



THE FASTING PODCAST **WOW**: EPISODE 144 Insights on Protein Diets

EPISODE 144: INSIGHTS ON PROTEIN DIETS

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



What About Protein?

Body Composition Scale



- Use a body composition scale to see where you are in muscle percent
- Many people do not consume, digest and assimilate enough protein
- People with heartburn are especially at risk of digesting & assimilating failure
- Some vegans and vegetarians are at risk of not consuming enough
- Some keto advocates are focusing on fats and at risk of low protein
- Protein? Muscle, bone, eyes, heart, liver, other vital organs, connective tissue, ligaments, skin, hormones, neurotransmitters, most of immune system...
- The famous Adkins diet was deemed by many to be unsafe with many lawsuits
- A protein focused diet that used plant-based protein isolate, some regular protein, & veggies/salads came from Europe and Canada into the US many years ago and I was a guru of this plan – women 3-4 lb/wk, men 5-7+ lb/wk
- I watched people measure with expensive devices the act of gaining pounds of muscle mass without working out, people like clockwork saying goodbye to blood sugar and blood pressure challenges, people with energy & sleep
- Fasting advocates are aware that protein can stop autophagy, but...



THE FASTING PODCAST WOW: EPISODE 144 Insights on Protein Diets

Tips on Protein

- Measure – get a body composition scale for less than \$30 on amazon and besides body fat & visceral fat, ensure normal/high/very high muscle percent

ACTION

Body Fat % Chart						Visceral Fat Level	
Gender	Age	- (Low)	0 (Normal)	+ (High)	++ (Very High)	Visceral Fat Level	Visceral Fat Level Classification
FEMALE	20 - 39	< 21.0	21.0 – 32.9	33.0 – 38.9	>= 39.0	<= 9	0 (Normal)
	40 - 59	< 23.0	23.0 – 33.9	34.0 – 39.9	>= 40.0	10 - 14	+ (High)
	60 - 79	< 24.0	24.0 – 35.9	36.0 – 41.9	>= 42.0	>= 15	++ (Very High)
MALE	20 - 39	< 8.0	8.0 – 19.9	20.0 – 24.9	>= 25.0		
	40 - 59	< 11.0	11.0 – 21.9	22.0 – 27.9	>= 28.0		
	60 - 79	< 13.0	13.0 – 24.9	25.0 – 29.9	>= 30.0		
Skeletal Muscle % Chart						BMI	
Gender	Age	- (Low)	0 (Normal)	+ (High)	++ (Very High)	BMI	BMI (Designation by the WHO)
FEMALE	18 - 39	< 24.3	24.3 – 30.3	34.0 – 35.3	>= 35.4	< 18.5	- (Underweight)
	40 - 59	< 24.1	24.1 – 30.1	30.2 – 35.1	>= 35.2	>= 18.5 and < 25	0 (Normal)
	60 - 80	< 23.9	23.9 – 29.9	30.0 – 34.9	>= 35.0	>= 25 and < 30	+ (Overweight)
MALE	18 - 39	< 33.3	33.3 – 39.3	39.4 – 44.0	>= 44.1	>= 30	++ (Obese)
	40 - 59	< 33.1	33.1 – 39.1	39.2 – 43.8	>= 43.9		
	60 - 80	< 32.9	32.9 – 38.9	39.0 – 43.6	>= 43.7		

- If not, determine if issue is consumption or digesting/assimilating
- If you have heartburn/reflux, check out episode 19 Heartburn & Fasting



THE FASTING PODCAST WOW: EPISODE 144 Insights on Protein Diets

More Tips on Protein

- If not happy with your muscle percent, review episodes 9 & 10 on protein
- Meat-based protein usually contains hormones, steroids, antibiotics and is much harder to digest/assimilate and acidic than plant-based protein
- Consider organic plant-based protein powders, which are easy to digest and assimilate, easy on kidneys/liver, and have more of an alkalizing effect
- If you choose protein bars or packets, watch for unhealthy ingredients, excess added sugar, & the amount of “net” carbs – subtract fiber, erythritol, allulose...
- With the protein, consume plenty of low carb organic veggies/salads and some organic fruit – variety is beneficial
- If you are blood sugar challenged, monitor closely the desirable effect that protein isolate can have on your blood sugar (type 2 and also type 1)
- If you have trouble with satiety (feeling of fullness), review episode 116 Satiety
- Need reshaping? May lose multiple sizes in weeks without many pounds lost
- See what works best for you and **MEASURE on the body composition scale** – protein may help tighten skin, make more ATP energy, improve health big time

**KNOW
YOUR
NUMBERS**





THE FASTING PODCAST **WOW**: EPISODE 144 Insights on Protein Diets

Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review



THE FASTING PODCAST **WOW**: EPISODE 144 Insights on Protein Diets

Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

