease. So, we must pay attention to drink soy milk?

1. Undercooked bogey drink soy milk does not cooked soy milk is harmful to humans. Because soy milk contains two toxic substances would lead to protein metabolism disorders, and gastrointestinal tract produce stimulation, symptoms of lead poisoning.n

Bogey in the soy milk, eggs many people like playing in a soybean milk eggs, consider this more nutritious, but this method is unscientific, it is because, egg protein in the mucus of the easy and soybean trypsin combination of a A can not be absorbed into the body material and greatly reduce the body s absorption of nutrients.

3. Bogey-brown sugar and brown sugar in the soybean milk to drink Wei Tian Xiang, but brown sugar, soy milk and organic acids in the protein combination, can generate variability of precipitation, much of the nutrients.

4. Bogey with drink and drug Some drugs will destroy the nutritional content of soy milk, such as tetracycline, erythromycin and other antibiotics drugs.

5. Bogey fasting drink soy milk, soy milk protein city in the human body into a calorie consumed was not fully replenishing a role. Drink soy milk while eating bread, cakes, steamed bread and other starchy foods, such as proteins in soy milk can in the role of starch, and more fully in gastric hydrolysis to be fully absorb nutrients.

6. Vacuum Flask bogey installed in the soybean milk to get rid of the scale Vacuum Flask material, the temperature in the appropriate conditions, soybean milk as nutrients, bacteria will multiply the bottle, after three to four hours can make soy milk rancidity metamorphism.

7. Drink soy milk is not so is everyone.

From the perspective of a medical, Fruit of the partial Haner-profit, it usually has Weihaan, nausea after drinking bulging, nausea, gas, Tiansuan people, Spleen easy diarrhea, abdominal distension, the number of nocturnal enuresis, Yijing renal arch, are unsafe for drinking soy milk Otherwise, it will increase the impact of illness or cure.

8. Drink a bogey excess easily lead to excessive drinking soybean milk protein dyspepsia, there abdominal distension, diarrhea and other symptoms.

What milk for you to drink?

Although we often drank powdered milk, fresh milk or soy milk, but it is similar to the three food consumption, and not many people understand they can not identify themselves or their families choose what is good some.

Dry milk as a food, is suitable for portable, convenient preservation characteristics. However, the milk in the production process there will be some nutrients destroyed, and therefore, nutritional value, the formula is not as good as fresh milk.

Soy milk and milk than milk protein content and similar, but only Vitamin B2 milk 1 / 3, Nikesuan, vitamin A, vitamin C content was zero, although the high iron content, but not by the body by the absorption of calcium in milk is only half the story. From the nutritional content of view, a kilocalories of milk, 188 mg cholesterol, soy milk, no cholesterol, saturated fatty acids also lower, which is to drink soy milk than milk and milk powder to prevent cardiovascular more easily disease truth.

Many of the elderly suffering from osteoporosis, which is due to a lack of calcium caused by osteoporosis, and milk is a good source of calcium supplement. Milk contains high-quality protein and a variety of vitamins, minerals are needed to maintain health. Therefore, the elderly should always drink milk or better.

For some people with diabetes, we recommend that it is best not to drink soy milk. This is because, in the soy milk contains more sugar, and not conducive to the physical rehabilitation diabetes.

If it is growing in the children or students, athletes, it is the first choice of milk, milk nutrient-rich, protein-containing 3% to 4%, and contains all the essential amino acids the human body. Milk contains a variety of minerals, especially calcium and phosphorus more prominent. Human milk contains a variety of needed vitamins, milk protein in the milk of a high absorption rate.

## About the Author

From [www.huliq.com](http://www.huliq.com):

This stomach and intestinal reflex is especially sensitive to the presence of irritants, breakdown products of protein digestion, proper.

Cyanogen Bromide digestion of protein James Movius, Hahn Lab. Digestion of the protein will take about 36 to 72 hours at room temperature.

However, the throughput of both approaches is limited by the speed of the protein digestion process. Present research into fast protein enzymatic.

Too much protein and improper digestion of protein can create health risks. The missing link to proper protein digestion lies in your inner ecosystem.

Protein is the most abundant ingredient in both natural and prepared diets of penaeid shrimp. The assessment of protein digestion through.

If it comes to high throughput protein digestion, a dedicated automated solution is indispensable. Manual addition of reagents for reduction, alkylation.

A highly efficient protein digestion device has been fabricated using commercially available. the digestion of the protein spots excised.

In solution protein digestion using trypsin as protease. amount of trypsin necessary for digestion. The protein amount.

Source: <http://www.productsherbal.com>