



## HEALTHY LIVING

### A 'BENT MILES PUBLICATION



## The Protein Question:

By:  
Archie L. Tucker  
Publisher

Please remember; this is a report on a book written by Dr. T. Colin, and Tom Campbell, “The China Study”. Consult our last report for more information, or to check on how to order this book for your own library. In this report, there will be a sprinkling of information from other sources or readings from within other chapters of “The China Study”. You will also find some of my own conclusions as well.

In our previous report on chapter one of the “China Study”, we briefly covered a few fad diets and how a high animal protein diet is not good for the human body. In this report, on chapter two, we will be covering what has been considered for over 100 years to be the king of nutrients, animal protein. Recall, from your high school health and biology classes, there are three types of nutrients for the human body:

1. Proteins
2. Fats
3. Carbohydrates

You might ask, “Well, what is the difference in plant protein and animal protein? What is the difference in the three types of

nutrients? And, you would be well advised in so doing.

So why don't we take a few moments to clear up this issue. Protein—the nutrient that folks seem so concerned about—is made up of various combinations of twenty different amino acids. Amino acids are bio chemicals that, when strung together, act as the building blocks for all proteins.

This is what makes up your flesh, as well as animal flesh, and is used for thousands of other functions. There are thousands of different proteins; each type has its very own shape. The way the amino acids are strung together determines a protein's shape and the shape determines the protein's function, or for what it will be used such as, enzymes, hormones, structural tissue, or transport—an example could be a protein pump to allow certain molecules to cross the semi-permeable cell membrane. Proteins are also used to help insulin escort glucose into cells. Complete protein functions are way too numerous to cover here.

A former high school agriculture teacher, who has never known the massive influence he had on me, used to tell us boys that we were like electricity; we always take the path of least resistance. Well, to some extent that is the way of the human body when given the choice. In science we call this conservation of energy

and nature will always take this course if offered.

That is where wisdom, common sense, logic, and experience come into play for us humans. If you give your body animal protein, it will break down the meat into amino acids to build more protein. With meat, this break—down is fast. Most of the amino acids involved are already in the proper sequence and body tissue is readily formed. Not having to re—sequence the amino acids contributes to faster growth. However, does faster growth equate to better health? The resounding answer, according to Dr. Campbell—and many other sources—is NO; it does not.

The human body is designed with a slow digestive system; and, this is for a reason. When we eat complex carbohydrates in the form of whole plants, it contains all three nutrients. The carbohydrate is broken down slowly into sugar to be escorted to our cells by a hormone produced by the beta cells of our pancreas. This hormone is insulin.

When we eat complex carbohydrates, we have a slow and steady source of glucose; our body has sufficient time to break it down and all goes well. Just the right amount of insulin is secreted to escort the blood sugar into our cells. If we—as man is so inclined to do—try to shorten the steps and refine the

carbohydrates, we shorten the time of this process and end up dumping loads of sugar into our bloodstream in a relatively short time frame. To get the blood sugar down, massive amounts of insulin is secreted into the bloodstream. This destructive cycle eventually causes insulin resistance at the cellular level, sugar—glucose—cannot get into the cells and type II diabetes is formed.

Fats are required by our bodies, and, in small amounts provide for a healthy body. Many compounds, such as vitamin A are fat soluble. Plants have almost no saturated fat and provide all that we need without allowing it to be stored in excessive amounts. (This is when they are bound up in the complete plant—not oils). Now that we have briefly covered all three nutrients—they will be covered in more detail in later reports—let's get back to the topic of chapter two, protein.

For the past 100 years we have been told that animal flesh is synonymous with high quality protein. We have been told that plant protein is incomplete protein. Both of these are misnomers and have led more affluent nations into making horribly inappropriate and unhealthy food choices for the human body.

The reason animal protein is said to be high quality is because, as I explained earlier, it takes less time for the amino acids to be placed in the proper sequence to produce human tissue. Dr. Campbell makes a point in this chapter. "Do you know what would be the very best protein for an even faster sequencing of the amino acids into human protein? It would be human flesh." Now, you don't

eat that do you? Nor should we eat animal protein.

Plant protein is said to be incomplete because any single plant does not contain all twenty amino acids. This has led to folks thinking they have to do all sort of food combinations at each meal to get the proper protein intake. According to Dr. Campbell, this just is not so.

Amino acids are classified into two general types: essential and non-essential amino acids. Essential amino acids are those that cannot be synthesized by the body on its own and thus need to be acquired through your diet. Non-essential amino acids are those that your body can produce, specifically by the liver, without any outside help. There are 10 the body can make and the other ten must be provided by the foods we eat.

Some would tell you that you can't get enough quality protein from plants and vegetarians should take amino acid supplements. Again, according to Dr. Campbell, this just is not so. According to him, "...This has led people to believe that they must meticulously combine proteins from different plant sources during each meal so that they can mutually compensate for each other's amino acid deficits. However, this is overstating the case. We now know that through enormously complex metabolic systems, the human body can derive all the essential amino acids from the natural variety of plant protein we encounter every day. It doesn't require eating higher quantities of plant protein or meticulously planning every meal."

When we consume animal protein, we experience a double

human killing impact. All animal products have cholesterol and saturated fats. Cholesterol causes the clogging of our arteries; and saturated fats cause our livers to produce even more cholesterol than is already dumped into our bodies by the animal products we eat.

The excessive protein causes our blood pH to become acidic. Our body realizes that it going to die if the blood is not brought back to a more neutral level. It has only one source of antacid, the calcium from our bones. So, calcium is leached from our bones to neutralize the blood. This leaching process is not exact. It is so critical to get the acid level down that excess calcium is leached; that which is not used is not returned to the skeletal system. It is urinated from our bodies. That is why folks on the normal Western diet, have more hip fractures than nations who drink no milk at all.

When folks find out that I am a vegan, the first two questions are: where do you get your protein? Where do you get your calcium? Well, the answer is; are you ready for this? From the same place cows get theirs, plants.

With the improper nomenclature of incomplete protein, complete protein, and quality protein, and the dairy and meat industry purposely muddying the waters, is there any wonder folks don't understand what they should be eating?