

Protein Powders and YOU!

When you exercise, you are challenging muscle and breaking it down, and hence they are forced to make themselves a bit stronger (aka toning). This necessary repair process requires a deluge of things – vitamins, minerals, enzymes, and most of all, protein.

Because this repair process is on-going, we need a constant supply of protein circulating in our body at all times, so it's available for when our body needs it. (This is one of the reasons we recommend 3 to 5 smaller protein meals throughout the day). Protein powders are a quick and easily digestible, and they detoxify our body at the same time.

As mentioned, protein is also important for various bodily functions including maintaining strong hair, teeth and skin. Protein maintains blood, organs, and tendons, and it balances hormones (women, take note!). So protein is important for everyone - not just for athletes.

But what kind of protein powder is best? The two most popular are **whey** and **soy**, because they have a high BV (biological value - the percentage of nitrogen absorbed), which refers to your body's ability to absorb and use the protein.

Whey protein remains the most popular choice, with a biological value (BV) of 104. It also scores highest on the Protein Digestibility Corrected Amino Acid Score and the second highest (behind whole eggs) on the Protein Efficiency Ration, industry measurements put out by the USDA.

Along with whey's superior amino acid profile, whey raises glutathione levels (a powerful antioxidant that wards off cancer, infection and viruses). Make sure the whey you choose is an 'isolate', not a concentrate form. Isolates are the highest quality, and are suitable for even the most lactose-intolerant individuals. Our favourite is **EDGE Protein**, all Canadian and distributed locally on Vancouver Island and across Canada. It's highly absorbable and clean (no additives or fillers). Visit the [Edge Protein](#) link on our site.

Soy protein is the second most popular choice in protein powders, although it has a lower biological value. This is partly due to the isoflavones (found in isolate form only) which are estrogenic and help ease PMS. Isoflavones also help to increase bone density in perimenopausal and menopausal women.

Hemp also shares the limelight as a high quality, complete vegetarian source of all amino acids, essential fatty acids (in particular Omega 3's) natural antioxidants, fiber and chlorophyll. *Edestin*, found only in hemp, is considered the backbone of our cell's DNA, which is why out of all the vegetable kingdom, hemp protein has the closest resemblance to our human protein profile.

Rice is the lowest on the bioavailability scale, and we usually recommend this lower form of protein in extreme cases of allergies or digestive issues.

PROTEIN POWER SHAKE:

- 1 scoop Edge Protein Powder – choose from 5 great flavours.
- 1 cup soy or almond milk (natural, chocolate or vanilla)
- 1 cup water
- ½ banana
- ½ cup mixed berries
- 1 tbsp ground flax seeds
- 1 tsp flax or fish oil

Remember: the two best times for protein is first thing in the a.m. and up to one hour after a workout. Don't lose out on these vital times to build your body, cut the cravings, balance hormones and energize and detoxify your 100 trillion cells!

Note: If you're trying to gain mass and build strength in your training, it is best to **bracket** your workout with a shake one hour before *and* after training. This will optimize growth hormone, fuel you for an intense workout, and aid in faster repair and recovery. In fact, our bodies can absorb almost 50% of our daily protein requirements at this time, so if you want to beef up the protein content, go for it.

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GET THE EDGE WITH EDGE PROTEIN! (2 lb and 5 lb bag)

To learn more about EDGE, visit www.edgeprotein.com