THE PROTEIN MYTH

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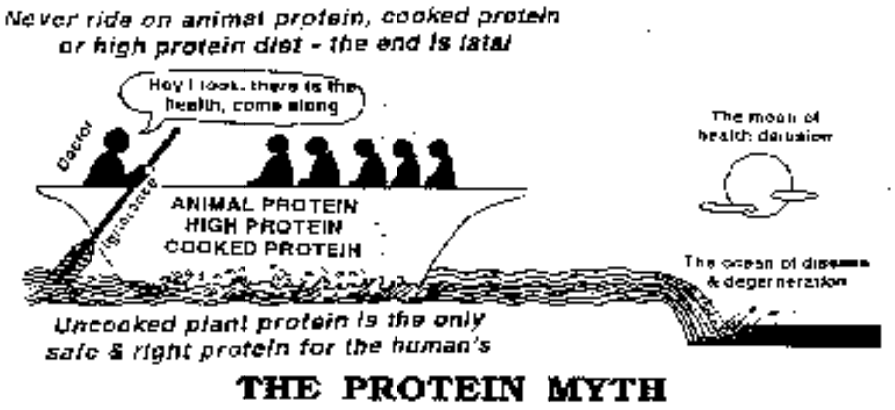
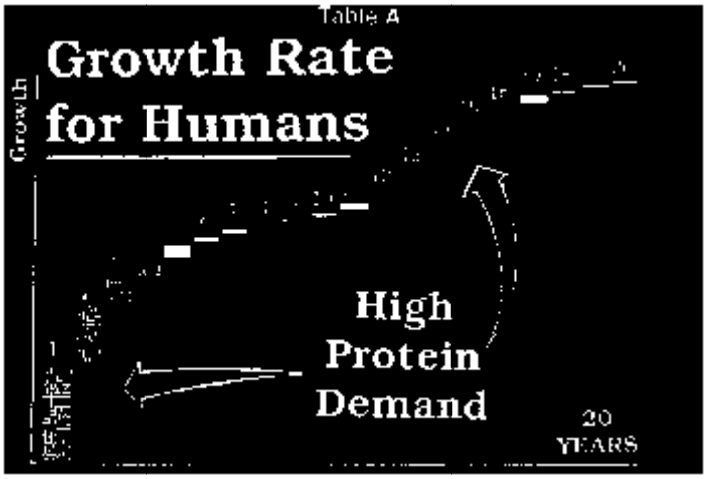


The protein hype has influenced the mind of medical science and the common educated people to a great extent. The war cry we hear in the field of nutrition is “protein, protein, protein,” as if protein is the only essential nutritional need of human beings. This protein hype is created by medical people. 99% of medical people of the world in reality know very little about the proteins. They narrate just what they have been taught. They have no time to research the facts using their own brains.

Nature’s law of nutrition according to well proven research is: maximum carbohydrates (wholesome and not processed), low proteins and fats. From infancy to old age this law does not change, only quantity changes. We need very little protein and fat. Protein is the vital component of diet. That cannot be disputed. The myth isn’t about the need for protein, but rather the touting of protein as the most essential dietary item, especially in terms of strength and endurance.

In order to dispel this error, it is helpful to know the proper role of protein in the body. Next to water, protein is the main substance in plant and animal cells (with the exception of fat cells).

In young animals, growth is a result of the increase in the number of cells. The faster an animal grows, the more rapidly cells must be manufactured, and thus more protein must be available to support this rapid growth.



Take a look at Table A. It shows the human growth rate from birth to maturity. Notice that growth is not always constant. During the first year of life, growth is faster than it is during the second, which is faster than in the third, and so on. Growth rate levels off during the early school years, and then during adolescence there is another growth spurt.

The body's need for protein changes with the change in growth rate. When growth is rapid and vast number of new cells are being formed, the demand for protein is high. But when maturity is reached, protein needs to be lessened. This is because adults don't need protein for growth. They need proteins only for maintenance and, repair of damaged tissues in the case of injury. Thus, to a large extent, the amount of protein needed depends on how rapidly growth is taking place.

Table B shows a list of common domestic animals, arranged according to the time taken for the newborn of each species to double its birth weight. Humans grow slower than any other animal. A new born baby takes 180 days to double its birth weight. In comparison, a horse grows three times as fast, doubling its birth weight in just 60 days. And the cat is faster still doubling its birth weight in just seven days. This is 26 times faster than the growth rate of the human baby.

The following table shows the ratio between the protein contents of the milk of different species and the time taken by the infants of these species to double their birth weights.

Table B : Protein content of the milk

	Species	Protein %	Number of days required to double birth weight
1.	Human baby	1.6	190
2.	Colt	2.0	60
3.	Calf	3.5	47
4.	Kid	4.3	19
5.	Pig	5.0	18
6.	Lamb	6.5	10
7.	Puppy	7.1	8
8.	Kitten	9.5	7
9.	Rabbit	14.4	6

The proteins of the different animal milks vary greatly in their amino acid constitution, so as to meet adequately the varying needs of the different species.

Nature has accounted for these varying growth rates in a most interesting way. On a percentage basis, human milk contains the lowest amount of protein, averaging just 1.4 per cent during the early weeks of infancy. On the other hand, the milk the mare feeds her colt contains 2 percent protein. The mother cat provides her kittens with a much higher level of protein—9.5 per cent. So if anyone would like a protein jag, just drink a glass of cat's milk.

But remember, the 1.4 per cent protein in the woman's breast milk is an average figure. Research has shown that the protein content of human milk lessens week by week to match the slowing growth rate of

the infant. Beginning with a maximum of 2 per cent during the first week after birth, the protein percentage drops to 1.2 per cent at the end of 8 weeks and then levels off at around 1 per cent.

It is also interesting to note that the average mother's milk protein is 1.4 per cent, sufficient to supply the human organism with all the essential amino acids and protein needed during the most rapid part of its growth and brain development.

Apes, considerably stronger than human beings, live on a fruitarian diet which averages between 0.2 and 2.2 per cent protein equivalent to the protein concentration of mother's milk.

But, what we do as soon as a baby is weaned? We place him on cow's milk containing higher percentage of protein and continue with it for the rest of his life. Since an eight-ounce glass of milk may contain eight grams of protein, it's easy to see how much protein a child consumes in the course of a day.

More recently, Dr. Barry Brener from Harvard University says, "There is a fundamental mismatch between the design of the human kidney and the burden imposed on it by the high-protein diet of the average American or Westerner."

He is referring to the fact that excess dietary protein places added burden on the kidneys, thereby contributing to premature kidney dysfunction even in otherwise healthy people.

Studies have shown that high-protein diets cause animals to grow faster and mature earlier. Unfortunately, those animals also die earlier.

The final argument against a high-protein diet lies in the very design of the human body. Human beings are designed neither anatomically nor physiologically to eat high-protein diets. Our digestive system closely resembles that of animals that are primarily fruit eaters. "The original diet provided by the Creator for the occupants of the garden of Eden is still the best today."

Dr. MERYYN G. HARDING M.D.
(Source: Herald of Health Sep. 90)

Research from all over the world suggests that we need very less protein, that too when it is raw. Why not go for nuts, seeds, sprouts, fruits which do not require cooking and are most tasteful when they are raw.

The digestibility of the raw protein is much higher than cooked hard proteins.

According to the Max Planck Institute For National Research in Germany which Paavo Airola considers the most respected and reliable nutritional research organization in the world, there are many vegetable sources of protein which are superior or equal to animal proteins. The Max Planck Institute found complete vegetarian proteins which contain all eight essential amino acids to be available from almonds, sesame, pumpkin, sunflower seeds, soyabeans, buckwheat, peanuts, potatoes, all leafy greens and fruits.

Fruits supply approximately the same percentage of complete protein as mother's milk.

It is most easy to get enough protein for the body's requirement provided you have enough to eat natural, unrefined food.

Who kills? Doctors or Diseases?

Medical people are responsible for millions of premature deaths and much of human sufferings. Many are practically killed and many more slowly poisoned on being prescribed a high protein diet.

Even today, doctors prescribe and lay great emphasis on high protein consumption (specially animal proteins) and thereby drag their patients towards the graveyard and push them toward dreadful degenerative diseases. Who is to blame?

The protein controversy is an issue more of fear and confusion than fact. “On a closer study of nature, one notices that often, chimpanzees and gorillas (creatures who resemble us closely) are considerably stronger than humans and are primarily fruit eaters, where their diet averages between 0.2 and 2.2 % protein equivalent to protein concentration, representing a higher level of energy and strength. Perhaps over that time we might find that not more than 4% of milk is all than one needs.” (Spiritual Nutrition Pg. 100 - Dr. Gabriel Cousens MD)

Milk proteins promote intestinal putrefaction. There are enough superior proteins in the vegetable kingdom, in the form of nuts and oil seeds. Oil seeds rank as the best source of proteins.

Most nuts are full of proteins. Fruits, vegetables and leafy vegetables have high biological values though less percentage of proteins. They however contain the best digestible amino acids. A good combination of nuts and fruits contain sufficient proteins. Apart from fruits and nuts, we have plenty of cereals, pulses, bean and sprouts, if these are combined with fruits and vegetables, problems with protein will never arise.

Researches have proved the fact that it is rather the quality than the quantity of proteins, which is more important. The slower the growth, the lower the protein content. The faster the growth, the higher the protein content. Protein content is high in rat’s and rabbit’s milk. Hence they grow faster. Mother’s milk contains the lowest protein content and hence the slow growth. Animal milk possesses a different and inferior protein compared to that found in mother’s milk and in the vegetable kingdom. It can never be superior or equal to mother’s milk and vegetable proteins. Cow’s milk is superior only for the calf.

Proteins are not a source of energy

Proteins are used as a source of energy only during an emergency or starvation. The eminent German nutritionist Rubs showed that 1/600 parts of energy is used in muscular activity, thus opposing the fallacy of the belief, that increased physical activity calls for an increased intake of protein.

Hard physical work needs more carbohydrates - not the proteins

Dr. Murlin and Dr. Miller of the U.S. army after a nutritional survey of the U.S. army camps, pointed out in their report that, it is a general consensus among the experts in nutrition that an excess of protein is undesirable in the diet of a hard working man since muscular work does not involve destruction of muscular tissues beyond the amount sustained in muscular rest. (R1-32)

Even the calf is not dependent on its mother for protein or calcium. The calf gets all its protein and food from grass and from the vegetable kingdom. They are entirely dependent on vegetable protein and they grow and develop well to full stature. Then why should human beings run after a completely different category of species (cow) for their protein and calcium.

Why does not his common sense allow him to rely on vegetable proteins? This is just ignorance. Every amino acid (proteins) needed to build human protein is found in fruits and vegetables. If you don’t believe this, just go and arm wrestle with a silver black gorilla who is three times our size, but 30 times our strength. They eat nothing but fruits and bamboo leaves and can overturn your car if they want to. Where are they getting their protein from? No creature is worried about proteins or calcium or vitamin B12 or iron, except the so-called intellectual and wise human beings, whose natural instinct is perverted.

All creatures eat instinctively what nature has designed for them (except meat eaters). Powerful animals like horses, elephants, gorilla, get everything out of their vegetable food without bothering for nutritional values or the balance of nutrition.

It is the body which balances everything if you provide less. It regulates its functions accordingly. If you provide more then the body balances by reserving, storing and eliminating (excretion).

Milk Ensures no Health

If milk is considered to be a good food, perfect food, superior food or nectar, what is to state of our health and diseases? Now-a-days from rich to poor everybody is consuming adequate milk. Are our infants, children, youngsters, adults and old persons free of diseases? Do they enjoy perfect health? Despite availability of all the so called nutrition food, the whole human race is sick. Every individual is sick, and every infant is sick. No doubt we are misled and misguided as far as nutrition is concerned.

CALCIUM THROUGH MILK IS DANGEROUS

Milk can increase the rate of calcium loss from the body

Calcium is another buzz-word for medical people and public. The "calcium-fever" has grown to such an extent that the commercial food and dairy industries are flourishing enormously. Any junk food advertised with added calcium draws great attention of the people, ensuring the highest sale. Antacid with calcium, cereals with calcium, baby food with calcium, soft drink with calcium, bread with calcium and so on. Let us look at the way we are fooled. We must ask these questions to ourselves:-

1. No species of the world is ever worried about their calcium nor are they deficient in calcium. During infancy their calcium is supplied by milk and after weaning period the carnivorous animals get their calcium from hunted animals, and the herbivorous animals get it from herbs and plants, but never through any milk products.
2. The absorption of calcium takes place in human body only in the ratio of 2:1 with phosphorous. No animal milk equals this ratio, hence no better calcium absorption (Dr. Frank Oski, Paediatrics, New York).
3. From where does a calf get its calcium whose need is much higher than that of man?
4. How can milk calcium absolutely designed for a calf be fit and usable for humans? Does it mean that anything that contains calcium must be consumed by human beings no matter whether it is a poisonous plant, flesh or milk?
5. If calcium is intended or designed for the development of bones and physical growth, why do we need milk calcium after the growth is complete? Doesn't the calcium need reduce after maturity compared to childhood or a young age? Where will this excess of calcium go? No doubt, it will be deposited in various organs, joints, arteries, etc., or excreted, overstraining the excretory organs resulting in breakdown of the organ or imbalancing the chemistry. Now let us look into some of the causes, which are the real culprits behind the deficiency of calcium.

Calcium is necessary for the conduction of nerve impulses; it is a necessary element that binds cells together in body tissues; it plays a part in keeping the heart beat normal; and is essential for healthy bones and teeth. It is natural to ask where one will get enough calcium, if he does not drink milk and eat milk products. First of all, it takes only a small amount of calcium for the system to perform these vital functions, which otherwise puts too much a burden upon the system. The body's calcium absorption is controlled by the endocrine glands, and the body can easily get all the calcium it needs from a natural, wholesome diet.

Calcium is found in all foods that grow on the ground. They easily supply sufficient amount of calcium to meet the requirements of both the growing children and adults. Plants absorb calcium from the soils and incorporate it into their structure. Animals consume the plants and absorb the calcium. That is how cows get calcium.

It has been established clearly that green leafy vegetables are a prime source of calcium in human nutrition. In addition, all raw nuts and seeds, grains, beans, fresh fruits, dried fruits and vegetables have sufficient calcium. The belief that we can't meet calcium needs through a diet devoid of dairy products is outright fibbery, unqualified falsehood and sheer ignorance. Remember, researchers have established that calcium deficiency does not occur among individuals living on natural diet.

Why do we lack calcium?

Now the question that pops up here is certainly not how to add more calcium to the system but what is draining or keeping the calcium away?

The real Calcium leachers

1. High Acidic Diets- It is important to understand the role of calcium in the human body. One of its functions is to neutralize acid in the system. Many people who think they have a calcium deficiency, are on high acidic diet. So calcium in their body is constantly being used up to neutralize the acids. Reduce the acidic diet and stop the draining.

Acid and Alkaline Balance

The normal ratio of alkalies and acids in the body is approximately 4:1 for good health.

Our blood is basically alkaline in nature. To maintain its alkalinity, we need 80% of alkaline (base) food and only 20% acid forming food. Acid forming foods involve all animal products, meat, eggs, fish, etc., milk products (except butter), all grains, all legumes, all nuts (except almonds), tea, coffee, alcohol, sugar, tobacco, soft drinks, salt and drugs and preservatives, insecticides, pesticides, residuals, unripe fruits, etc.

Alkaline based foods include virtually all fruits and vegetables, sprouts, almonds, fresh coconut, green beans, peas, coconut water, honey etc. Though 80% of our diet should consist of fruits and vegetable, we consume almost all acid forming food. Whatever calcium we take in is used in the neutralization of acids instead of being useful to the body. The higher the use of acidic food the higher will be the use of calcium (the highest leaching). Therefore, non-vegetarians and lactovegetarians (milk users) use up not only body calcium but leach out calcium from the bones and teeth. When the large amount of calcium is lost, the bones become porous and brittle and become vulnerable to trogvent fractures. The disease thus caused is well-known. This is an extremely serious problem for a great number of people called in medical terms as ‘Osteoporosis’. Milk and animal products are acid forming foods. Dairy products are a major cause of osteoporosis (a disease in which bone calcium is lost severely).

No animal anywhere in nature consumes dairy products after the weaning period and osteoporosis is not an issue with the animals. Osteoporosis is unique to the human species. The only exceptions are animals tamed by man.

In another study, it was found that vegetarians do indeed have much lower chances of osteoporosis than the meat eaters do. Fruitarians are absolutely free of osteoporosis as the other wild animals.

Milk is touted as a great natural source of calcium, and we are told to eat plenty of calcium to prevent osteoporosis, or thinning of the bones. In fact, eating dairy products can increase the rate at which calcium is lost from the body and so hasten osteoporosis. As being high in calcium, dairy products are also high-protein foods. If we have too much protein in the diet from milk products or any other source, such as meat, fish or eggs, the body has to get rid of the excess part. To do this, the kidneys must lose calcium as they cleanse the blood of excess waste, a process known as protein-induced hypercalciuria (J Nutr III; 553, 1981; Trans NY Acad Sci 36;333, 1974).

People in the United States and Scandinavian countries consume more dairy products than anywhere else in the world, and of course they have the highest rates of osteoporosis (Clin Ortho Related Res, 152; 35, 1980). This fact emphasizes the threat of excessive protein in the diet and suggests that dairy products offer no protection against osteoporosis, probably due to the high protein content of milk (Am J Clin Nutr, 41; 254, 1985).

Vegetarians are not safe

Vegetarians are as much prone to osteoporosis and all other dreadful degenerative diseases, as the non-vegetarians, due to their excessive and regular intake of acidic foods like pulses, milk products, cereals, sugar, salts and processed foods. They not only drain away calcium from the body but develop serious disorders.

The best and safest way to vegetarianism is to maintain the ratio of 75% fruits and vegetables and 25% nuts or cereals and pulses in diet. Dairy products can be used sparingly or in proper combination.

THE CALCIUM DRAINERS

High proteins are the prime cause of calcium loss.

Thousands of studies show that the more protein you consume, the more calcium you lose. The great researcher John A. McDougall M.D., Asst. Clinical Professor of Hawaii School of Medicine has given 1600 references to back up his work, the most eye-opening materials you will ever read on this subject. Why isn't his name recognised more widely? Because he is not on the payroll of the National Livestock and Meat Board or the National Dairy Council. In Dr. McDougall's words:

"The calcium losing effect of protein on the human body is not an area of controversy in scientific circles. The many studies performed during the past fifty-five years constantly show that the most important dietary change that we can make if we want to create a positive calcium balance that will keep our bones solid is to decrease the amount of protein we eat each day."

Americans get into trouble not only with the amount of protein they eat but with the type of protein as well. "There are about 20 common amino acids that make up the different proteins, three of these contain sulphur in their chemical structure. Sulphur-containing amino acids have a strong calcium-depleting effect on the kidneys. Animal proteins have a higher content of these sulphur-containing amino acids than the vegetable proteins."—Dr John McDougall

High protein content causes loss of large amount of calcium and a negative calcium balance. And fifty-five years have passed but our learned medical authorities are still pondering over the causes of osteoporosis.

Osteoporosis—the loss of bone tissue—is common in Western countries, particularly in women after menopause. Changes in diet and a bit different life-style may help prevent it. The key is not in milk or massive calcium supplements. Advertisements by the dairy industry notwithstanding, evidence shows that, beyond a certain extent, taking calcium does not stimulate the body to build bones.

What causes Osteoporosis?

A major factor appears to be the damaging effect of a high-protein diet. "The literature indicates that a high-protein diet, which the American diet certainly is, contributes to the epidemic of osteoporosis," Rosenthal said. "We have a population that eats a high-protein diet, they don't exercise much and they smoke. These are really the main reasons for the epidemic of osteoporosis."

An overly generous amount of protein in the diet depletes the body's calcium. When protein is taken in, some is used for the body's various needs. Some of the excess is changed to urea in the liver. Urea is a powerful diuretic. When urea and the amino acids, which are the building blocks of proteins, enter the kidneys, they cause loss of water and loss of important minerals as well. Calcium is one of the minerals that is washed away in this process. In addition, as proteins break down to amino acids which are absorbed into the blood stream, the blood becomes slightly more acidic. To neutralize this acidic effect, calcium is pulled from bone material. This ultimately leads to an increase in calcium excretion in the urine. So the more protein we take in beyond the amount we need, the more calcium we lose.

"Researchers have estimated that doubling the protein in the diet leads to a 50 percent increase in calcium loss in the urine'', says physician and nutrition author John A. McDougall, M.D.

The dairy industry, of course, is using osteoporosis as a marketing tool. They would like us to believe that the body's careful regulation of calcium absorption and bone structure can be tricked by simply ingesting a large amount of milk. "But it's not valid", Burkitt said, "People with quite low calcium intake get infinitely less osteoporosis."

Beware! High protein eaters, you are prone to cracking of the bones by the slightest accident or jerk.

Beware of medical professionals who are bringing you earlier to the grave by prescribing a high protein diet.

High protein diet is not only the sole cause of osteoporosis but also the major cause of cancer, tumours, kidney failures etc. Now this will have to shake some of these dieticians out of their world of self-deception and into the world of reality. When the problem of osteoporosis is studied world wide, one is struck by the fact that the highest incidence of osteoporosis is in countries where dairy products and calcium supplements are consumed in the greatest quantities (the United States, Sweden, Finland, United Kingdom, Scandinavian countries etc.)

The incidence of osteoporosis is lowest in the countries where the least amount of dairy products are consumed (The Asian and African countries, South India, China, Thailand, Malaysia etc.). Osteoporosis is most common in those states of India where protein consumption is high (Punjab, Haryana, Delhi, U.P. etc.).

A number of studies have been done among the Bantu women of Africa. They consume less than half the protein. Americans use and have a life-style demanding large amounts of calcium, nursing upto 10 children in a lifetime. Yet osteoporosis is almost unknown among them.

Other common acidic foods :

Pulses & cereals : Legumes being protinous food are highly acidic as meat, cereals are next. Wheat among the cereals is high in acids, rice and millet are low in acids. Legumes when converted into sprouts turn more alkaline and less acidic. The fresh raw green cereals and beans are more alkaline and good to use. When these are dried and cooked they turn into acidic food which should be used in less quantity. People using only pulses and cereals excessively all the time, lose their calcium fast. To overcome this problem, our daily diet should constitute 75% of fruits and vegetables and 25% of cereals and pulses. There will be no calcium deficiency if this composition is followed.

Tobacco : Smoking is an exceedingly acid producing habit. Its poisonous acids are highly toxic. Two drops of nicotine can kill a cat or rabbit.

Alcohol : Impairs calcium absorption by affecting liver to activate vitamin ‘D’.

Caffeine : Found in coffee, tea, soft drinks, chocolate, etc., causes twice as much calcium to be excreted as normal. This has been demonstrated in several studies.

Soft drinks : The culprit here is phosphoric acid. It is made by treating phosphorus with sulfuric acid (caustic). The high level of phosphorus in the blood uses up body calcium from bones and teeth for balancing and neutralization. If the calcium did not buffer the excess phosphorus, the subsequent acid level in the blood would place one’s life in danger.

Salt : To say nothing of the large quantities one adds to their own food or have for us by the food processors. The more sodium you take in, the more calcium you excrete.

Concentrated sugar : This creates an acid reaction in the body and acidity demineralizes the system. This occurs because when sugar is metabolized, it creates various organic acids.

Sugar intake also alters the calcium-phosphorous ratio in the blood by causing the phosphorus level to drop. When the presence of the latter is not enough, calcium cannot be absorbed by the body.

Antacids : Contains aluminium which causes increase in calcium excretion, and those who are popping these relief agents should be aware that they are causing further deficit.

Lack of sunshine and exercise : Also plays a vital role in low absorption of calcium. The remedy is to use sufficient sunshine and exercise regularly.

Animal milk is a crude calcium food

Some people get less usable calcium from drinking milk than from eating leafy vegetables, doctors use to suggest.

Another ways of increasing calcium absorption is to have a glass of fruit juice every day. Apple juice is particularly effective. (CDR, Rudolth Ballantene, M.D, Diet and Nutrition U.S.A., page 228).

The body's ability to absorb and utilize calcium depends on the amount of phosphorus in the diet (R Hur, Food Reform: Our Urgent Need, Heidelber Press 1975). The higher the calcium / phosphorus ratio, the lesser bone loss takes place and the stronger the skeleton, provided the intake of protein is not excessive. Foods with higher calcium / phosphorus ratios are fruit and vegetables. Nor is low-fat milk any better. It contains one per cent butter fat and a full complement of allergy-inciting milk protein.

The remedy for calcium

Cut down on all the above mentioned high acidic and high protein food from your diet. Add maximum of fruits, vegetables, sunshine and exercises to your daily life. Use low protein and low acidic contents, to the extent of not more than 25% of your diet.

Get the Required Calcium from Natural Food

- Use maximum raw food (for 100% calcium absorption).
- Green leaves are the best source of calcium, provided they are eaten raw.
- Sesame (til) seeds rank first in high calcium content (1160 mg). All nuts and seeds contain enough calcium.
- Fruits and vegetables are good and well known sources of calcium.
- Oranges are specially high in calcium.

With abundance of calcium from natural resources, why struggle for animal calcium?