

## How Much Protein Do We Really Need?

There are several schools of thought on the subject of the amount and necessity of protein in our diets for optimal health. But owing to new discoveries, it may be time to revise our knowledge of protein for inasmuch as it is a necessity, over-consumption could perhaps be hazardous. We all know we need a certain amount of protein everyday to remain healthy. Based on misinformation to this effect, several people view the daily consumption of a high-protein diet as beneficial. But have you really seen any one lose the desired weight on such popular diets as the Atkins Diet, which is basically a low-carbohydrate/high protein lifestyle. Here are some other facts that should spur you in the right direction in regards to excessive protein consumption: According to the French Hygienist, Albert Mosseri, diseases and conditions which can be caused or aggravated by too much protein intake include: Leukemia, Skin Diseases and even Cancer. Based on the John Robbins work titled: Diet for a New America, the number of people in the US suffering from diseases caused by protein excess is a mind-boggling 40, 000, 000 compared to a measly 3 people suffering from the deficiency of this substance. Judging from these, it may be time to revise the misinforming ideas on protein in our diets. Let's assess the following:

1. The animals that are usually eaten for protein, what do they subsist on? Substances of the Plant Kingdom for example: cows live on grass exclusively.
2. The great apes are primarily fruit eaters (although with substantial amount of leaves in their diets) How similar are humans to them? Very much so. We share 98% of the same genes.
3. It's been scientifically proven that mother's milk is about 2% protein, now if this is the ideal of a growing baby for the first 3 years, of course it shows the minimal need of it. (Point of note, the milk of a woman is affected by her diet so of course that should be checked!)
4. The need of protein for the human body is about a nickel's weight worth, the excess is basically excreted in urine.
5. Based on research, the need for amino acids is highly exaggerated as only 16% of our body is Protein. Pure protein is primarily Nitrogen (N) with some Oxygen and Hydrogen and Carbon.
6. Research has been done on the diet of the aboriginal tribes living in the Mountains of Hagen. Their diet consisted of 80 % Sweet potatoes. The rest consisted of fruits and green leaf vegetables. Their daily consumption of protein was around 9.92 g. Meanwhile, eliminated in their fecal matter was a protein of around 15 times more of what was ingested.

So, how much protein do we really need again? It is safe to say not as much as we have led to believe. If our most genetically sound food-fare are the fruits, leaves and occasional roots ever so presented by nature, then suffice it to say those should be what we should consume more of. It can't be a coincidence that these are the healthiest choices. All in all: here's to health and happiness. In Friendship,

## About the Author

FoodFit is your source for healthy recipes and diets, fitness and nutrition information. Healthy eating and active living is easy and enjoyable.

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